



# YOUTH EXCHANGE “YOUTH and CITIZENS” SJ/YE90



## WHO ARE WE ?

Solidarités Jeunes (SJ) is an association from a movement of informal education which places in its core values solidarity, voluntary commitment and a strong political will. Our choices and our actions are influenced by our vision of the society, in which the progress is social, where the respect of human being 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, without any matter about gender, social and cultural background or nationalities. SJ, since its creation, participates concretely to Peace construction, fostering intercultural meeting here in France and abroad. SJ works through participative pedagogy which encourages initiatives, commitment valuation and gathers forces and intelligences from all, volunteers, employees, etc.

Solidarités Jeunes is composed by one National Secretary based in Paris, seven Regional Delegations and one partner association. Our delegations host time to time or all year long time volunteers, from France and from all around the world. Furthermore, those delegations and partners monitor and host also youngsters with fewer opportunities, as part of inclusion and solidarity actions. All those friendly delegations and partners are situated in singular and original sites (castle, former camp-site, 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 there.

## ASSOCIATION LE CRENEAU SJ AUVERGNE-RHONE-ALPES

Based in the heart of beautiful rural area, at Montcombroux-Les-Mines village, in Auvergne (in 40 km from Vichy and Moulins), “Le Créneau” is an association created in 1993.

The association is settle 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 one person who wishes to offer his/her time, energy, views to a general interest project. It is also an intercultural ground of learning (apprenticeship), experiments and personal construction. At SJ, volunteering does not mean humanitarian action because we do not deal with emergency. Voluntary service exists almost everywhere around the world and it is a commitment which can be really different regarding countries, cultures, fields, etc. It gathers 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.**

## YOUTH AND CITIZENS

This project enters into non formal education and aims at raising participants, inhabitants and local elected representatives' awareness about European citizenship and citizen commitment. The feeling of sharing common values allows to go over the national patriotism and to do an important step towards peace building and reinforcement of the living together.

The goal of this youth exchange is to create, in partnership with the association « Le Micro des Ailes » and « Europe Direct » a radio documentary, a photo exhibition, a blog and a Facebook page that will be the result of collective reflection and local inhabitants or elected representatives' interviews.

Objectives :

- Thinking collectively, sharing ideas on the sense of belonging and the notion of European citizenship.
- Raising participants' awareness on international encounters in order to foster learning, respect and tolerance.
- Developing participants' autonomy and fostering collective work by using non formal education pedagogical tools.
- Raising inhabitants and local elected representatives' awareness on these issues and on the sharing of our common values (interviews, including street interviews and debates)
- Raising participants' awareness on media tools by creating a radio documentary, a photo exhibition, a blog and a Facebook page.
- Disseminating and valorising the outcomes of these exchanges (local radio and TV, internet, etc).

The creation of a radio documentary and a photo exhibition will be the tools that will help valorise the project. Each participant will have the possibility to valorise this exchange in his/her own country and raise awareness among the local population on European citizenship and citizen commitment.

## COLLECTIF LIFE AND PARTICIPANT

The group will be maximum 24 participants between 18 and 30 years old and from 4 countries: France, Germany, Italy and Czech Republic. 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 (little 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 leisure that could fit to group experiment, regarding budget, time and availability of the car.

Around Le Créneau, we can go to visit Vichy (one hour), to go for a walk around or swimming in a lake. Participant will organize by themselves and with the support of the leaders also their weekends. Every day there will be some free time in the planning to have a rest, to walk, to relax, etc.,,

**It is important to consider that this project does not offer a lot of time for touristic visits in the region!**

*Even if the youth exchange takes place in a beautiful region, this is not a tourist journey! If you wish to go to visit places, cities around and travel through France, you must do it before or after the*



*exchange. Feel free to take more days in France but not during your project. During it, you will stay with all the volunteers and inhabitants to enjoy local leisure and intercultural experience.*

## ACCOMODATION

You will be hosted in a **dormitory tents** (6 or 8 beds) in a little camping with toilets and showers.

