



INFOPACK

MJC FLERS



BASIC INFORMATION

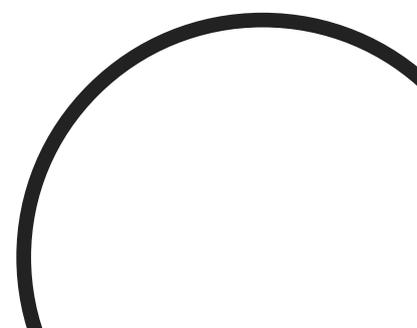
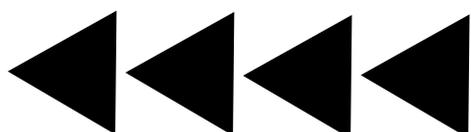
Hosting organization
la Maison des Jeunes et de la Culture
Flers, Normandy

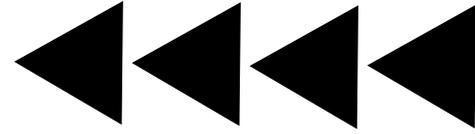
Arrival: 01/09/2019

Departure: 15/08/2020

Participating countries: members of EU

Number of participants: 2





SUMMARY OF THE PROJECT

“Maison des Jeunes et de la Culture” can be loosely translated to “House of Youth and Culture”. The MJC in Flers, Normandy, is an association composed of people who are determined work and support young and all people through different courses and guidance if requested. Consequently, their daily routine will be enriched and they are able to encounter and follow their passions. Projects, courses, and ateliers are offered in the following domains: art, music, theater, and sport.

The MJC team is like a big family which consists of Emilie, the directrice, Coralie, Sandrine and Dennis who are all permanent employees. Hence Dennis is responsible for the youth sector one can always find many young people in his office, namely volunteers, interns, or basically anyone who wants to profit a little from his wisdom. Also, there are various sports instructors and music teachers who add daily to the MJC energy. Every opinion, even when expressed in basic French, is valued here. Since each project starts with one person, or a group, collecting ideas to later share them with the team it is important to speak up and to contribute to the process. Show commitment and team spirit to create great events that you and the MJC can be proud of.

However, this year should also give you time to think about yourself and your future. Do not hesitate to try something foreign, ask questions, take up a new hobby and to get engaged!



THE MISSION

Sport/Santé

The MJC of Flers offers a wide range of different sports courses and activities for all age and social groups. During your volunteering period you will collaborate with a french volunteer to help the three sports instructors, namely Fabienne, Florence, and Cédric, with the execution and development of their courses. Notably, the main projects are the ERET (with Florence), the partnerships between the MJC and COALLIA and ASTI (with Cédric) as well as with UNA (with Florence). If you are interested in joining these projects you should ask for more information about them, be open-minded and helpful throughout the duration of the course and always ask if you can help to prepare something. Florence will tell you anything you need to know about ERET and UNA. Furthermore, she will happily welcome you in her groups. The organization COALLIA deals with people who are currently in an unstable social situation. Therefore, Cédric's aim is to engage the participants in various activities which should encourage them to socialize, trust in their abilities, find pleasure in moving your body, and to work as a team. Since 2019 he is working with ASTI, an organization which tries to integrate immigrants into the public of Flers. Following the same principles, the participants should have fun to do sports in a group while being guided by a professional. Perhaps it will be awkward to join these courses at first. It might be especially challenging at first if your french language skills are not that developed yet. But do not worry, because participation, motivation, and team spirit are the only requirements.



THE MISSION

Culture

The volunteers will use their time in France to develop cultural projects within the MJC and in partnership with other structures of Flers and its surroundings: mediatheque, art centers, leisure centers, ludotheque, primary schools, etc.

The volunteers mostly work with:

- 1) Café associatif - young members of the MJC and their families, as well as adults who participate in our leisure activities each season. The volunteers organize intercultural evenings, music evenings, cultural events (Day of Games, Week of Europe) and creative workshops for children.
- 2) local youth - volunteers visit schools and training centers in order to share with the youngsters information about mobility programs, volunteering opportunities and European Union. They also participate in the preparation of youth exchanges.
- 3) other structures in the city of Flers, in which the volunteers will occasionally provide help with cultural activities and events, as well as work on projects in which the MJC is a partner organisation (for example: Petit Déjeuner International, La Grande Lessive, Festival du Jeu).

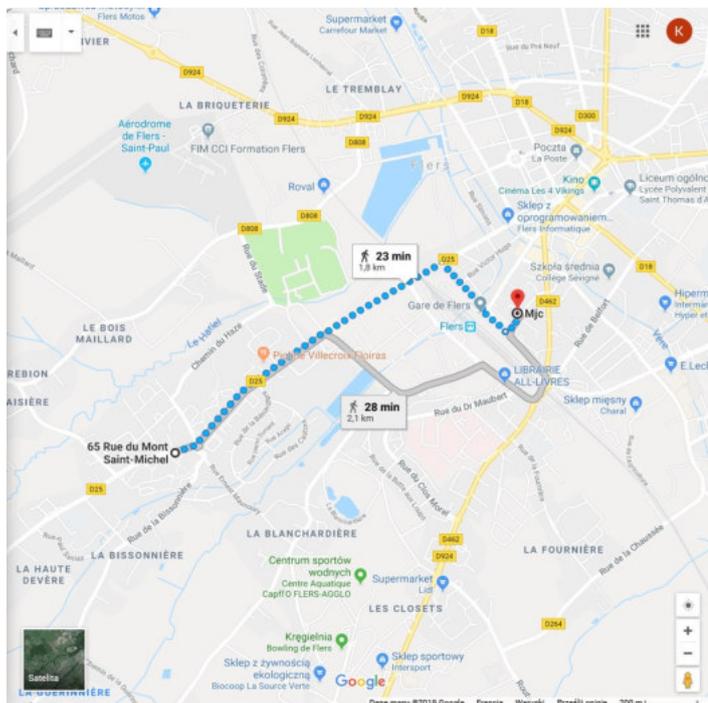
Depending on the volunteers' interests, it's possible to develop more advanced partnerships with these organisations.



