

EUROPEAN SOLIDARITY CORPS

STRASBOURG, FRANCE

PROJECT SUMMARY

We welcome you for the European volunteering organised by the European programme Erasmus +. This volunteering will take place in Strasbourg. The objective of this volunteering project is to offer interactive and intercultural activities to children and young people from "disadvantaged" areas of Strasbourg and to local associations. It aims to promote cultural exchange through music lessons with traditional instruments, dances, participative workshops, etc. The aim of this volunteering is also to improve the key skills of young people who have the opportunity to promote their inclusion and participation in society through different digital activities.

ACTIVITIES AND METHODS

- ✓ Activities with children in working-class neighbourhoods (artistic, sports, multimedia);
- ✓ Animations (recycling workshops, music, dance, debates...);
- ✓ Activities within AMSED (multimedia, citizenship, gardening, urban agriculture...);
- ✓ Creation of tools, videos;
- ✓ Helping to organise events (AMSED & partners);
- ✓ Visits and immersion in the local realities of the inhabitants of the neighbourhood;
- ✓ Meetings with local actors, sharing and discussion with inhabitants;
- ✓ Creation of an awareness-raising campaign among elected officials, civil society and local actors;
- ✓ Exchanges and testimonies on the learning outcomes during the volunteering;
- ✓ Creation of a Facebook page / project blog;
- ✓ Focus groups;
- ✓ Creation of a Youthpass;
- ✓ Creation of a film, a success story and a life story by the volunteer..

SPECIFIC OBJECTIVES

- ✓ To provide participants with new skills, attitudes, knowledge and tools for inclusion and employability;
- ✓ To enable young volunteers to develop their socio-professional skills related to art, especially music and dance;
- ✓ To stimulate reflection, exchange and sharing of ideas among young volunteers with fewer opportunities on the fight against exclusion and marginalisation of people living in the "disadvantaged" areas of Strasbourg;
- ✓ To create different awareness-raising tools for the inclusion of marginalised people and children, in particular in the form of an updated blog and flyers;
- ✓ Discovering the good practices of local associations working for the inclusion of marginalised or excluded people in society;
- ✓ To develop recommendations and areas of improvement for the inclusion of marginalised children and people in society who live in the "disadvantaged" areas of Strasbourg.

Typical week's programme

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9h00-12h00	<p>Sewing workshop with migrant women Par enchantement 55 rue de la Charmille, 62000 Strasbourg 03 88 12 37 78</p>	<p>Children's workshop - early learning activities Par enchantement 55 rue de la Charmille, 62000 Strasbourg 03 88 12 37 78</p>	<p>Solidarity workcamp activity with the association Horizome 67 avenue Racine, 67200 Strasbourg 0369145642</p>	<p>Solidarity workcamp activity with the association Horizome 67 avenue Racine, 67200 Strasbourg 0369145642</p>	<p>Reflection group on one's voluntariness with one's tutor [AMSED]</p>	FREE	FREE
					<p>Work on the film of his volunteering, facebook/instagram page, final report [AMSED]</p>		
12h00-14h00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
14h00-18h00	<p>Multimedia/digital activities [AMSED] 17 rue de Boston 67 000 Strasbourg 0651171445</p>	<p>Activities and entertainment for children and young people living in the outlying areas [CSC HautePierre] 4 rue française Dolto, 67200 Strasbourg 0652356617</p>	<p>Multimedia/digital activities [AMSED] 17 rue de Boston 67 000 Strasbourg 0651171445</p>	<p>Activities and entertainment for children and young people living in the outlying areas [CSC HautePierre] 4 rue française Dolto, 67200 Strasbourg 0652356617</p>	<p>Gardening [AMSED] 17 rue de Boston 67 000 Strasbourg 0651171445</p>	FREE	FREE
20h00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER

VOLUNTEER CHARTER

During your volunteering, you will **be accommodated in the flat provided by AMSED**. This flat is not a hotel or a student residence. This accommodation is specifically designated for volunteers. **It is therefore up to each volunteer who lives there to take care of it: cleaning, cooking, and to avoid any noise pollution and waste (water, electricity...) under penalty of sanctions.**

We therefore ask you to respect the **rules established by AMSED** and the residents of the building on the good functioning of the residence during your volunteering and to respect the cohabitation with the tenants living in the flat.

