



# SEM&VOL

Délégation de Solidarités Jeunes

## CALL FOR PARTICIPANTS

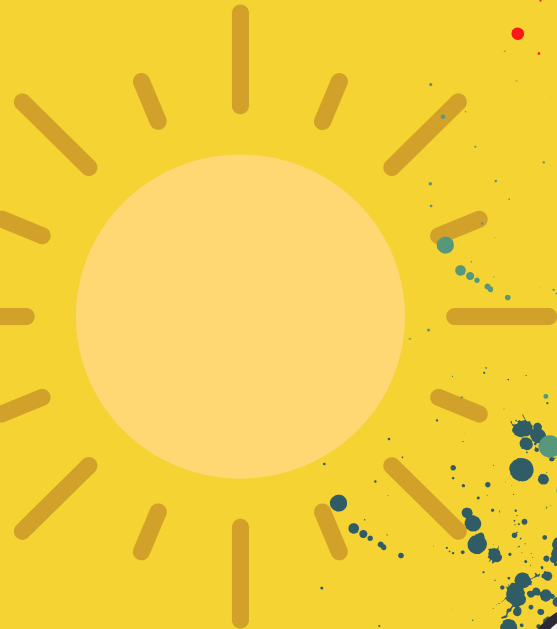
SEEDS OF ART YET TO BLOOM  
YOUTH EXCHANGE - ERASMUS+ PROGRAM

**Do you want to put some creativity into your life? To share your artistic knowledge with others and offer workshops to the group?**

**This youth exchange uses creation as a means of intercultural meeting and sharing, allowing everyone to develop wellness practices that will help to have a self reflection.**

**You will also have the opportunity to get to know other people, to cooperate as a group in a culturally mixed context.**

**During 3 weeks you will have the opportunity to create workshops that will be offered to the rest of the group and/or the local population.**



### PRACTICAL INFO :



**4 volunteers + 1 leader (18-30 yo)**  
**From France, Estonia, Netherland and Finland**  
**Language : English**



**Accommodation** in tents in the middle of the small rural village of Cause de Clérans



travel costs covered according by E+ distance calculator reimbursed after the mobility  
100% hosting and food covered by E+ grant



Sem&Vol is the eighth independent association of the Solidarités Jeunes movement which, with the support of public institutions, has developed several local partnerships.

Through our actions (youth exchanges, international work-camps, local events, ...) we are working towards breaking down barriers between different publics, on projects where the experience of living and working together contributes to the fight against social exclusion.



**FROM AUGUST 9TH TO 27TH 2024**  
**24150 Cause de Clérans - South Ouest of France**



## What you will do?



You will work on creative and expressive workshops.

You will be invited to share your skills and knowledge and propose workshops and experimentation of practices within the group of participants and also with the local population.



You can use all artistic and creative means : dance, theatre, yoga, drawing, painting, clay, etc...

There is no needs for specific skills, but your wishes to share and experience your passions



## What you will learn?

Autonomy, teamwork,  
respecting and listening to others' words, developing a sense of community  
Self-confidence (expression, involvement, mindfulness practice)  
Directing, managing and organizing a workshop in a intercultural context  
Critical thinking, analytical skills



## Where and how you will live?



The project location is in Cause de Clerans (24150) in the countryside, overlooking the valley, in South West of France.

The nearest towns are Lalinde and Bergerac.

Bordeaux is 2h away.

Accommodation in collective tents (2 or 3 people per tent).

Kitchen and sanitary facilities on site (dry toilets).

The group can travel to the surrounding villages with minibuses

Bring a sleeping bag and a torch (a pillow if you wish).

Food is provided in the project budget and meals are prepared by participants in turn.

Leisure : visit of medieval villages, canoeing, swimming, vineyard visits, hiking possible.



**Meeting point: 09/08 Lalinde train station (24150) at 7pm.  
Departure on 27/08 between 10am and 12pm from Lalinde station.**

To get an idea of the project's atmosphere, watch this video from 2023!