ACCOMMODATION

The two hosted volunteers will share a flat which is located in the Quartier du Mont Saint-Michel in Flers. It takes about 20 minutes on foot, 5 minutes by bus and about 10 by bike to get to the MJC which is located next to the city center of Flers.

The apartment consists of two bedrooms, one bathroom, a toilet, a living room, and a kitchen.



- Is there a washing machine?

Yes

- Is there a dishwasher?

No

- Does the flat have Wi-Fi?

Yes

- What kind of utensils can be found in the kitchen?

A stove, an oven, a toaster, a kettle, a microwave, a coffee machine, a mixer, pans, plates, cutlery, diverse cooking utensils.

- Can you drink the tap water?

Yes, you can.

- Do I need to bring towels or covers for the bed?

No, they are provided.

- Is there a grocery store nearby?

Yes. The closest one is ALDI about 10 min on foot from the apartment and on the way to the MJC. However, in Flers and its surroundings various other shops and stores can be found.

- Do I get a french mobile phone?

No, the MJC will not provide you with a french SIM card or phone. If you think that you would profit from a french contract during your voluntary service you will have to take necessary measures yourself.

- How do I get my money?

At the beginning of your voluntary service you will be taken to a local bank (Crédit Mutuel) to open a french bank account on which you will receive your money each month.

TRANSPORT

From Paris to Flers (or Welcome to the Countryside):

The easiest way to get to Flers is by train. Depending on the location of arrival you have the choice to take a shuttle bus, the RER, the metro or another transportation device through the centre of Paris to get to the train station Gare Montparnasse (metro station Montparnasse - Bienvenue).

If you land in CDG it is easiest to take the shuttle bus ligne 4 to the train station. However, one ticket costs about 15€ and the bus takes at least one hour. Hence if the route is exactly through Paris' city center it is quite a nice sightseeing tour to have. Yet, due to traffic jams or construction work the bus can take much longer so be careful when you do not have a lot of time between your arrival in Paris and the departure of your train to Flers.

Another option is to take the RER B into Paris' center where you have to change once to a metro line of your choice. This option is first of all cheaper and secondly faster than the bus. Still, you have to deal with more people (the metro stations in Paris are crowded) and sadly you do not get to see the Parisian architecture.

There you will take the train Paris - Granville which stops in Flers after around 2h30. It is best to buy the tickets in advance (online on their website www.oui.sncf or on their App). If that is impossible, you can also buy them at the train station.

The last train to Flers leaves from Gare Montparnasse at 19:43. Take this into consideration when buying the plane tickets and for further travelling. Make sure to have enough time to get from the airport or another train station to Gare Montparnasse (For example, you need at least one hour to get from CDG to Gare Montparnasse).

In case of questions regarding the travel do not hesitate to ask us for advice since we have already taken this route a couple of times.

- Shuttle bus Paris-Beauvais: <https://www.aeroportparisbeauvais.com/en/shuttle/>
- Shuttle bus Paris Orly: <https://www.airport-orly.com/bus-and-coach.php>
- Shuttle bus Paris Charles de Gaulle: <https://www.lebusdirect.com/en/roissy-cdg-shuttles.html>
- Plan RER in Paris: <https://www.ratp.fr/plan-rer-et-transiliens>
- Plan Metro in Paris: <https://www.ratp.fr/plan-metro>



LOCAL TRANSPORT

As far as local transport is concerned, there are two lines of buses that go to the MJC (line 1 and 2). The bus stop is situated right next to the flat. The price of a ticket is 1,10€ and all the costs of local transport will be regularly reimbursed by the MJC. The volunteers will also be provided with bikes that they can use to commute to work.

When it comes to transport between Flers and other towns and cities in the region, there are both train (SNCF) and buses (CAP ORNE, Bus Vert) connection available. The nearest big city is Caen (50 km from Flers).



REIMBURSEMENT FOR THE TRAVEL

All the travel costs are going to be reimbursed up to 275€.
Any costs exceeding that amount will be covered by the volunteer.
The most important facts about reimbursement:

- always ask before you buy the tickets
- keep the original receipts
- bring all the papers back to the MJC

FOOD AND POCKET MONEY

In the beginning of each month, the volunteer will receive both money for the groceries (210€) and pocket money (180€) for their personal use.

GENERAL INFORMATION

- Local currency: Euro €.
- Alcohol restrictions: It is forbidden to consume alcohol in public.
- French telephone prefix: +33



CONTACTS OF THE STAFF

EVS coordinator: Dennis VANDREY
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Website of the organisation: www.mjc-flers.fr
Facebook of the organisation: <http://fb.com/mjc.deflers/>

The volunteers of 2018/2019:
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Katarzyna (katarzyna.kazimierz@yahoo.com)