Also, **at the beginning and at the end of your volunteering, an inventory of fixtures of the flat will be carried out**, in order to verify the state of cleanliness of the accommodation. **If the inventory is not satisfactory, we will hire a cleaning agency at your expense for an amount of 50 to 100 euros. This cost will be deducted from your air ticket refund.**

CHARTER HOUSING CES

1. **Respect the neighbours**, do not make any noise during the day or night. In case of noise, a penalty of 1500 € is imposed by the syndicate to the volunteers who cause the nuisance. The resident (an elderly person) below the flat often complains.
2. **Do not make noise** in the lift and stairs or talk loudly
3. **Do not move furniture**
4. **Do not organise parties**
5. **Respect the flatmates** (male or female) living in the flat
6. No visits from outsiders, even if they are members of AMSED or also CES volunteers, without the permission of the director or accountant of AMSED or the host resident.
7. **Household chores** must be done on a daily basis (dishes, floor, bins to be taken down, bedroom, toilet, bathroom, corridor, entrance, window, gas cooker, oven, fridge, tables, under the furniture, living room, etc.). Household products should be used sensibly.
8. Do not leave food waste on kitchen worktops or outside the fridge
9. **Clean** the fridge and throw away out-of-date food
10. **Respect the privacy of others**
11. Do not make personal phone calls late in the evening or at night over a loudspeaker
12. Do not take photos or videos of other housemates' belongings or rooms
13. Do not enter other housemates' rooms without their permission
14. **Use the slippers** provided
15. **Do not smoke** inside the flat
16. **Do not waste** water, electricity, heating (do not leave the windows open for more than 15 minutes, a hard-boiled egg is cooked in 8 minutes, a steak in 7 minutes, pasta in 10/15 minutes...). In case of overuse, the volunteer occupying the room will contribute to the payment of the excess consumption of water and electricity.
17. Do not stay more than 10 minutes under the shower, avoid wasting water and long occupation of the shower. Think of the other housemates!
18. **Pay attention to the equipment provided.** Pay attention to the use of the gas cooker and the oven. Any equipment that has been damaged or destroyed will be refunded or replaced by the volunteer.
19. **Turn off the lights** when you leave your rooms, showers, living room and kitchen.
20. Do not turn on the television or music all day

Name, First name :

Signature :

ATTENTION, EACH PARTICIPANT IS OBLIGED TO:

- **Bring proof of travel:** send a copy of your flight ticket and the price by email to AMSED (anastasi.e.amsed@gmail.com and contact@amsed.fr); on arrival in **Strasbourg keep the original tickets and boarding pass! Otherwise you will not be reimbursed.**
- **Participation fee to be paid to AMSED of 50 euros during your volunteering.**
- **Return the questionnaire** to AMSED (anastasi.e.amsed@gmail.com and contact@amsed.fr);
- **Prepare a table of workshops** you would like to run (recycling, music, dance, quiz, improvisation ...) with a list of tools you will need (brushes, paint, fabric, etc.);
- **If you can afford it, bring with you:** henna, musical instruments from your region/country, traditional clothes for the night festivities and a camera and your laptop.

**** If no proof of travel is provided before the start of the project, no refund will be possible!**

REIMBURSEMENT RULES

You will be reimbursed the maximum amount allowed per person (see below), from your country to Strasbourg (France), during the dates of the project

ATTENTION :

You will only be reimbursed if the dates of your stay correspond to the duration of your mobility : **2 months.**

During the volunteering period:

Reimbursement of 50% of transport costs, provided that:

- Have sent an email prior to the volunteering with the completed travel form, together with the invoice and copy of the air ticket
- Have the original documents (visa, air ticket, other fees) upon arrival in France and during your stay
- Have your boarding pass, train/bus ticket ... upon arrival in France

After the project:

After receiving all return documents (boarding pass for the return flight, train/bus tickets ...) and after receiving the second part of the funding from the French National Agency, the remaining 50% will be reimbursed).

Country of residence	Maximum amount spent per person in euros. Transport tickets to Strasbourg (return). All other tickets exceeding the maximum amount allowed will be reimbursed up to the amount allowed, while the rest will be paid by the participant.
Morocco / Tunisia / Turkey	275 €
VISA COSTS	Refunds are made on condition that the original receipt is provided. Stamp fees are not refunded.

ENTRY INTO FRANCE

All foreign nationals wishing to come to France must be able to present statutory evidence relating to the place of travel, their means of subsistence and their living conditions.

As a general rule, with the exception of those who do not need a visa to enter the European territory of France (EU, EEA and Swiss citizens), a visa is required. It must be acquired before departure at the French embassy or consulate in the applicant's country of residence.

For more information, see

<http://www.diplomatie.gouv.fr/fr/venir-en-france-22365/>

COMING TO STRASBOURG

Strasbourg is located next to the German border and close to Switzerland. Here are your options:

From Strasbourg Entzheim Airport to Strasbourg Central Station:

Distance to the city centre: 15 km How to get there? By train (9 min).

