



# *Unis* Cité

## EUROPEAN PROGRAMME



**CORPS**  
**EUROPÉEN**  
**DE SOLIDARITÉ**

PLUS FORTS ENSEMBLE.

# INTERCULTURAL TEAM

20

10 civic service  
volunteers from

10 European  
volunteers from  
different European  
countries

VOLUNTEERS





# Activity N° 1

## Solidarité Séniors

Build a link between youth and seniors to fight isolation for elderly people

**PAY WEEKLY VISITS TO ELDERLY PEOPLE**

**ORGANIZE GROUP ACTIVITIES FOR ELDERLY PEOPLE**

**WORK CLOSELY WITH ALL PROJECT PARTNERS (NURSING HOMES, HEALTH FACILITIES ETC)**



# 1 WHY SOLIDARITY SENIORS PROJECT ?

Intergenerational solidarity is a response to the challenge of ageing and the isolation of the elderly. This issue, also true in other European countries, will allow young Europeans to act concretely and to engage in France with seniors on this theme shared in their country.

‘Solidarité Seniors’ is a program that responds to the challenge of ‘ageing well’ through a comprehensive approach to the needs of elderly, at home and in care facilities. 20 volunteers will be recruited for the project. The 20 volunteers will be divided into teams of 4 (2 French and 2 Europeans).

## EACH TEAM WILL HAVE TO CARRY OUT THE FOLLOWING ACTIVITIES

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- 1. Identify isolated elderly people, offer them individual visits
  - 2. Develop a bond of trust with the people visited in order to lead them towards greater mobility
  - 3. Visit isolated elderly people, having previously prepared these visits, which will be carried out in pairs (1 French and 1 European)
  - 4. Be proactive, organize and set up group outings or events, encourage older people to take part in group activities
  - 5. Participate in the evaluation of the impact of their action on the beneficiaries of the project
  - 6. Intervene in a structure (retirement home, nursing home etc.) in order to participate in cooperative activities

# Activity N° 2

Promote Europe and encourage mobility programs

**ORGANIZE ONE OR SEVERAL EVENTS TO PROMOTE EUROPE AND EUROPEAN VOLUNTEERING**

**WORK WITH FRENCH VOLUNTEERS AND HELP THEM TO PREPARE THEIR OWN MOBILITY**



As a European volunteer, you also will work on another project on the topics of Europe, youth mobility and volunteering programs.

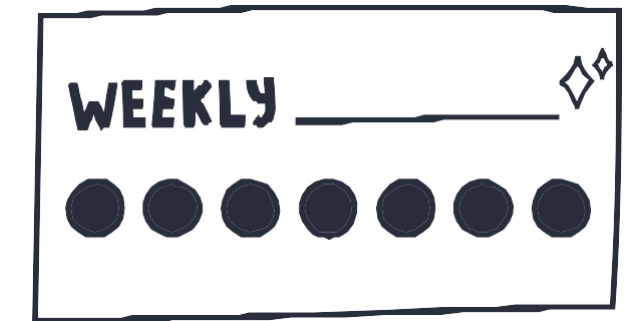


- First, with all the team, you will implement and develop workshops to raise awareness of Europe and its ideals.
- Moreover, you will also be part of a special two-person team: you and one French civic service volunteer. You will have to support each other in your own projects. You will support the French volunteer and help him to prepare his own mobility project / you could share your mobility experience and your knowledge (what you did / how it worked / how you organized the project etc). The French volunteer will support in adapting you in Angers and your daily life in France.

2



# A TYPICAL WEEK



**MONDAY**

**TUESDAY**

**WEDNESDAY**

## **SOLIDARITY SENIORS PROJECT :**

- Visits to elderly people
- Group activities with elderly people
- Work with partners

**WITH YOUR  
TEAM OF  
FOUR**

**THURSDAY**

## **GROUP ACTIVITIES REGARDING DIFFERENT TOPICS :**

- Specific training regarding the elderly project • Citizen training
- group activities to develop your soft skills
- specific activities to work on your future plans

**WITH ALL  
THE 20  
VOLUNTEERS**

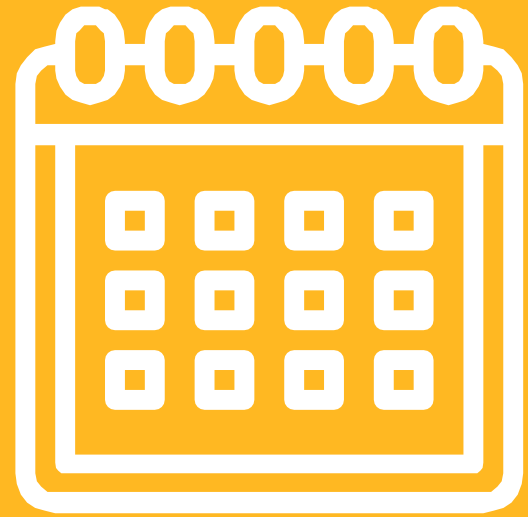
**FRIDAY**

## **FRENCH LEARNING :**

- Alone on the OLS platform
- Sometimes, specific training time, in group.

**ALONE OR  
WITH THE  
GROUP**

# CONDITIONS



## DURATION

8 months, from September 15, 2025 to May 15 2026

## WHAT WE EXPECT FROM YOU

You speak some French or you want to learn it

No diploma required

You are **MOTIVATED**

## WHAT WE PROVIDE

- ✓ Accommodation at a youth residence
- ✓ Pocket money
- ✓ Food allowance
- ✓ Public transportation





# ACCOMODATION : 3 POSSIBLE HOUSING

**FJT Marguerite  
d'Anjou**



**FJT Quinconce**



**FJT David  
d'Angers**



**FJT Harmattan**





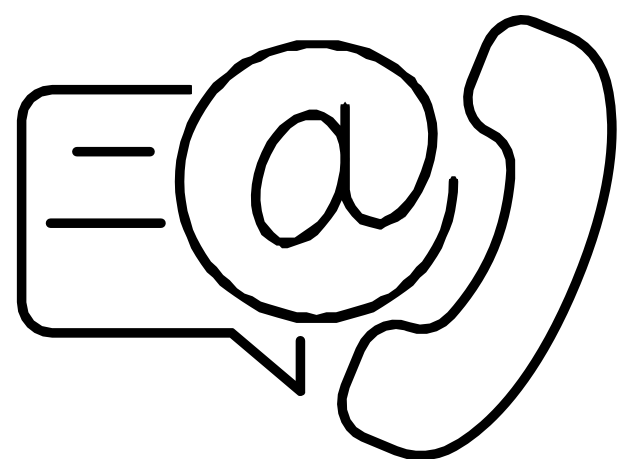
# ➤ Angers : A super great city !



**What to do in and around Angers ?**



# WANNA JOIN US ?



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