

## INFOSHEET

### Who are we ?

**Solidarités Jeunes (SJ)** is a popular or non formal education movement and association that places solidarity, voluntary commitment and political will at the core of its projects. Our choices and actions affirm our vision for a society where progress is above all social, where respect for human beings and their environment is a **founding and shared value, where the freedom to choose, to dream and to resist are innate (born with) or accompanied.**

Our activities are aimed at everyone, regardless of age, nationality or social and cultural background.

Since its very beginning, SJ participates concretely to building peace, by promoting **intercultural encounters, in France and internationally.** As a popular/non formal education association, SJ relies on participatory pedagogy that encourages initiative, values the commitments of each individual and combines the strengths and intelligence of its volunteers and employees.

Solidarités Jeunes, is a **national secretariat based in Paris and in eight regional delegations,** which welcomes French and foreign volunteers from time to time or throughout the year, but also young people in difficulty as part of solidarity actions and fight against exclusion. All our delegations are located on original sites (old factory, high altitude village, municipal campsite, village house, castle or farmhouse !). These sites have all been renovated over the years by many volunteers, employees and permanent residents who live there, cross and succeed one another.



### Volunteering at Citrus and Solidarités Jeunes

Volunteering is an exchange between a person who offers their time, energy, and vision for the benefit of a project of general interest. It is also an opportunity to learn, to experience interculturality and personal construction. Volunteering is first and foremost a personal commitment.

### Why do we welcome international volunteers ?

- to allow an intercultural dimension and exchange within all our projects.
- to allow each person evolving within the association to be enriched by the contribution of international volunteers (open-mindedness, self-confidence, discovery of other cultures, learning one or several new languages...)
- to stimulate local development by relying on the motivation and contributions of international volunteers in our work with local associations and inhabitants of the territory

The first workcamps were organized shortly after the First World War, in Verdun area. Volunteer-citizens, from opposite countries during the war, eager to work towards reconciliation, crossed borders to meet each other, to work together for the benefit of all...

# Citrus and Laguepie Village



Created in Toulouse in 2002, Citrus association moved in 2012 to Lagu pie, a small village in Tarn-et-Garonne in the Aveyron Gorges, 1h30 North-East from Toulouse.

Most of the activities take place on the heights of the village, in the hamlet of La Mayounelle, around the restoration of an old farmhouse.



Lagu pie is a small village of about 850 inhabitants in the Quercy-Rouergue countryside. It is full of associations, all the shops necessary for everyday life, two markets per week, a fair per month, two bars, two restaurants, and even a beach in summer! We are lucky to have a train station in the heart of the village, so it's easy at weekends to take the train to visit the region and its surroundings.

The nature is very rich, varied and perfect for lovers of walking and nature sports. Here the summer is very hot and it's a pleasure to go down to the river after your day!

In Citrus there is a lot to enjoy ! Between the garden, the local animations, the permanent workcamp from autumn to spring and during the summer season with international workcamps in the surrounding communes... and sometimes more than 60 people are hosted at La Mayounelle.

## Accommodation

You will live with about 3 other volunteers in a house, which is part of the organization's building. There are 4 bedrooms, a living room, a computer, a landline telephone (1), internet and wifi, a kitchen and bathroom, and a large garden.

You might share your room during your volunteering.

One of the objectives of the volunteering is to live together, to share this space with respect for each and everyone.

The rules of life of the house are those of the association and of the French legal framework, not debatable (2); and those that you will choose among yourselves (3), according to the needs of each one and in mutual respect.

To be involved in the daily life of the group is important, as in a large shared apartment where everyone is responsible for the smooth running of the collective life

By committing yourself as a volunteer, you are embarking on a unique life experience, discovering yourself and others, learning other languages, discovering or enjoying the pleasure of living in the countryside and having a positive impact on the young and not-so-young people we accompany in their life journey.



- 1 Landline telephone : please note that calls abroad not included in the package are at the expense of the volunteer
- 2 Example : prohibition to drink alcohol when receiving minors.
- 3 Example : no noise after 10pm for the respect of everyone's sleep.

## Volunteer at Citrus

It means being fully involved in the association's activities, which are multiple, intense and bring different audiences to meet, work and sometimes live together.

