



OPPORTUNITY DETAILS UNIS-CITE LA ROCHELLE

TITLE

Solidarity with our elders

CITY OF LA ROCHELLE

A thousand-year-old city with a rich historical and urban heritage, the historic capital of Aunis has today become the most important coastal city between the Loire estuary and the Gironde estuary.

Located on the edge of the Atlantic Ocean, and protected from storms by the «barrier» of the islands of Ré, Oléron and Aix, the city is first and foremost a port complex, and this since the twelfth century.

La Rochelle is rich in cultural and sports activities, with its many festivals (music, theater, dance, etc.) throughout the year.

ACTIVITY DESCRIPTION

Workspace: leisure activities with seniors, educational activities in the EU

Today, in France, one person out of 10 is over 75 years old. Among them, 1.5 million people are in physical and social isolation. Intergenerational solidarity is a response to the challenge of aging 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.

16 volunteers will be recruited for the project. The 16 volunteers will be divided into 2 teams of 8 (4 French and 4 Europeans in each team, in each team you will be in pairs, 1 French and 1 European). Each team will have to carry out the following activities:

One team will be required to:

1. Identify isolated elderly people, offer them individual visits
2. Develop a relationship of trust with the people visited,
3. Visit 6 to 8 isolated elderly people, having previously prepared these visits that will be carried out in pairs (1 French and 1 European)
4. Be proactive, set up outings or group events, encourage older people to participate in group activities,

5. Participate in the evaluation of the impact of their action on the beneficiaries of the project

The other team will perform the following activities:

1. Act with structures (retirement home, nursing home, ...) on 3 half days a week in order to participate in the animation of the place through the game (using tablets and games sport health on switch consoles),
2. Educate seniors about digital (tablets) and its uses
3. Develop a relationship of trust with the people of its workshops,
4. Set up a senior health e-sports competition with French volunteers,
5. Visit 2 isolated elderly people, having previously prepared these visits that will be carried out in pairs (1 French and 1 European), and also develop a relationship of trust with the people visited,
6. Participate in the evaluation of the impact of their action on the beneficiaries of the project

**Using tablets can teach them how to use messaging services to stay connected to their loved ones who may be geographically distant.*

The use of the console (with the switch game sport, ring fit adventures and Just Dance) will also allow them to have a gentle physical activity while having a playful approach to digital with the organization of a departmental or regional competition.

Do you want to be part of a team of 16 young people made up of 8 French people and 8 young people from all over Europe? Yes? JOIN US FOR THIS ADVENTURE!

Additional measures:

Unis-Cité wishes to associate the European volunteers in various actions of sharing on European citizenship, to raise awareness and exchange on their cultures.

The volunteers will work with other young people in their housing residence and with French volunteers to raise awareness and exchange on their cultures.

Several actions will be carried out with associative partners of the Rochelais territory.

ACCOMMODATION, FOOD AND TRANSPORT ARRANGEMENTS

The program covers: travel expenses, accommodation, food (allowance), bus transport and bike sharing, pocket money and health and other insurance.

Accommodation: Horizon Habitat Jeunes La Rochelle district of Mireuil - <https://www.horizon17haj.org/>

TRAINING DURING THE ACTIVITY

In addition to the ECS seminars we will offer additional training for volunteers. You will be working with the elderly, we will therefore train you to be able to accompany them and to offer them services/activities. You will also have French lessons and individual coaching time.

ADRESS

Unis Cité
28 Avenue du Luxembourg
17000 La Rochelle

DATES

- Duration: 8 months
- Project Start: October 2025- to June 2026

PARTICIPANT PROFILE-

Motivation to improve your command of French, ability to communicate with different people. Enjoy working on a team. A desire to be in contact with the elderly is essential. The driving licence is not required. Due to a short timing we are not able to recruit volunteers that need a visa.

Learning for volunteers/ Skills developed

- Knowledge related to the senior public and its issues
- Animation techniques
- Teamwork
- Organizational Abilities
- Ability to assess and report
- Adaptability
- Interpersonal skills

CONTACT PERSON

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