Cost: 4 €.

For more information: <http://strasbourg.aeroport.fr/FR/Passagers/Acces/Navette-train.html>

From Basel-Mulhouse airport to Strasbourg central station:

Distance from city centre: 130 km

How to get there: By bus to St Louis station. Then by train to Strasbourg (1h20)

Cost: Bus: 2.50 € (per trip). Train: 23.10 € (per journey) For more information:

Bus (Shuttle Airport / Saint Louis Gare): <http://www.distribus.com/>

Train (Saint Louis / Strasbourg): <http://www.voyages-sncf.com/>

De l'aéroport de Francfort en Allemagne par Bus (XER) arrêt à Strasbourg (juste à coté de la gare centrale)

Distance from city centre: 220 km

How to get there: by bus (Lufthansa or Flixbus) (2h30)

Cost: from 11 to 50 euros

For more information: <http://www.lufthansa.com/fr/fr/Homepage> / <https://www.flixbus.fr/>

HOSTING



You will be accommodated in a room by two, in a flat at **7 rue d'upsal, 67000 Strasbourg** on the 8th floor or in a home stay.

Don't forget to bring:

- Toiletries (soap, shampoo, towels, etc.)

- **Winter clothes and umbrella, rain gear despite summer temperatures between 13° and 35° Celsius**

TRANSPORT AND FOOD

To get around Strasbourg, you will receive a CTS transport card.. You will be able to use them as soon as you arrive at the volunteer centre.

Meals will be taken in the flat (budget allocated for this) or at the University Restaurant.

SAFETY AND INSURANCE

AMSED will enrol you in the **HENNER** supplementary health insurance. **If you become ill while volunteering, you will be asked to pay the costs in advance, which will then be reimbursed by HENNER.**

Very important: if you have any health problems (allergies, gluten intolerance, or any other medical condition), please let us know. We guarantee the respect and anonymity of this information and it is necessary that we receive it in order to better organise your stay.

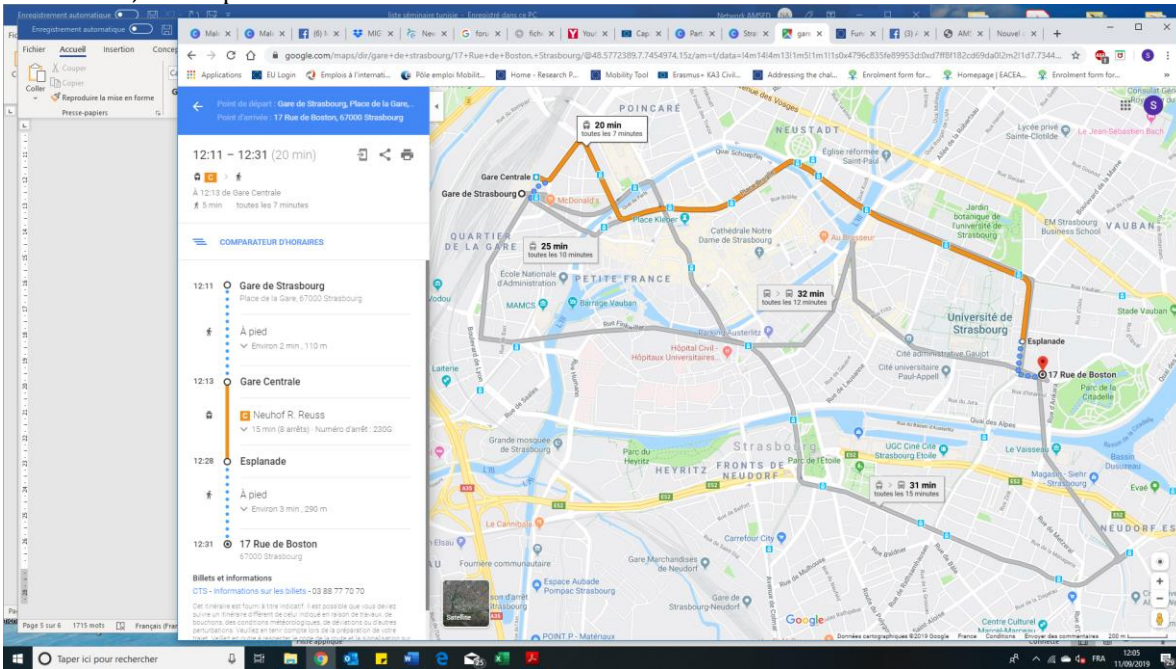
MONTHLY ALLOWANCE / POCKET MONEY

Pocket money will be given to you halfway through your volunteering. It is your responsibility to manage your personal expenses and to ensure the distribution of this money during your stay.