**We will provide you a bed and mattress.**

**You need to bring a sleeping bag (and a pillow.)**

**There is no washing machine but a space where you can wash your clothes with organic soap.**

Meals are prepared by our kitchen team. We eat fresh vegetables and fruits, as much as possible local and seasonal. **There is no meat everyday!**

*Please tell us if you have any specific diets.*

**During the exchange, you will organize an international meal (the 30<sup>th</sup> of June) where you can present to people your favourite recipes from your country. So do not forget to bring some traditional ingredient or food.**

## DO NOT FORGET

- A good sleeping-bag (nights can be fresh!) and pillow
- Good shoes
- A flash-light or lamp
- Sport clothes to bike
- Rain clothes and warm clothes
- Sun cream, laundry detergent (organic as mus as possible)
- Instruments, games, recipes, pictures, postcards from your region
- A swimming suit
- Usb stick

Each volunteer is responsible for its personal belongings.

Nevertheless, if there is no necessity to bring those valuable items with you, we invite you to not to do it.

## INSURANCE

Solidarités Jeunesses takes an insurance regarding “Civil responsibility and Accident” during the workcamp but insurance regarding illnesses is at your charge. We invite you thus to contract a complementary insurance for it if you have none. 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 to confirm that you have a social security cover. Do not forget to be updated regarding vaccination.

## MEETING POINT

**Monday 14<sup>th</sup> august 2017**

**Meeting Point at 20 h**

**IN MOULINS TRAIN STATION**

Please send us an email to inform us of your arrival time at the following address [accueil.creneau@orange.fr](mailto:accueil.creneau@orange.fr)

**DO NOT HESITATE TO CONTACT US, IF YOU HAVE ANY PROBLEMS DURING YOUR TRAVEL TO THE CAMP.**

You can check these timetables on [www.voyages-sncf.com](http://www.voyages-sncf.com)

We will pick you up from there to Le Créneau.

You just have to call us : 04 70 99 64 35 or to send one mail at [sr.creneau@gmail.com](mailto:sr.creneau@gmail.com)

From the train station we will organize transportation till Le Créneau.

**THE ARRIVAL DAY IS THE 14<sup>TH</sup> OF AUGUST AND THE DEPARTURE DAY THE 3<sup>TH</sup> OF SEPTEMBER.**

**By Plane :** You can land in :

**From Lyon-Airport Saint Exupéry** to the railway station (Lyon Part Dieu)

Take a Tram Express, the departure is at Lyon Saint Exupéry station, we can buy the ticket by internet (“Rhonexpress”) or in the station,

And take a train to Moulins (sur Allier)

**From Paris-Airport** to the railway station (centre of Paris) :

**Airport Charles de Gaulles (Roissy):** Take the RER B direction Saint-Remy-les-Chevreuse to the station Chatelet-Les Halles. Stop to Châtelet-les halles take the metro 14 direction Olympiades and stop at he station Bercy. (time: around one hour),

**Orly's Airport:** Take the metro at Orly Ouest or Orly sud station to Antony and then take the RER B (direction Aéroport Charles de Gaulle 2 TGV) to the station Denfert-Rochereau. Stop to Denfert-Rochereau and take the metro 6 direction Nation and stop at the station Bercy. (time: around one hour)

## ADRESSES

**Workcamp address**

YOUTH AND CITIZENS  
Le Créneau, 03130 Montcombroux les Mines  
**Person in charge : Guillaume MARTIN**  
[sr.creneau@gmail.com](mailto:sr.creneau@gmail.com) +33 4 70 99 60 35

**Regional delegation**

Association Le Créneau  
Lieu dit Les Prureaux  
03130 Montcombroux les Mines  
Téléphone : 0033 (0) 4 70 99 60 35,  
mail : [sj.auvergne@orange.fr](mailto:sj.auvergne@orange.fr)  
Person in charge : Thierry

**Emergency contact**

**Emergency contact at Solidarites Jeunesses in Paris if you can not get in touch with the regional delegation:**  
**0033 1 55 26 88 77**

## MORE INFORMATION

About the région : on the following website <http://www.allier-auvergne-tourisme.com/>

**See you soon !**  
*Solidarités Jeunesses team*