

WELCOME
TO

FLERS

2026 - 2027

FLERS

Flers is a small countryside city located in Normandy area of France. It is 2 hours away from Paris with a train, and is close to a big city called Caen. Located in a place with a train station and busses, it is easy to travel to other cities, making it a great starting point for explorers and travelers.

In Flers, you'll get to experience beautiful nature with Flerian architecture, and it has everything you need from a city. Be it cafes, bars, restaurants, bowling, gym or cinema you can find it all in Flers.

Flers is also home to the beautiful Château de Flers, surrounded by a peaceful park, offering a glimpse into the city's history. Life in Flers is quite calm and relaxing, making it a perfect place for those who enjoy a slower pace and a friendly community.



ABOUT US

SUMMARY OF THE PROJECT

“Maison des Jeunes et de la Culture (MJC)” can be loosely translated to “House of Youth and Culture”. The MJC in Flers, Normandy, is an association composed of people who are determined to work and to support all people through different courses and guidance if requested. Courses and workshops are offered in the following domains: art, music, dance, theatre, and sport, given by instructors and teachers, who also add energy to the daily life of MJC. It means, your daily routine will be enriched, and you will be able to find and follow your passions.

The MJC team is like a big family which includes Geoffrey, the director, Coralie, Euxane, Aurélie and Lisney, all permanent employees. Lisney is the coordinator of the volunteers, and in her office, you will always find many young people, namely volunteers or trainees.

A personal project will be also part of the volunteer work. Every opinion, even when expressed in basic French, is valued here. Since each project starts with one person, or a group, by collecting ideas to later share them with the team it's important to speak up and to contribute to the process. Show commitment and team spirit to create great events that you and the MJC can be proud of. This year should also give you time to think about you and your future.

- Do not hesitate to push your limits, explore new interests, ask questions, start a hobby, and get engaged!



Host organization
Maison des Jeunes et de la Culture
32 bis rue du 14 juillet, 61100 Flers
Flers, Normandy
<https://mjc-flers.fr/>

ARRIVAL: IDEALLY, SINCE SEPTEMBER 2026 (BUT IT CAN BE A FLEXIBLE ARRIVAL)
DEPARTURE: 02ND JULY 2027

Who can apply : people from the countries covered by the ESC program, from 18 to 30 years old, motivated and willing to live in the deep countryside of France ! Willing to learn French is also an important point if you want to communicate effectively around you.

You are curious, autonomus, open-minded and want to carry out nice projects ... Don't hesitate to send your application !

Number of participants: 2

DEADLINE TO APPLY :
21st September 2026





EUROPEAN VOLUNTEERING IN NORMANDY

Hosting European volunteers is an incredible opportunity for us the MJC to have an intercultural exchange within our team. The European volunteers bring with them their cultures and countries as well as their stories. Our project goal is to make the EU's actions more accessible and visible on a daily basis and to allow everyone to feel concerned by the feeling of being a European.



Projet NormanDIY UE - Building Tomorrow

The 2026-2027 season comes packed with new projects and new opportunities for volunteers. Together with the Normandy Region, the MJC is launching a new project to celebrate the 1,000th anniversary of Normandy and its historical connections across Europe.

During your volunteering experience, you will have the opportunity to take part in the "NormanDIY UE - Building Tomorrow" project, a unique European adventure for young people aged 18 to 30, taking place in April 2027 as part of the Normandy Millennium celebrations.

For 9 days, you will experience a fully immersive intercultural journey alongside a group of 30 young people from diverse backgrounds. The programme will include meetings, exchanges, debates, interactive activities, and discoveries of the Normandy region.

You will also explore key current environmental challenges and step into the role of a Member of Parliament through a simulation of the European Parliament. This project is a great opportunity to get involved, meet other young people and volunteers, and develop both personal and collective skills.

In short, it is an immersive and enriching experience focused on environmental and European issues, fully integrated into your individual volunteering project.



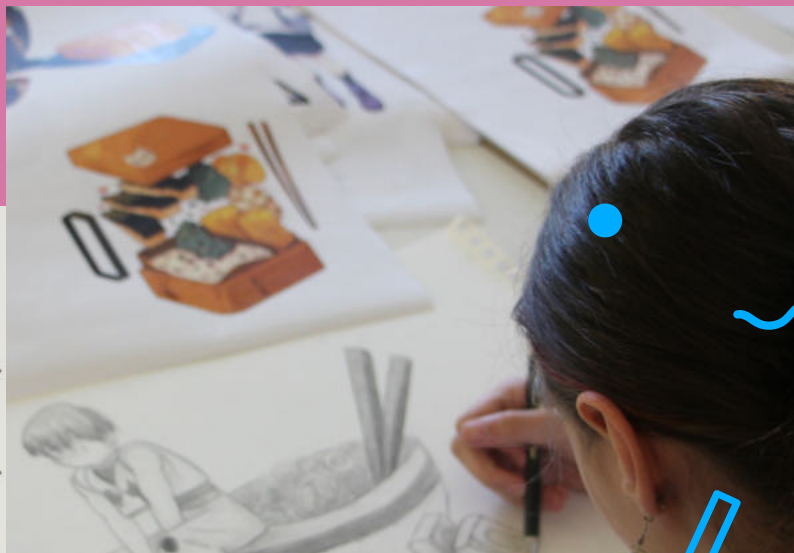
2026-2027 European Youth Exchange Program

