

FROM JANUARY TO SEPTEMBER 2022 IN FRANCE

"A rewarding job in a social centre where your skills will be put to full use in the community"

Be part of the team !

CENTRE
D'ANIMATION
LES
UNELLES

Centre social et socio-culturel



EUROPEAN
SOLIDARITY
CORPS

Contact : lesunelles@wanadoo.fr



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LE CENTRE D'ANIMATION LES UNELLES, WHO ARE WE ?

The Unelles Community, Arts and Activities Centre was founded in 1976 in compliance with the 1901 law relating to associations in France. Since 2017, it has been accredited as a social and cultural centre covering the 'Coutances Mer et Bocage' area, that is to say an area including both coastal and country, which includes 49 'communes' (council-run municipalities) and serves 50,000 inhabitants.

Coutances is situated in the 'département' (administrative area), of the Manche in Normandy. It is part of a 'canton' (administrative district) which comprises 7 'collèges' (secondary schools for 11 to 16 year olds), 2 'maisons familiales' (rural vocational community schools), 6 'lycées' (high schools for 16-18 year olds) and 2 apprentice training centres.

Their multisite facilities are open to the general public and provide activities, social and cultural services. Teams of both professionals and volunteers support inhabitants not only in their everyday needs but also by facilitating access to leisure activities, cultural development and personal fulfillment. They provide support for personal initiatives, boost involvement, development and value of individual, collective and citizen-targeted projects and initiatives. They encourage a participative approach which facilitates individual and personal expression. Aware of the need to 'live well together', they are attentive to all sections of society.

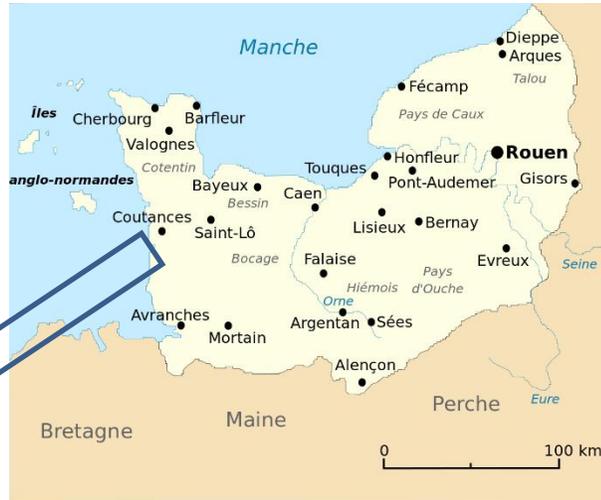
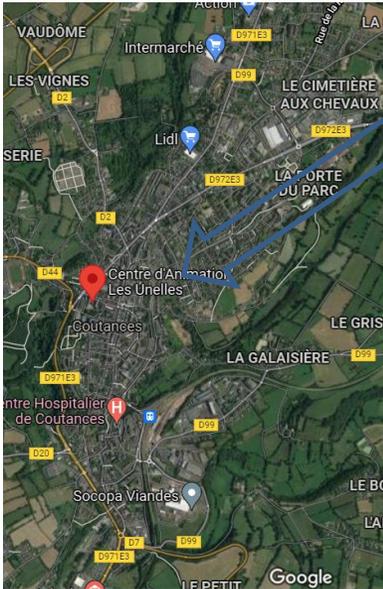
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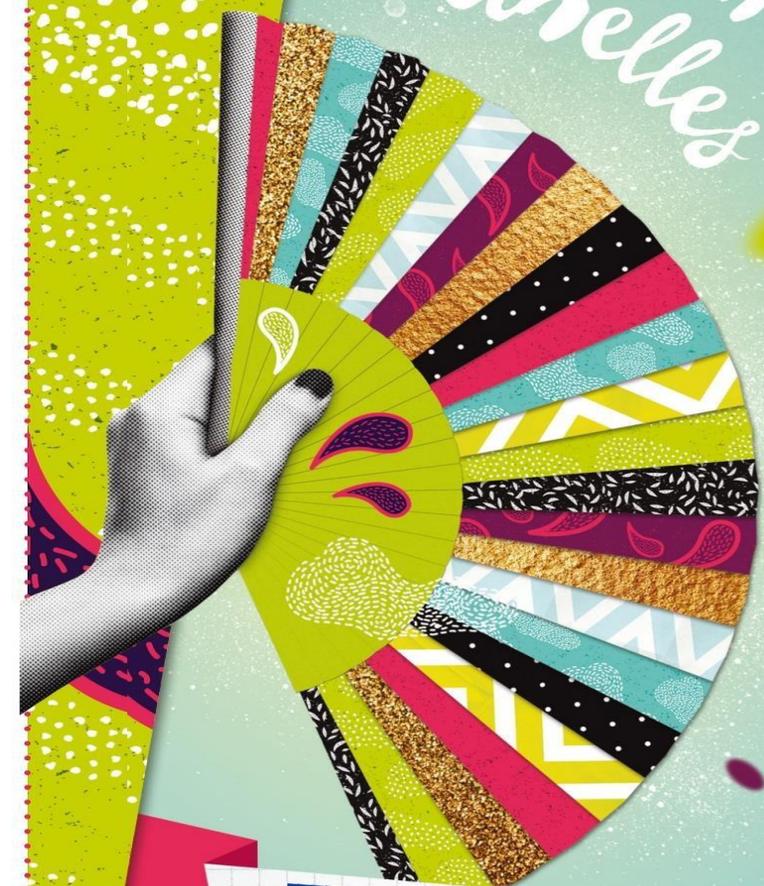
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WHERE ARE WE ?

