



# EUROPEAN SOLIDARITY CORPS

*with*

*Univ* **Cité** 

-INFO PACK-  
PRESENTATION  
OF OUR PROJECT



**CORPS  
EUROPÉEN  
DE SOLIDARITÉ**

# OUR PROJECT

## ★ Activities

A team project, embracing diversity, covering theme: with elders and European citizenship.

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

## ★ Where ?

We welcome you to La Rochelle,

## ★ When ?

Starting from november, we offer missions lasting 8 months !

The volunteers work on projects for 30 hours per week.

## ★ What we expect ?

You speak some French, or motivation to improve your level of French. No diploma required

Enjoy working on a team. A desire to be in contact with the elderly is essential.

Our work language is French.

*We are happy about any application that identifies with the described mission and are looking forward to meeting you soon!*

## ★ Goals

Bring to life an intercultural collective project with committed young people from all corners of Europe. You will join a group of 8 to 20 other volunteers !

## ★ What we offer

Transportation expenses, accommodation, travel allowances, pocket money (240€), and money for food (210€).

## ★ Trainings

Trainings about the mission, about civic topics and french lessons.



# LA ROCHELLE

(8 volunteers)

*Solidarity with our Elders*

## Goals

- To reduce the isolation of the elderly people by offering home visits, who receive few or no visits from their family or neighbourhood,
- To create a social and intergenerational relationship,
- To create exchange and offer entertainment between generations,

## More details

In to 2 teams of 8 (4 French and 4 Europeans in each team, you will be in pairs, 1 French and 1 European)

- One team: Visit isolated elderly people, having previously prepared these visits, which will be carried out in pairs / Organize and set up group activities for older people, develop a relationship of trust with elderly people,
- The other team: Act with structures (retirement home, library) to participate in the animation of the place through play (tablets and set up health e-sport games on console switch), and organize 2 competitions in the year, develop a relationship of trust with elderly people, and also visit isolated seniors at home,
- Joint mission: European volunteers will participate in various actions of sharing on European citizenship, and exchange on their cultures.



## Where ?

The project takes place in La Rochelle and the surrounding municipalities.

## When ?

From 26 of October 2026 to 25 of June 2027

## Accommodation

We manage accommodation at a FJT: Foyer jeunes travailleurs ; it is a Youth residence, Volunteer are in single room, with private bathroom and shared kitchen.

Each month, you will receive, pocket money and a food allowance and we provided a bus card transport.

# A TYPICAL WEEK



**MONDAY**

### SOLIDARITY SENIORS PROJECT :

- Visits to ederly people or digital gaming animation in structure,
- Group activities with ederly people, or educate seniors about digital and its uses
- Work with partners

**WITH YOUR TEAM OF EIGHT**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

### GROUP ACTIVITIES REGARDING DIFFERENTS TOPICS :

- Specific training regarding the ederly project
- Citizen training

**FRIDAY**

### FRENCH LEARNING :

**MONDAY**

- Alone on the OLS platform
- Sometimes, specific training time, in group.
- group activities to develop your soft skills
- specific activities to work on your future plans

**FRIDAY**

**WITH ALL THE GROUP OF VOLUNTEERS**

# WANNA JOIN US ?



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