MISSION 1

THE HAPPY AND LIVELY MJC !

Here are some examples of missions:

- Support the development and continuity of the theatre project in collaboration with local primary schools.
- Contribute to the creation of an annual programme of dynamic and enriching activities in partnership with local organizations supporting young people.
- Create and manage the Art Club project from start to finish (covering all forms of art) for the MJC audience, taking place once a month on Wednesdays ; including the organization of a final exhibition or artistic presentation during the MJC end-of-season events 2026-2027.
- Design and create eco-friendly seasonal decorations for the MJC in order to make the venue more welcoming and lively, including the visual decoration of the children's area.
- Support the full organization of the "Open Stage or Scènes Ouvertes" project (three times a year), including annual planning, preparation of activities, budgeting, communication, and partnership development. The volunteer will also support the creation and coordination of a local youth group that will progressively lead the Open Stage events.
- Maintain and develop partnerships with the local media library, cafés, or other local businesses in order to create community projects promoting culture and art in the city.
- Participate in intergenerational and inclusive projects developed together with local organizations working with the relevant target groups.
- Coordinate with other ESC volunteers in Flers through the organization of activities and workshops within the different host organizations and for their audiences.
- Organize three major cultural workshops throughout the year for young people, focused on art, languages, interculturality, and inclusion, in partnership with local organizations
- Participate in the Flers Carnival by contributing to the creation of a mascot and organizing artistic activities involving the public and MJC volunteers.
- Support and coordinate the annual meetings of the MJC ESC consortium by leading youth activities together with ESC volunteers from the Normandy region.
- Manage the daily communication activities of the Youth Office through social media and direct interaction with local partners.
- Create and develop a personal project related to interculturality.



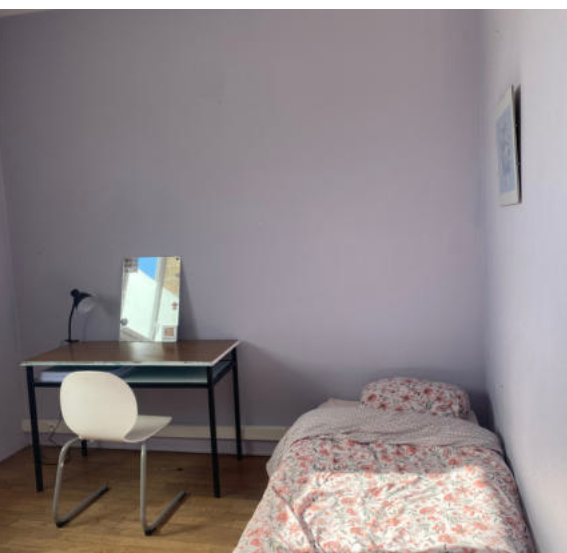
MISSION 2

THE EUROPEAN MJC AND BEYOND!

Here are some examples of the missions:

- Participate in regional meetings to raise awareness about Europe and promote European values.
- Organize and prepare monthly events aimed at promoting foreign languages to diverse audiences, including children, teenagers, and adults.
- Support and help coordinate post-secondary education forums organized by the City of Flers and neighboring towns, with the goal of promoting international mobility opportunities and strengthening the MJC's role in this field.
- Coordinate the "Europe Week" project held each May by managing the project from start to finish, including planning, organization, communication, implementation, and the development of partnerships with local stakeholders and organizations.
- In collaboration with other volunteers, develop joint projects promoting international mobility, culture, languages, art, environmental awareness, and youth engagement.
- To organize weekly educational activities on international mobility and European values/topics in the various primary and secondary educational institutions of the city of Flers.
- Manage the daily communication activities of the Youth Office through social media and direct interaction with local partners.
- Coordinate with other ESC volunteers in Flers the organization of activities and workshops within the different host organizations and for their audiences.
- Participate in the Flers Carnival by contributing to the creation of a mascot or organizing artistic activities involving the public and MJC volunteers.
- Support and coordinate the annual meetings of the MJC ESC consortium by leading youth activities together with ESC volunteers from the Normandy region.
- Ensure the continuity and further development of the joint project carried out by ESC volunteers in the Normandy region.
- Actively contribute to the organization of the MJC's end-of-year cultural events.
- Create and develop a personal project related to international mobility and the promotion of European values.
- Candidates for this mission should require a B1 level of French proficiency according to the CEFR.