Les Unelles is a French organisation located in the centre of Coutances, a small town in Normandy.



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THE TEAM SERVING THE COMMUNITY COMPRISES OF :

- 4,111 users, both individuals and organisations
- 170 affiliated associations
- A board of directors comprising of 21 volunteer members
- 20 part-time activity providers
- 29 permanent activity providers and administrative staff
- 11 volunteer activity providers

WE ARE PRESENT IN :

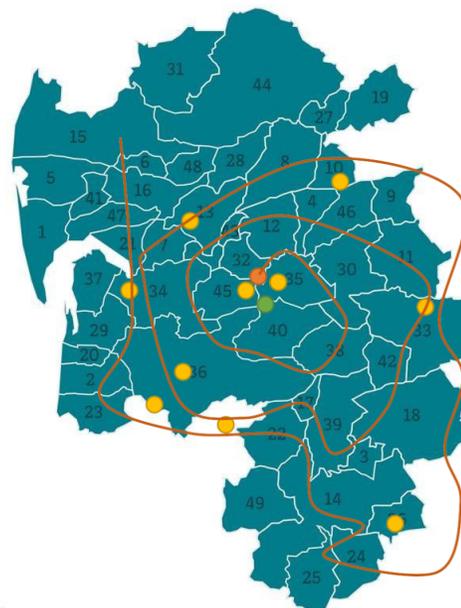
● Espaces Publics Numériques [EPN]

1. Agon-Coutainville
11. Cerisy-la-Salle
13. Coutances
14. Gavray-sur-Sienne
15. Gouville-sur-Mer
20. Hauteville-sur-Mer
29. Montmartin-sur-Mer
36. Quetteville-sur-Sienne
44. Saint-Sauveur-Villages

● Espace de Vie Sociale [EVS]