Thanks to its roots in rural areas, Citrus carries out gardening projects, cooking with a local producers network, building renovation, European cultural encounters, promotion of voluntary work, activities with various local associations, workcamps and workshops.

Popular education or non formal education, is education that is not framed in the traditional structures of the family, school or university. It is also the education of each person by each person : education that does not come from above, from the dominant classes, but that seeks, shares, exchanges, is inspired by all popular cultures, giving equal dignity to all classes of society.



### The missions of the volunteers are very varied :

- participate each week in existing activities such as chantier (workcamp), various organisational meetons, local animations.
- actively participate to daily life of the volunteers and management of the house : group life, animations, cooking, making menus and shopping, household tasks, organizing themselves together...
- support the association in its reception of groups or individuals. (*when young people with fewer opportunities are accommodated in the house, or when Citrus hosts a seminar or a training course.*)
- the volunteers are the ambassadors of the structure, sometimes they will promote international volunteering at local or national events.



**To be volunteer at Citrus is to carry the values of the association through these activities :**



### At Citrus the volunteers are active :

**Weekdays** : 5 days a week, usually Monday to Friday in 35 hours. Your personal involvement and the specific needs of Citrus activities, such as group hosting, SJ life and local events, regularly impact the scheduled routine. Weekend activity days are

Recovered in the following week.

**All year round** : on the permanent construction site of the Mayounelle and in the daily tasks : cooking, washing up, gardening, taking care of the chickens etc. There are also hostings for groups, individuals or training courses. You will have regular individual meetings with your tutor to accompany you on your journey.

**In the spring** : at the Solidarités Jeunesses group, at an international workcamp animation training and the Citrus General Assembly.

**From June to September**, volunteers take part in or lead one or more international workcamps.

## At CITRUS

if you are in Civic Service or in European Corps of Solidarity (ECS)  
you are above all a volunteer.

Still there are some differences if you are in:




**Your rights and duties :**

- the refund of your visa.
- the refund of your travel to France.
- to 6 € pocket money per day, i.e. approximately 180 €/month .
- to be « fed, housed, laundered », i.e. your accommodation, food and household expenses (water, gas, electricity, ect ) are taken care of.
- to participate at an arrival seminar (training) and a midterm seminar (training) organised by Erasmus + agency.

**ATTENTION:**

For travel and visa fees, the amount refunded depends on the country of departure :  
Keep ALL tickets or proof of expenses related to your trip and visa fees, or no refund !  
For the pocket money, please note that this amount may vary from one program or another



**Your rights and duties :**

- an indemnity of 496,93 € /month : Citrus asks you to contribute 200 € participation for the house, for you personally you have therefore 293,93 € /month.
- for your accommodation, house expenses and food, Citrus receives 113,02 € which is given back to you in kind.
- a first aid training (PSC1 diploma)

If you're not from France, Citrus will go with you to :

- open an « A passebook 6 » at the bank
- open up you rights to the CPAM (Health insurance), for this you need your birth certificate.

**ATTENTION :**

If you live outside the Schengen area of the European Union, you must have your birth certificate translated by an official sworn translator.

### Volunteering and free time

You are entitled to week-ends and two days off for every month you work.

At Citrus, we ask volunteers to take 5 days off in a row, i.e. a full week to facilitate collective organisation. But since life is full of ups and downs, Citrus gives volunteers 2 jokers to take 1,2 or 3 days and exceptionally extend week-end.

You will organise your free time with your group or on your own according to local possibilities, your wishes and your financial means. The opportunities in the region vary according to the seasons.

It is everyone's responsibility to commit themselves to their desires and to participate in the creation of a good group dynamic.

### Don't forget to bring

- Good shoes, suitable for the construction site.
- Rainwear and warm clothing (jacket), but also something to protect you from the sun.
- Musical instruments, recipes, photos, souvenirs from your home region, a dictionary or anything else you want to share to help other people discover who you are and your culture.
- A swimsuit if you wish.
- A copy of your valuable / official documents (identity card, passport, family record for insurance, visa ) to send also by mail to [citrus@citrus.asso.fr](mailto:citrus@citrus.asso.fr) (in case you lose your wallet it's very useful !).
- For Civic Service volunteers an official translation of the birth certificate.
- For volunteers in ECS the proof of purchase of your tickets and visa.

