

INFOSHEET



Youth exchange

Don't touch my friend !

August 4 to August 24
2019

(Including travel's day)



WHO ARE WE?

Solidarités Jeunesses (SJ) is an association of non formal education which has solidarity, voluntary commitment and a strong political will as its core values. Our choices and our actions are influenced by our vision of society where progress is social. Where the respect of human beings and the environment is a fundamental and shared value, where freedom to choose, to dream and to resist is innate or fostered.

Our activities are organised for all, regardless of gender, social and cultural background, or nationality. SJ, since its creation, participates actively in peacebuilding, fostering intercultural meetings in France and abroad. SJ works through participative pedagogy which encourages initiatives, values commitment and gathers the forces and intelligences from all, the volunteers and employees.

Solidarités Jeunesses is composed by a National Secretariat based in Paris, seven Regional Delegations, and a partner association. Our delegations host for a couple of weeks or the whole year, volunteers, from France and from all around the world. Furthermore, those delegations and partners also monitor and host youngsters with fewer opportunities, as part of inclusion and solidarity projects. All those friendly delegations and partners are situated in singular and original sites (castle, former campsite, isolated villages in the heart of mountains, former factory, etc.). Those places have been all renovated thanks to volunteers and people involved on those projects. People live, meet and enjoy together in these places.

Did you know? The first workcamps were organised after the First World War, in the region of Verdun, in France. Where several volunteers, citizens from formerly opposed countries, decided to join their forces and wills, in order to work together in a peacebuilding project within the interest of the communities.

ASSOCIATION SOLIDARITÉS JEUNESSES AUVERGNE RHONE ALPES LE CRÉNEAU

« Le Créneau » is an association created in 1993 in Auvergne region, based in the heart of a beautiful rural area, at Montcombroux-Les-Mines village. The association is settled in a castle, the Castle of Prureaux. Isn't it hard to put the place on a map ? (^ ^)

If the Castle is an unbelievable place, it is above all an amazing tool to experiment any kind of workshops and activities, and to live together as a community. This pedagogical tool is a great context for international work camp where volunteers can feel like home and experience their autonomy. Welcome at home!

VOLUNTEERING

Volunteering is an exchange, a meeting, between a person who wishes to offer his/her time, energy, views to a project of general interest. It also is an intercultural learning ground (apprenticeship) for experiments and personal growth. At SJ, volunteering does not mean humanitarian action because we do not deal with emergencies. Voluntary service exists almost everywhere around the world and it is a commitment which can be really different regarding countries, cultures, fields, etc. It brings together different types of persons and entities, local associations, men, women, local authorities and private entities. **Volunteering is above all a personal commitment, which invites you to a deep discovery.**

SJ International workcamps gather volunteers from different countries and backgrounds, who participate, together, to the realisation of a useful project for the local community. It can last from one to three weeks. Those workcamps are based on collective life and collective work. The aim is to bring rural and urban areas together, to mix locals with "strangers" and to facilitate their meetings. Workcamp projects are here to facilitate group dynamism and discovery. Languages are mainly English and French. Volunteers organise their daily life by themselves (budget, schedule, work and also cleaning). **Bring with you recipes, music and anything that can show the others about your country and what you like.**

PROJECT

Project : In our society comes an expansion of **racism** and **discrimination**. In many European country, some **extrem political opinion** are growing up and take more and more place in the public debate. Racist, xenophobic, homophobic discrimination are increasing ; affecting our fundamental values of **equality** and **tolerance**. How to fight against ? How to create fraternity and develop « an harmony of living together »?

With this global realization, the aims of this youth exchange is to create a radiophonic creation and a webpage on this thematic. You will have the opportunity to exchange, debate and meet local association who fight against discrimination.

During the first week, **intercultural** workshop will be proposed. After, collective reflexion, meeting with local partners will be organised. The aim is to share about different situations in different countries and learn about French situation.

During the two next weeks, you will **create an radiophonic documentary** with two partners associations. Composed by three professional journalist. You will learn and develop journalistic competences and audio mix work.

Moreover, this project want create relation between local politician and participants organising interview to give importance at the youth work and at the documentary.

To conclude the project, a festive evening will be organized to valorate the project and the youth exchange and to have an impact on the local population.

Leisure activities: Given the amount of people and the big size of the castle grounds, you will have the chance to organize lots of activities on site. Depending on the availability of our vehicles you will also have the possibility to visit the towns Vichy or Moulins or to go hiking or swimming at the lake or swimming pool.

Special requirements: Be aware that our site can host up fifty people at once.