13. Coutances

● Centre Social Socioculturel



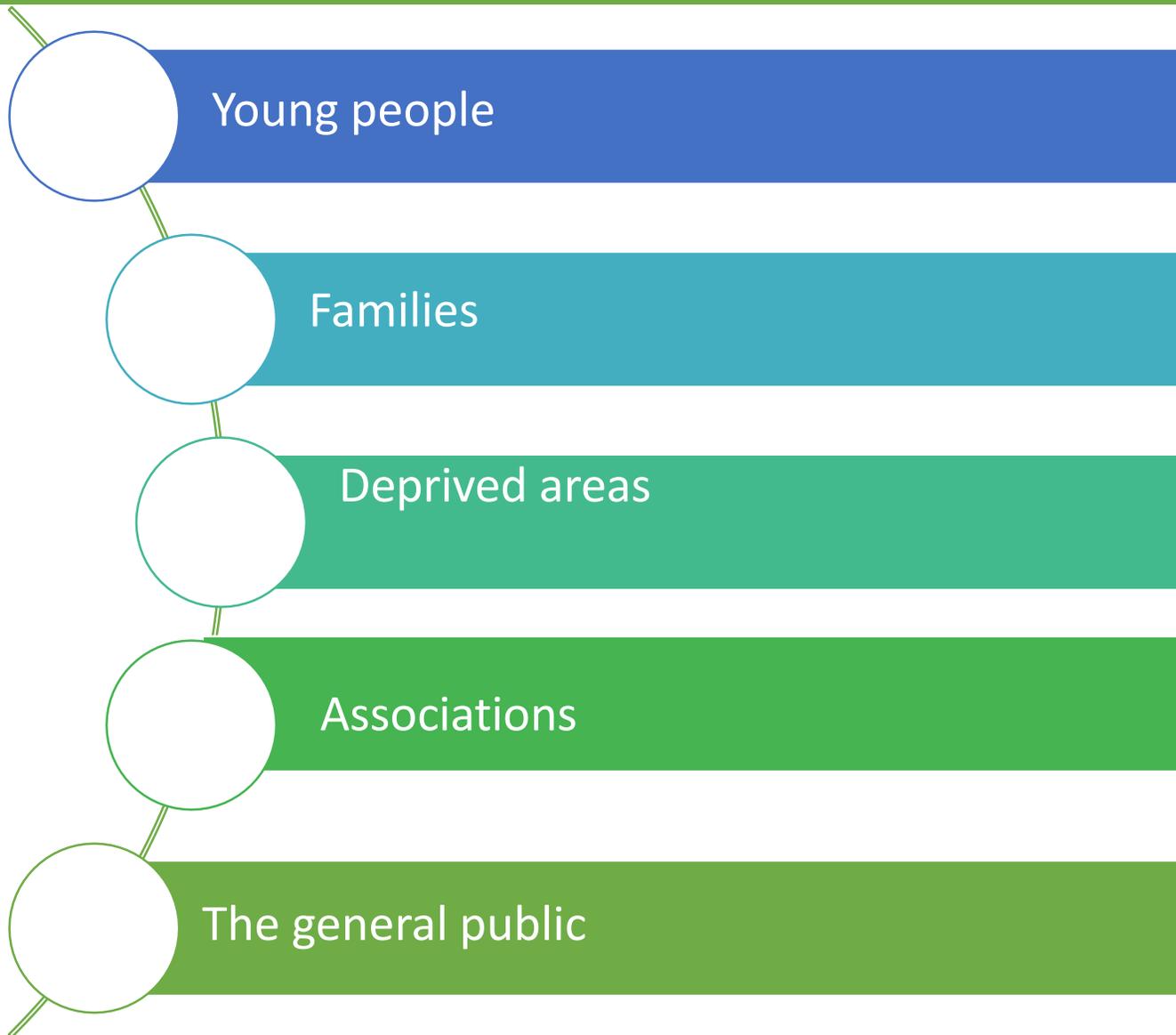
Coutances
Mer et Bocage

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WE WORK WITH YOUNG PEOPLE, FAMILIES, ASSOCIATIONS,
DEPRIVED AREAS AND THE GENERAL PUBLIC



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WELCOMING PROJECT OF THE CENTRE D'ANIMATION LES UNELLES

We are all involved in welcoming the public.

Les Unelles (accredited as a social and youth-oriented and educational centre) aims to work closely with the local population in their everyday lives in, for example, helping in the elaboration of projects and making the most of the skills of all those involved in the project.

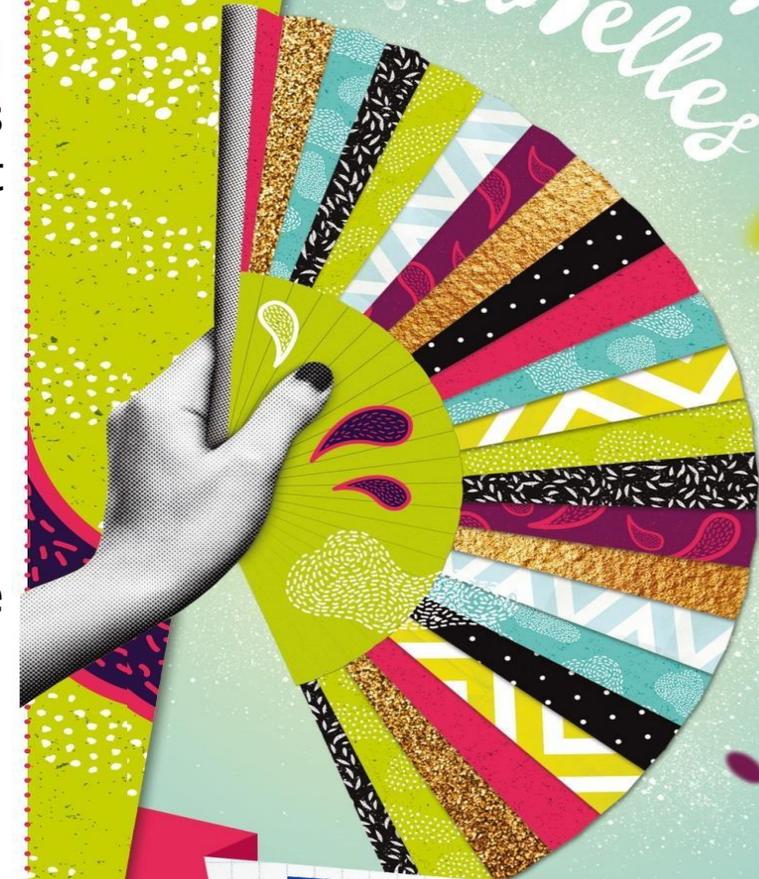
We share common values and ambitions with the local population.