*Apart from that, if you are taking valuables with you, you can store them at the office of Citrus association .  
Each volunteer is responsible for his or her own belongings*

# HOW TO COME IN LAGUEPIE?

**DON'T FORGET** : please send an e-mail to [animation@citrus.asso.fr](mailto:animation@citrus.asso.fr) to indicate your day and time of arrival in advance please, thank you !

Adresse : Association Citrus, 24 route de la Laouessie, 82250 LAGUÉPIE  
Tél. : 05 63 65 94 06 / e-mail : [animation@citrus.asso.fr](mailto:animation@citrus.asso.fr) ou [citrus@citrus.asso.fr](mailto:citrus@citrus.asso.fr)

## PLANE

The easiest airports to connect are located in Paris or Toulouse - Blagnac. There are buses that connect the airports and train stations. For the journey between Toulouse - Blagnac airport and Toulouse - Matabiau central station, there is either :

- a shuttle bus that goes from the airport to the train station in about 30 min for 9 €.
- or take the Tramway T2 direction Palais de Justice Toulouse, get off at the Arènes stop, take line A direction Balma-Gramont and get off at the Marengo-SNCF stop, walk 400 m to the station. The journey takes about 40 minutes for 1.80 € or 2 €. ( More infos on : [www.tisseo.fr](http://www.tisseo.fr) )

## TRAIN

All connections are manage by this site <https://www.sncf-connect.com/>

Be careful, tickets can be expensive, so plan to buy them in advance. The most common connections to get to Laguépie from Paris : • PARIS AUSTERLITZ > TOULOUSE - MATABIAU > LAGUÉPIE • PARIS MONTPARNASSE 1 et 2 > TOULOUSE - MATABIAU > LAGUÉPIE

## OTHER

Transports has an ecological impact. The Alliance, a European network of voluntary organisations raises awareness on sustainable transport. Today, air transport is very widespread, but don't hesitate to find out about these other possibilities :

- bus : [www.eurolines.com](http://www.eurolines.com)
- co-driving / covoiturage : [www.blablacar.com](http://www.blablacar.com)  
[www.laroueverte.com](http://www.laroueverte.com)

## You want to know more ?

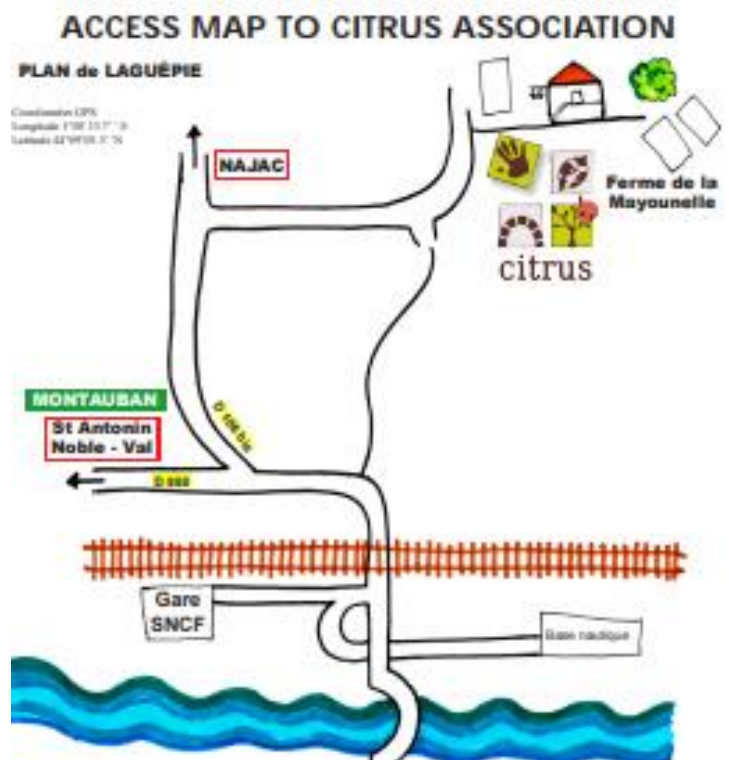
If you need more informations, please contact us.

### Association CITRUS

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Facebook : Citrus Laguépie  
Instagram : citruslaguepie

See you soon in Citrus !