



You're Up to Nice !

Infopack

12 months starting September 2024





Discover our **TEAM**

Parcours Le Monde Sud-Est is a non-profit organization created in 2015 and based in Marseille and Nice (South of France). Our team is composed of : Marion, Marwa, Oualid, Lisa and Diane (working in Nice) and Lucile, Camille, Aya, Claire (working in Marseille). Each year we also welcome **interns and volunteers** in our offices.

Our organization works in the field of youth integration and international mobility. We believe on the benefits of an experience abroad. We accompany youngsters with fewer opportunities (from 18 to 30) in their social and professional integration offering them international 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 :

- Information and promotion of European mobility for 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 daily works in the offices located in South of France. But on this project, **you will be volunteering in Nice**. Our office is located near the city center, next to the main seaside promenade ("Promenade des anglais") and close to transport facilities (tramway and bus). You will be organizing many projects and events with our team and the others volunteers !

Usually we work from 10 AM to 5 PM (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. In any case, we'll give you a laptop that you'll use during you volunteering. You will be working **28h per week**, which means you will have a free day every week to work on **your personal project**. 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 24 days for the 12 months. We often close at least 1 week for Christmas holidays.

During the volunteering, you will travel a little bit : in the suburbs and around the city, but also in Marseille in our second office, or to our partner's offices depending on the activities (Toulon, Metropolitan Area of Nice, Cannes and Grasse).

You will also have the opportunity to participate to a youth exchange or a training course.



VOLUNTEER with us !

We would love to welcome you in Nice in the framework of our ESC "You're UP" project ! This project will start in **September 2024 until August 2025 (12 months)** - specific dates to be discussed with the futur volunteer).

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 Nice.

Main activities for all volunteers : language workshops, sensitizing of youngsters, animation of workshops, communication, developpement of community life and of local/european projects !

All the volunteers will work on those topics, and then you can choose other activities, depending on your interests, like :

- **Communication** : *Are you interested in communication and social medias ? This mission is for you :)*

Main missions would be : organizing our impact study, organizing our social networks, creating some nice posts and videos, as well as testimonials of the youngsters, update our website and promote our different projects through new ways of communication !

- **Awareness-raising and community life** : *Do you like being in contact with different audiences and talking about your experience ? Then this mission is yours :)*

Main missions would be : Animation and organization of workshops and intercultural activities, co-organization of local events to dynamize the organization (game nights, evenings, etc), link with the "CAMI" network of volunteers, coordination of the Citiz'up project with the other volunteers, sensitizing of youngsters about international mobility, organisation and animation of language exchanges, etc.

- **Partnerships and European projects**: *Do you love to develop new projects and support us in the partnership building ? Then this is for you :)*

Main missions would be : Support in finding internships for the youngsters, support in the administrative process for European projects we carry, finding itineraries for intercultural exchanges and volunteering projects, finding European partners for our projects, support in managing the association's 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 implementing and realising it :)

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

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



Our **EXPECTATIONS**

We expect you to **be motivated** in the projects that we carry out 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 cannot have a paid job during your volunteering experience. We expect you to be fully engaged in the activities we offer :)

Some **ORGANIZATIONAL** details

- **International Transport**

As part of an ESC project, you will have a travel grant for your journey from your country to France. The amount is based on the distance. 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 "Aéroport Nice Côte d'Azur". The airport is linked to the city center by a tram service and buses. Tram and buses arrive at the main train station in the city center and can lead you around the city. We will be there to welcome you!

- **Local Transport**

We will pay for your monthly pass for public transport in Nice. It is provided by Lignes d'Azur and its buses and trams cover the city, with some lines also going to nearby touristic towns. Buses and trams run for the whole week from early morning to evening, and after 10pm night buses are available.

We will also take care of the regional pass for regional transportation with the regional train card "ZOU".

- **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 390 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. Nearby the office, there are lots of bakeries, supermarkets and take away restaurants.

- **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, you will also benefit from the HENNER 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.



- **EU ACADEMY**

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 7 months in Nice !

- **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/>



**EUROPEAN
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Welcome to **NICE!**

Welcome to *Nissa La Bella* ! Situated near the seaside and a stone's throw from the mountains, Nice is a beautiful city mixing his rich historical heritage (Place Rossetti, Place Garibaldi and of course Cours Saleya) and modern luxury villas and hotels. This contrast is what makes Nice so charming and the place to be in the very heart of Côte d'Azur

The Promenade des Anglais is the symbol of the city, a 7 km promenade along the Mediterranean see. Known as *La Prom*, it's popular for running, bicycle rides, roller-skating, skateboarding, and also for beach lovers. It's the best spot to have a picnic or a apéro with friends, especially during sunset.

Top "must see" in Nice:

- Promenade des Anglais
- Nice old-town
- Nice flower market
- Panorama from the Old Castle (Colline du Chateau)
- Matisse Museum

...and areas around :

- Menton's lemon festival
- Grasse, world capital of perfume
- Eze and its exotic gardens
- Resort towns : Villefranche sur Mer, Beaulieu sur Mer and Saint Jean Cap Ferrat
- The old medieval town of Sant Paul de Vence
- Antibes and the Picasso Museum
- Cap d'Ail
- Principality of Monaco and its Oceanographic Museum



Nice is just 20 km far from the Italian border, the beautiful “Liguria region”. For a one day trip or for a weekend with your friends, you can take a train from Nice to Ventimiglia and then you can easily reach other Italian towns like : Bordighera, San Remo, Imperia, Genoa and even Cinque Terre National Park.

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

You will stay in an **individual full-equipped studio**, inside a student residence, situated in the West side of the City. It's with a private bathroom with toilet and kitchenette (equipped) and a Wi-Fi connection, of course! At the ground floor you will have shared washing machines and dryers. The studio is equipped with everything you'll need.

The studio is located in a new district of the city very well connected with the center, the office, the train station and the airport. Nearby, you will find all the facilities such as restaurants, supermarkets, etc.





See you soon !



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