



# You're Up to Grasse !

## Infopack



**CORPS  
EUROPÉEN  
DE SOLIDARITÉ**

PARCOURS  
**le**  
**MONDE**  
FACILITATEUR DE MOBILITÉ  
SUD EST





## Discover our **TEAM**

**Parcours Le Monde Sud-Est** is a non-profit organization created in 2013 and based in Marseille, Nice and Grasse (South of France). Our **team** is composed of :

Marion, Oualid, Caterina and Diane (working in Nice and Grasse) and Marwa, Hatman, Frédéric, Camille & Lucile (working in Marseille). Each year we also welcome **interns and volunteers**, in our 3 offices !

Our organization is working in the field of youth integration and international mobility. We accompany youngsters with fewer opportunities (from 18 to 30) in their social and professional integration offering them mobility opportunities adapted to their profiles: youth exchanges, volunteering, internships. We believe that european mobility must be accessible to everyone! Therefore, we especially work with youths having less opportunities whether it is due to their background, education, place of residence, disability or any other reasons.

Our main activities are the following :

- Promotion of european and international mobility towards youths and professional working in the youth sector,
- Personalized and individualized support to the youths
- Coordination and implementation of european projects
- Sending and welcoming youths throughout Europe!



## How do we **WORK** ?

Our team is working in 3 offices located in South of France. But on this project, you will be volunteering in **Grasse**. Our office is located in the center of the old city, nearby the theater and the bus station.

Usually we work from **9:30 to 17:30** (Monday to Friday), but we are quite flexible regarding the organization, and it might slightly change depending on the weeks. We will also be working some days **from home**, so this should not be a problem for you! You will be working **28h per week**, which means you will have a free day every week. We will define it together, and if it's needed we will be able to change it from time to time.

You will also have holidays, that you can take during your volunteering. You will have 2 days off per month of the project, which makes it **16 days for the 8 months**. We often close at least 1 week for Christmas holidays.

During the volunteering, there will be some travels : in the suburbs, but also in our other offices in Marseille, who already hired a volunteer, where you will be able to meet him! You will also have the opportunity to participate in a youth exchange or a training course.



## VOLUNTEER with us !

We would love to welcome you in Grasse in the framework of our ESC "You're UP" project ! This project will last 8 months from April 2022 to December 2022.

The aim of this project is to promote international mobility and intercultural dialogue throughout activities that will create a link between the volunteers and the local community in Marseille.

### Main activities :

- English workshops : every week, the volunteers of both our organization (sharing the office) organize an english workshop open to everyone! If you want to, you can also organize a workshop in another language.
- Forum "INTEX" : with other volunteers, you will be going to different places to promote international mobility to youngsters. You will be moving a lot in the south of France !
- Communication : You will help gathering written and/or video testimonies from the volunteers abroad, make posts on social medias, as well as some visuals. We expect this to be a big part of the volunteering !
- Training course and youth exchange : You will be able to participate in a training course or as a youth leader in a youth exchange.
- Participation in any other project of the organization : depending on your motivation and desires you can help us implement or develop some of our specific projects!



You are also encouraged to develop your **own personal project** on a topic that you like ! We will be there to give you tips and to help you implement it :)

You will have a **tutor** that will follow you during your volunteering and that will be there if you have any questions or difficulties during your stay.

As an ESC volunteer, you will also be attending during your volunteering some **training from the french National Agency** : an on-arrival training during your first weeks and a mid-term training. Those trainings are mandatory and are organized and held by the National Agency.

During those trainings, you will be able to meet other volunteers and experience some workshops related to intercultural dialogue as well as your expectations, tasks and rights as a volunteer.





## Our **EXPECTATIONS**

We expect you to be **motivated** in the projects that we carry and willing to develop your skills and live an incredible experience in France! As we are working on international mobility and interculturality, we also expect you to have an interest in those fields and to be **open-minded**. During your volunteering you will meet many people, from different backgrounds : european volunteers, youth workers, students, youngsters !

Our main activities are in french, so you will need to have a **good level in French** to be able to communicate with the youngsters (most of them do not speak english well). It will also be important if you would like to help us on other projects! Of course, **english is useful as well** to communicate with our european partners and to organize the english workshops.