GROUP LIFE

The group will be maximum 24 participants between 18 and 30 years old and from 4 countries: France, Estonia, Spain and Turkey. In each group, there is a leader who will facilitate the link between participant and the staff. Two volunteers from Le Créneau will lead this youth exchange and will bring their support for the life of the group: hours, free time, evening, outdoors, workshop, etc.

Le Créneau is a participative place, everybody helps in collective tasks (Cooking, cleaning, setting the table,

dishes,
etc). They will accompany you to understand our project and help to create a link between the participants and inhabitants.

The meals will be shared with the different people from the association

We will use **English** during this youth exchange and we can translate in French. In the castle, French is the main language but many people can also speak English.

FREE TIMES

Solidarités Jeunesses considers Youth Exchanges as an experimentation of collective lifestyle. That is why volunteers will organise their free time and leisures that could fit to group experiment, regarding budget, time and available leisures.

Those possibilities can be really diversified (regional tourism, local events, inhabitants meetings, green tourism, etc.). It is the responsibility of all volunteers to organise their free time and to participate to the good dynamism of the group.

BEWARE ABOUT...



Even if the youth exchange takes place in a beautiful region, this is not a touristic trip!
During your project, you will stay with all the volunteers and inhabitants to enjoy local leisures and the intercultural experience.

ACCOMMODATION AND FOOD

You will stay on our site in tents. Our bathrooms and dry toilets are located outdoors. Food will be provided and you will cook and eat together with the groups and volunteers. Food will be prepared by the participants themselves in turns.

As Solidarités Jeunesses is willing to protect the environment, you may not eat meat everyday. Of course, if you have any dietary restrictions or needs, don't forget to tell us about it so that meals can be adapted to you.

DO NOT FORGET TO BRING

- A sleeping-bag (and a pillow if you wish)
- Rain clothes and warm clothes
- Sun cream, laundry detergent
- Instruments, games, recipes, pictures, postcards from your region
- A swimsuit (swimming trunks as shorts may be prohibited in swimming pools)
- Your student card if you have one
- Food and speciality you would love to share for international meal
- note book and pen



Volunteers will have a safe place to secure their valuable items. Nevertheless, if the item is not necessary we advise you to leave it at home.

Each participant is responsible for their personal belongings.

INSURANCE

Solidarités Jeunesses takes an insurance regarding "Civil responsibility and Accident" during the workcamp, but insurance regarding illnesses during the project, is at your own cost. Thus, we invite you to hire a complementary insurance, if you don't have one already. French participants must bring with them their Social Security number. For EU residents, you should ask for the European social insurance card and bring it with you. At last, for non-EU residents, bring with you a document confirming that you have a social security cover. Don't forget to be updated regarding vaccinations.

MEETING POINT

**Be aware that you will not be picked up for the airport.
We will pick you up from the train station below:**

**Arrivals on Sunday 4 of August
at 6 pm
GARE DE MOULINS SUR ALLIER**

**Departure date :
Saturday 24 of August
in the morning
GARE DE MOULINS SUR ALLIER**

Travel costs will be partially covered according to the Erasmus+ calculator (price maximum for each participants for the round trip)

- France : 180€**
- Estonia : 360 €**
- Spain : 275€**
- Turkey : 360 €**

Be aware that you have to keep all your travel documents to get reimbursed.

Please confirm your participation to your sending organisation

Do not hesitate to contact us, if you have any problems during your travel to the camp.

HOW TO COME?

The airports with the best train connections are Paris and Lyon.

BY TRAIN / BY BUS

You can check out the timetable and book your tickets on the following website:

<http://en.voyages-sncf.com/en/train-ticket>

You have to get out of the train at the station of **Moulins sur Allier (03000)**.

Be careful, train tickets can be very expensive in France. It's better to book them in advance.

BY CAR

If you are coming by car or **hitchhiking**, do not forget to bring a map!

The meeting point will be **Le Chateau des Prureaux, 03130 Montcombroux-les-Mines**, first follow Montcombroux-vieux-Bourg and you will see the entrance sign of Le Créneau..

To find out the best route, you can use the following website: www.mappy.fr

ADDRESSES

Regional delegation	Association Le Créneau Chateau des Prureaux 03130 Montcombroux-les-Mines Phone Number: 0033 4 70 99 60 35 Email : sj.auvergne@wanadoo.fr Person in charge : Camille Petrucci
Emergency contact	The Emergency contact at Solidarites Jeunesses in Paris if you can not get in touch with the regional delegation: 0033 6 99 94 84 04.

YOU WOULD LIKE TO KNOW MORE?

www.solidaritesjeunesses.org

Facebook page of Le Créneau:

<https://www.facebook.com/Le-Cr%C3%A9neau-482897858531178/>



See you soon!
Solidarités Jeunesses team