ACCOMODATION, MONTHLY ALLOWANCE AND TRAVEL

YOUR HAPPY PLACE !

MJC of Flers will provide volunteers with a 3 bedroom apartment in the city center, located 15 mins away from the MJC by walking. The appartment is near some minimarkets, bakerys, bars, restaurants, local library, and to the bus station.

The flat is equipped with: washing machine, WI-FI, a stove, an oven, a kettle, a microwave, a coffee machine, a mixer, pans, plates, cutlery, diverse cooking ustensils, towels and covers for the bed. The tap water is drinkable.

There are also two bicycles if you'd like to use them.

The adress of the apartment is 15 Rue des Ecoles, Flers 61100 apartment number 2.

The MJC will not provide you with a french SIM card or phone. If you think that you would profit from a french contract during your voluntary service you will have to take necessary measures yourself (we can help).

MONTHLY ALLOWANCE AND TRAVEL

Monthly, the volunteers will receive money for groceries, local transport (outside Flers) and for their personal use, for a total amount of 480€ of pocket money.

If you need it at the start of your voluntary service, you will be accompanied to a local bank (Crédit Mutuel) to open a French account in which you will receive your money each month. Otherwise you can keep your own card or get one online like Revolut.

The travel costs are going to be reimbursed. Any costs exceeding that amount will be covered by the volunteer. We encourage you to use a green travel if possible !

ESC program offer a health insurance throughout the volunteering period. The insurance will get in touch with you to take the necessary steps, and the tutor will provide you the right help.

The most important facts about reimbursement:

- always ask before you buy the tickets
- keep the original receipts
- bring all the papers back to the MJC

WORK TIME AND HOLIDAYS

The volunteers are working from Tuesday to Friday. Monday is day off, so you have usually 3 days of week-end. The hour are 9:00 to 17:00 except Friday, we finish at 16:00.

Sometimes we work Mondays, evenings or weekends so we get the hours back in the days after.

As a European volunteer, you have the right to two days of vacation per month of volunteering, which is 20 days for 10 months. You must take your days off before your final volunteering date.



YOUR TRIP TO FLERS !

WELCOME TO THE DEEP COUNTRYSIDE...

From Paris to Flers :

The easiest way to get to Flers is by train. Depending on the location of arrival you have the choice to take a shuttle bus, the RER, the metro or another transportation device through the centre of Paris to get to the train station Gare Montparnasse (metro station Montparnasse - Bienvenüe).

If you land in CDG it's easier to take the shuttle bus ligne 4 to the train station. However, one tickets costs about 15€ and the bus takes at least one hour. Hence if the route is exactly through Paris' city center it's quite a nice sightseeing tour to have. Yet, due to traffic jams or construction work the bus can take much longer so be careful when you don't have a lot of time between your arrival in Paris and the departure of your train to Flers. Another option is to take the RER B into Paris' center where you have to change once to a metro line of your choice. This option is first of all cheaper and secondly faster than the bus. Still, you have to deal with more people (the metro stations in Paris are crowded) and sadly you do not get to see the parisian architecture.

There you will take the train Paris - Granville which stops in Flers after around 2h30. It is better to buy the tickets in advance (online on their website [OuiSNCF](#) or on their App). If that is impossible, you can also buy them at the train station. The last train to Flers leaves from Gare Montparnasse at 19:43. Take this into consideration when buying the plane tickets and for further travelling. Make sure to have enough time to get from the airport or another train station to Gare Montparnasse (For example, you need at least one hour to get from CDG to Gare Montparnasse). In case of questions regarding the travel do not hesitate to ask us for advice since we have already taken this route a couple of times.

- [Shuttle bus Paris-Beauvais](#)
- [Shuttle bus Paris Orly](#)
- [Shuttle bus Paris Charles de Gaulle](#)
- [Plan RER in Paris](#)
- [Plan Metro in Paris](#)



