



WELCOME TO FLERS !

1ST SEPTEMBER 2024
30TH JUNE 2025



**CORPS
EUROPÉEN
DE SOLIDARITÉ**



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 to work and to support young and all people through different courses and guidance if requested. Consequently, your daily routine will be enriched, and you will be able to find and follow your passions. Courses and workshops are offered in the following domains: art, music, dance, theatre, and sport, given by instructors and teachers, who also add energy to the daily life of MJC.

The MJC team is like a big family which includes Geoffrey, the director, Coralie, Sandrine, Aurélie and Audrey who are all permanent employees. Audrey Coubret will be the **coordinator of the volunteers**, and in her office, you will always find many young people, namely volunteers or trainees.

A personal project will be also part of the volunteer work. Every opinion, even when expressed in basic French, is valued here. Since each project starts with one person, or a group, by collecting ideas to later share them with the team it's 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 you and your future. **Do not hesitate to try something foreign, ask questions, take up a new hobby and get engaged!**



Host organization

Maison des Jeunes et de la Culture
32 bis rue du 14 juillet, 61100 Flers
Flers, Normandy

Arrival: 1st September 2024

Departure: 30 June 2025

Who can apply : members of EU from 18 to 30 years old, that is motivated and willing to live in the countryside of France ! Being motivated to learn French is also an important point if you want to communicate effectively with the other volunteers.

You are curious, open-minded and want to realise nice projects ... Don't hesitate to send your application !

Number of participants: 2

DEADLINE TO APPLY :

SUNDAY 15 JUNE 2024

Interview : from the 1st of June

CV & MOTIVATION LETTER, VIDEO, DRAWS, VOICE MESSAGE...

EUROPE@MJC-FLERS.FR



MISSION 1 : THE HAPPY MJC !

IN BRIEF

At the MJC, culture is a central activity of our associative project. We offer our members the opportunity to take part in cultural, sport, music, health activities. Within the youth team of the MJC, the volunteer will be an ambassador of culture and discovery in order to encourage the young rural populations of the territory to get involved and learn more about different cultures, nationalities, art in all its shapes, etc.

Hosting European volunteers is an incredible opportunity for us to have an intercultural exchange within the MJC. The European volunteers bring with them their cultures and countries as well as their stories. On this mission, the idea is to develop any kind of project that can help the MJC to widen the younger generation horizons and to put in place activities that you'll enjoy, while transmitting them to all the public.

Here are some examples of missions:

- Creation of activities corresponding with volunteers' interests (cinema, sport, music, photography, languages, multimedia, literature, theatre, journalism, etc) for all audiences (schools, local young people, etc.)
- Assistance in preparing the association's events (dance, games, youth development, culinary events, etc.)
- Helping dance, art and sport teachers during activities (according to your preferences)
- Co-organise the MJC's open stages (theatre, music, stand-up... you'll be working on a team to prepare these evenings!)
- All ideas are welcome! Any topic that interests you personally can be at the heart of new projects (citizenship and democratic participation, environment, health and well-being, fight against discrimination, animals, food, travels, etc.)



For this mission, the volunteer will be able to implement a number of actions in collaboration with another European volunteer, two french Civic Service volunteers and the MJC team hosted within the association.

The volunteer will have great freedom to carry out personal projects and take the time necessary to prepare his/her future after the European voluntary.

ACCOMODATION, MONTHLY ALLOWANCE AND TRAVEL

YOUR HAPPY PLACE !

The hosted volunteers will share a flat and it 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 train station in the city center. The apartment consists of two bedrooms, one bathroom, a toilet, a living room, and a kitchen. The flat is equipped with: washing machine, WI-FI, a stove, an oven, a kettle, a microwave, a coffee machine, a mixer, pans, plates, cutlery, diverse cooking ustensils, towels and covers for the bed. The tap water is drinkable.

The nearest grocery store 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 (Lidl, Carrefour, Intermarché, Leclerc).

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 (we can help).

MONTHLY ALLOWANCE AND TRAVEL

In the beginning of each month, the volunteers will receive money for the groceries, pocket money and local transport for their personal use.

If you need it at the start of your voluntary service, you will be accompanied to a local bank (**Crédit Mutuel**) to open a French account in which you will receive your money each month. Otherwise you can keep your own card or get one online like **Revolut**.

The travel costs are going to be reimbursed. Any costs exceeding that amount will be covered by the volunteer. We encourage you to use a green travel if possible !

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

WORK TIME AND HOLIDAYS

The volunteers are working from Tuesday to Friday. Monday is day off, so you have usually 3 days of week-ends. The hour are 9:00 to 17:00 except Friday, we finish at 16:00.

Sometimes we work Mondays, evenings or weekends so we get the hours back in the days after.

As a European volunteer, you have the right to **two days of vacation per month** of volunteering, which is 20 days for 10 months.



YOUR TRAVEL TO FLERS !



LA ROCHE D'OËTRE

WELCOME TO THE COUNTRYSIDE...