HOW TO GET AMSED ?

From Strasbourg's main train station :

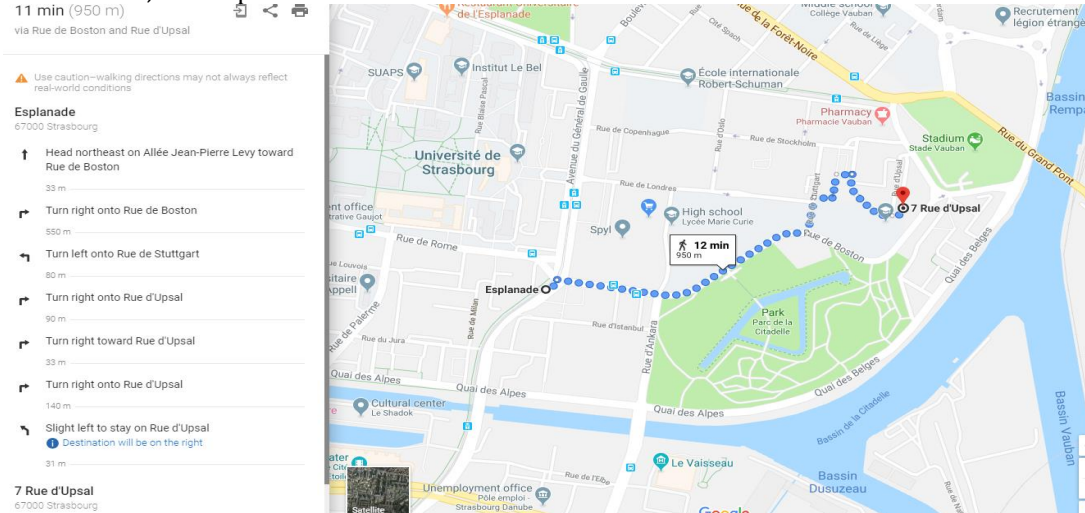
Take the **Tram C (direction Neuhof R. Reuss)**.
Get off at the **Esplanade** station
Walk 5 min, see map:



HOW TO GET THE FLAT ?

From Strasbourg's main train station :

Take the **Tram C (direction Neuhof R. Reuss)**.
Get off at the **Esplanade** station
Walk 11 min, see map:



- The price of the tram ticket is not written on the ticket. Please remember to ask for a receipt when you buy your ticket at the machine so that the ticket can be refunded (within the budget).
- In some countries, tickets are validated on the tram/train. This is not the case in Strasbourg! You must validate your ticket before entering the tram. If you don't, you risk a fine of between €34 and €169, which will not be refunded.

INFORMATION SHEET FRANCE

Emergency number	<p>SAMU 15 – Sick in the middle of the night</p> <p>POLICE 17 – Police emergency</p> <p>POMPIERS 18 – Fire</p>
Doctor nearby	<p>Dr. KhadiviMekameh MédecinGénéraliste 26 Place de l'esplanade 03 88 39 80 22 Close at 19:00</p> <p>Dr.Vernhes Jean-François MédecinGénéraliste 4 Rond-Point de l'Esplanade 03 88 61 17 43 Close at 19:00</p> <p>Distance : 5 min walk - Esplanade</p>
Nearest pharmacies	<p>Pharmacie de l'Esplanade 1 Rond-Point de l'Esplanade 03 88 61 34 39 Close at 19:15 Distance : 5min walk</p>
Access by public transport	<p>Tram C Tram E Ligne 1</p>
Local shops	<p><u>The cheapest :</u></p> <p>Lidl 8 Rue des Frères Eberts, 67100 Strasbourg</p> <p>Aldi 60 Rue du Marché Gare, 67000 Strasbourg</p> <p>Norma 27 Rue des Frères, 67000 Strasbourg</p> <p><u>More expensive but closer :</u></p> <p>Auchan 8 Rue de Leicester, 67000 Strasbourg</p> <p>Carrefour City 7 Rond-Point de l'Esplanade, 67000 Strasbourg</p> <p><u>Shopping centre :</u></p> <p>Rive Etoile 3 Pl. Dauphine, 67100 Strasbourg</p> <p>Les Halles Strasbourg 24 place des Halles, 67000 Strasbourg</p>

CONTACTS

- KABECHE Djilali, director of AMSSED : contact@amsed.fr, +33 3 88 61 71 67 / +33 6 61 34 26 03 (phone and WhatsApp)
- ARIA Anastasie, project manager Erasmus+ mobility, anastasie.amsed@gmail.com , +33 9 81 90 71 67 / +33 6 51 17 14 45 (phone and WhatsApp)

Signed by :

Date :