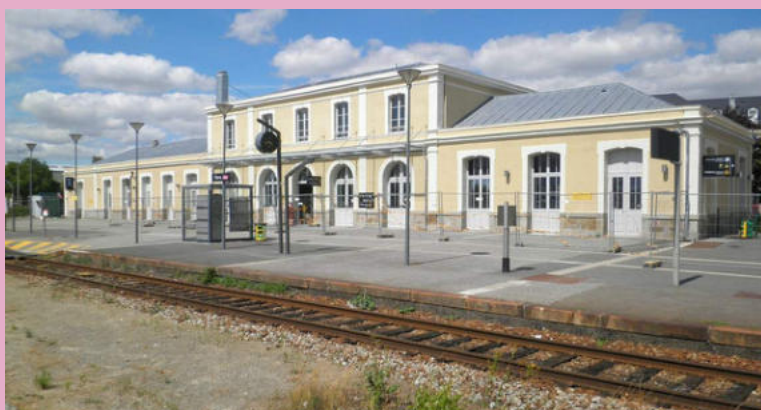
LA ROCHE D'OËTÈRE



CLICK → GRANVILLE



CLICK → CLÉCY : NORMAN HERITAGE



THE
TRAIN STATION OF
FLERS !

LOCAL TRANSPORT, TIPS AND CONTACT



LOCAL TRANSPORT

As far as local transport is concerned, there are two lines of buses that go to the MJC (line 1 and 2). The bus stop is situated right next to the flat. The price of a ticket is 1,10€ and the MJC will supply you with a monthly bus allowance. The volunteers will also be provided with bikes that they can use to commute to work.

When it comes to transport between Flers and other towns and cities in the region, there are both train (SNCF) and buses (CAP ORNE, Bus Vert) connection available. The nearest big city is Caen (50 km from Flers).

FLERS AGGLO

There are a lot of places in Flers where you can spend a nice time, here you can find some advices :

- Take time to enjoy the castle and the parc.
- Capfl'O is the piscine and a local hotspot.
- If you need a place to study and think, the médiathèque might help you out. Additionally, it has a great selection of books, music and movies.
- Speaking of movies, Flers does have its own cinema: les 4 Vikings!
- Going to a balade in "Le Marais du Grand Hazé" in Briouze it's very nice !
- Spend time to the lake in La-Ferté-Macé, you can go by bus
- Explore the city and the story with the "Office de Tourisme"
- Eat a galette in the "Regal'ette", cheap and nice
- Go to the supermarket on wednesday and saturday they have cool specialities !

CONTACTS

ESC coordinator: Lisney GÓMEZ

+33 2 34 64 84 75 | jeunesse@mjc-flers.fr

Website of the organisation: www.mjc-flers.fr

Facebook of the organisation: <http://fb.com/mjc.deflers/>

MJC volunteers instagram profile : https://www.instagram.com/mjcflers_volontaires/

Previous volunteers : volontaire@mjc-flers.fr

Instagram of the volunteers : https://www.instagram.com/mjcflers_volontaires/

Our podcast : <https://anchor.fm/mangerliebehablar>



L'EGLISE SAINT GERMAIN



LE CHATEAU DE FLERS



THE PARC OF FLERS IN WINTER SEASON (SO FREEZY!)



Normandy: a region to visit & more



LE MONT SAINT MICHEL

Normandy is a rainy region full of interesting places to see. The most well-known are castle Mont Saint Michel, Rouen, the tapestry of Bayeux and the D-Day beaches.

Normandy is a rainy region. Therefore it's crucial to take a raincoat when you go anywhere!

In summer, the temperatures will reach between 20° to 25° C. In winter, it drops rarely below -5°C but due to the ever present humidity it does feel colder than that.

French might not have the same working hours as you are used to. For example, banks open late or not at all on Mondays. However, when they are open they close at a very late hour. Also, there is no school on Wednesday afternoons.

Furthermore, school holidays take place more often and are longer than in most other European countries.

In France it is common to buy food at the market. Usually the biggest one is on Saturday morning but some cities, even Flers, have one on Wednesday morning too.

In France it is common to 'faire la bise' which means you typically kiss each other on the cheek to say hello and goodbye. However, different rules apply for different genders, age groups, and (work) relationships. Therefore, do not be surprised when the French greet you like that. If you do not feel comfortable doing it then just say so.

L'apertif is truly an amazing thing here in France. It can just exist out of a glass of wine or biere with cacahuètes or some baguette with Rillettes, fromage, fruits, ... you name it!

Drink cidre and try a pepito at the boulangerie.

Last but not least, if you ever feel bored and unmotivated please don't stay at the apartment and do nothing. This is your year, so seize the opportunity to try something new and to get involved. Although Flers is very small even here there are a lot of opportunities to do stuff. Join a local sports club, try taking up music classes (maybe even in the MJC) or do something by yourself (reading, painting, jogging, yoga, ...). In addition, try to stay in touch with other volunteers and people that you meet here in France so you can visit each other or do some travelling together!



PONT D'OUILLY



THE MEDIEVAL CITY OF DOMFRONT



ORNE AVENTURE

ENJOY YOUR TIME HERE !