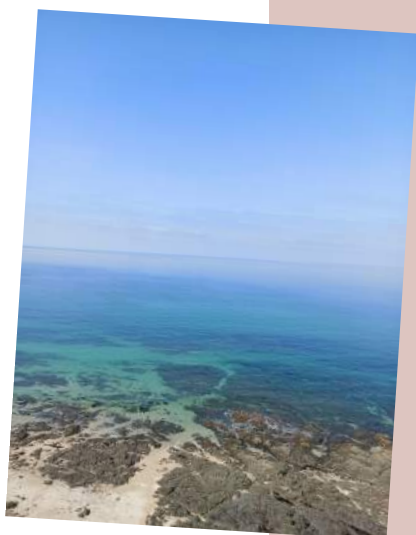
From Paris to Flers :

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's easier to take the shuttle bus ligne 4 to the train station. However, one tickets costs about 15€ and the bus takes at least one hour. Hence it the route is exactly through Paris' city center it's 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 don't 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 better to buy the tickets in advance (online on their website OuiSNCF 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](#)
- [Shuttle bus Paris Orly](#)
- [Shuttle bus Paris Charles de Gaulle](#)
- [Plan RER in Paris](#)
- [Plan Metro in Paris](#)



GRANVILLE



CLÉCY

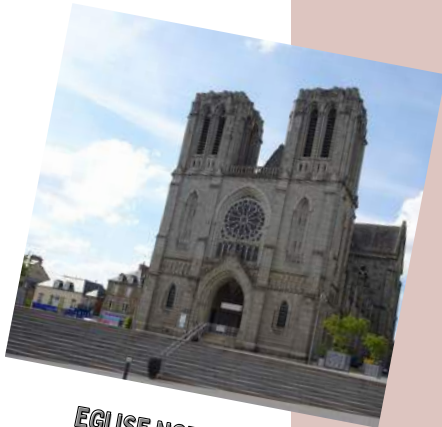


THE FAMOUS...
TRAIN STATION OF
FLERS !

LOCAL TRANSPORT, TIPS AND CONTACT



LAC DE RABODANGES



EGLISE NOTRE-DAME
(ALMOST LIKE PARIS)



LE CHATEAU DE FLERS

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 the MJC will supply you with a monthly bus allowance. 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).

FLERS AGGLO

There are a lot of places in Flers where you can spend a nice time, here you can find some advices :

- Take time to enjoy the castle and the parc.
- Capfl'O is the piscine and a local hotspot.
- If you need a place to study and think, the médiatheque might help you out. Additionally, it has a great selection of books, music and movies.
- Speaking of movies, Flers does have its own cinema: les 4 Vikings!
- Going to a balade in "Le Marais du Grand Hazé" in Briouze it's very nice !
- Spend time to the lake in La-Ferté-Macé, you can go by bus
- Explore the city and the story with the "Office de Tourisme"
- Eat a galette in the "Regal'ette", cheap and nice
- Go to the supermarket on wednesday and saturday they have cool specialities !

CONTACTS

ESC coordinator: Audrey COUBRET

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Website of the organisation: www.mjc-flers.fr

Facebook of the organisation: <http://fb.com/mjc.deflers/>

Previous volunteers : volontaire@mjc-flers.fr

Instagram of the volunteers : https://www.instagram.com/mjcfiers_volontaires/

Our podcast : <https://anchor.fm/mangerliebehablar>

A REGION TO VISIT & MORE

Normandy is a region full of interesting places to see. The most well-known are castle **Mont Saint Michel**, Rouen, the tapestry of Bayeux and the D-Day beaches.

Normandy is a rainy region. Therefore **it's crucial to take a raincoat when you go anywhere!**

In summer, the temperatures will reach between 20° to 25° C. In winter, it drops rarely below -5°C but due to the ever present humidity it does feel colder than that.

The French might not have the same working hours as you are used to. For example, **banks open late or not at all on Mondays**. However, when they are open they close at a very late hour. Also, there is no school on Wednesday afternoons.

Furthermore, school holidays take place more often and are longer than in most other european countries.

In France it is common to buy food at the market. Usually the biggest one is on Saturday morning but some cities, even Flers, have one on Wednesday morning too.

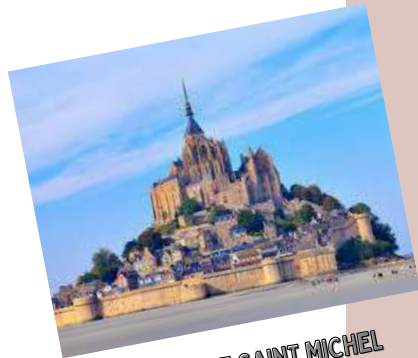
In France it is common to 'faire la bise' which means you typically kiss each other on the cheek to say hello and goodbye. However, different rules apply for different genders, age groups, and (work) relationships. Therefore, do not be surprised when the French greet you like that. If you do not feel comfortable doing it then just say so.

L'aperitif is truly an amazing thing here in France. It can just exist out of a glass of wine or biere with cacahuètes or some baguette with Rillettes, fromage, fruits, ... you name it!

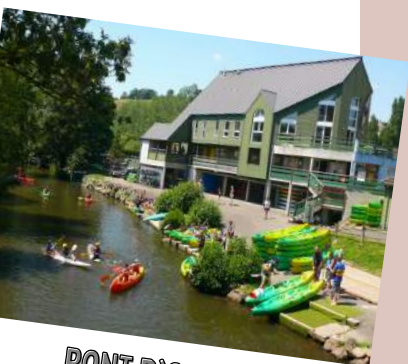
Drink cidre and try a pepito at the boulangerie.

Last but not least, if you ever feel bored and unmotivated please don't stay at the apartment and do nothing. This is your year, so seize the opportunity to try something new and to get involved. Although Flers seems very small even here there are a lot of opportunities to do stuff. Join a local sports club, try taking up music classes (maybe even in the MJC) or do something by yourself (reading, painting, jogging, yoga, ...). **In addition, try to stay in touch with other volunteers and people that you meet here in France so you can visit each other or do some travelling together!**

ENJOY YOUR TIME HERE !



LE MONT SAINT MICHEL



PONT D'OUILLY



LAC DE RABODANGES



ORNE AVENTURE