Also, the volunteering has to be a full-time activity. You can not have a paid job next to it. We expect you to be **fully engaged** in the activities we offer :)

## Some **ORGANIZATIONAL** details

### - **Transportation**

As part of an ESC project, you will have a travel grant for your journey from Spain to France. The amount is based on the distance. In our case, it is 275 euros (for both ways). You will be reimbursed up to this amount by presenting us the invoices, boarding passes and other tickets for your travel (flight, train, bus or car).

The closest international airport is called "Nice Aeroport". There are direct buses that arrive at the bus station (center of Grasse) in 1:30 minutes. We will be there to welcome you !

### - **Food & pocket money**

Each month you will receive a bank transfer for your food and pocket money. You are free to use it as you want. The amount will be around 340 euros per month. Regarding the food, we mostly bring our own meals at the office for lunch, but you can also buy things to eat outside.

### - **European health insurance card**

You will need to have your european health card when you come to France. With this card, you will have access to the french health system. As you are an ESC volunteer, your sending organization will also enrol you into the CIGNA insurance. You will receive an email with all the specific information to login into your account and have your insurance card and certificate. This insurance is especially designed for the ESC volunteers and it will cover the medical expenses that are not covered by the european health insurance card. Keep in mind that this is only a health insurance.

### - **OLS**

You will have access during your volunteering to an online linguistic support (OLS) provided by Erasmus +. You will be able to pass a first test in french to know your level. Then you will have access to different classes and exercises during your 9 months in Marseille !

### - **Youthpass**

At the end of the volunteering you will receive a youthpass, which will be completed together with your tutor. It is a tool to document and recognise learning outcomes from youth work and solidarity activities. The youthpass will describe what you have done in your project and which skills you have acquired. You can know more on this website : <https://www.youthpass.eu/en/>



## Welcome to **GRASSE!**



*La fête de la Rose*

Welcome to the great city of Grasse! The worldwide perfume capital city! Indeed, Grasse is very famous for his roses and jasmine exploitation for the biggest brands as Dior. The culture of the flower is a big part of Grasse activities: Local events and perfume factory visit make that city very famous !

*Visit of the museum of Fragonard*



*Fête du Jasmin*



---

About Grasse: Well ... You will find there one of the most beautiful view of the region! The old town, also called "Historical Center" is quite touristic during the summer and appreciated for the fountains, narrow streets, small squares and of course the thater! And guess what? It's exactly where we are located!



The weather is also one of the most attractive things of the city. It's the perfect place if you love sun, mountains and sea! Indeed, the interland of Grasse is very well located, between savage nature for hiking and our famous French Riviera sea for swimming. It's also surrounded of beautiful old towns raised on hills. Landscapes are so diverse! That's why we love this city so much !







## Where will you **LIVE** during your volunteering ?

Future volunteer could live at 2 different places:

First choice: the Sainte Marthe Thiers Lieu. It's a place of the ecological and solidarity transition. Located on 9,500 m<sup>2</sup> of land, this place brings together a lot of different people: employees, members of hosted associations, young volunteers in civic service, public in remobilization towards employment... Its main objective is to prepare and adapt the territory to the challenges of ecological and solidarity transition, in particular by highlighting the "dialogue between those two transitions".

This place offers to the inhabitants about fifty popular education activities on sustainable development per week! You will also find there CoWorking and teleworking space with training rooms - (e-learning, videoconferences...); an incubator project and a center of mediations and digital innovations.

So Sainte Marthe is quite famous for its life in community. There, other volunteers live. They all are interested in ecological and solidarity transition. You will share space with them and you will be included as well in daily tasks (cooking, cleaning ...) You will also have the possibility to do workshops with them! everything is organized so that everyone has their place. So if you are interested to work with us and live in this place, you can send us your application and write an engagement letter explaining "why you want to share this collective experience" ! This place is about 10 minutes by foot from our!



You will have the choice also to live in a studio apartment, in the city center of Grasse, the old city.

That's a great location because you will find there essential commerce, like supermarket; but the old town is also the cultural center of Grasse ! Cinema, theater or patrimony, everything is gathered here!

Our offices are also in the old city, so you will be located just next to your working place!



**See you soon !**



[diane.deiana@parcourslemonde.org](mailto:diane.deiana@parcourslemonde.org)

4 avenue Maximim Isnard, 06130 Grasse

+33 7 68 98 53 36

PARCOURS  
le  
MONDE  
FACILITATEUR DE MOBILITÉ  
SUD EST