We are fully committed to kindness, empathy and we are non-judgemental.

We go to those who might not necessarily come to us.

We treat each case individually and pay close attention to the people we meet.

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PROJECT

This European Solidarity Corps project will take place at Les Unelles Community Centre (in French, "Centre d'Animation Les Unelles") in the town of Coutances. The volunteer will have a 8-month work contract, from January to September 2022 and will work closely with staff at Les Unelles.

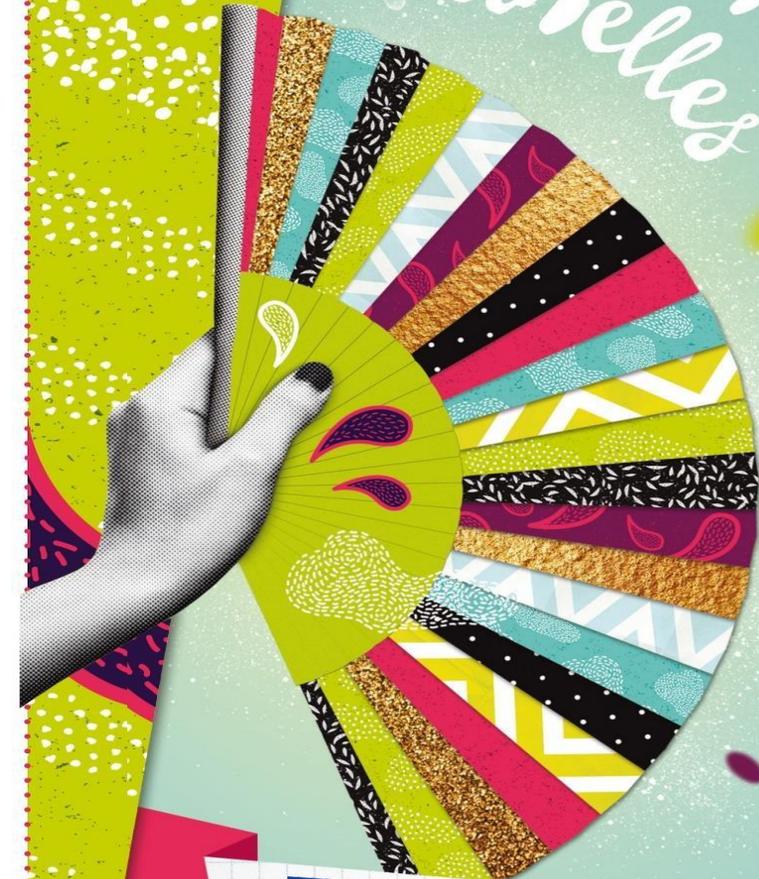
He or she will also be involved in the work of AVRIL, an environmental educational association which aims to promote sustainable development and international mobility.

The young volunteer will be trained and accompanied by a tutor, so enabling him or her to gradually become more autonomous in the various tasks allocated to him or her. These tasks will be arranged in conjunction with Les Unelles and our partners (municipal theatre, annual jazz festival, tourist information office, AVRIL...), in order to discover the many different aspects of the role of youth worker.

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PROJECT

The volunteer will need to be:

- open-minded and tolerant,
- willing to share and exchange regarding his or her life experiences,
- aware of international mobility and intercultural relations.

He or she will be prepared to:

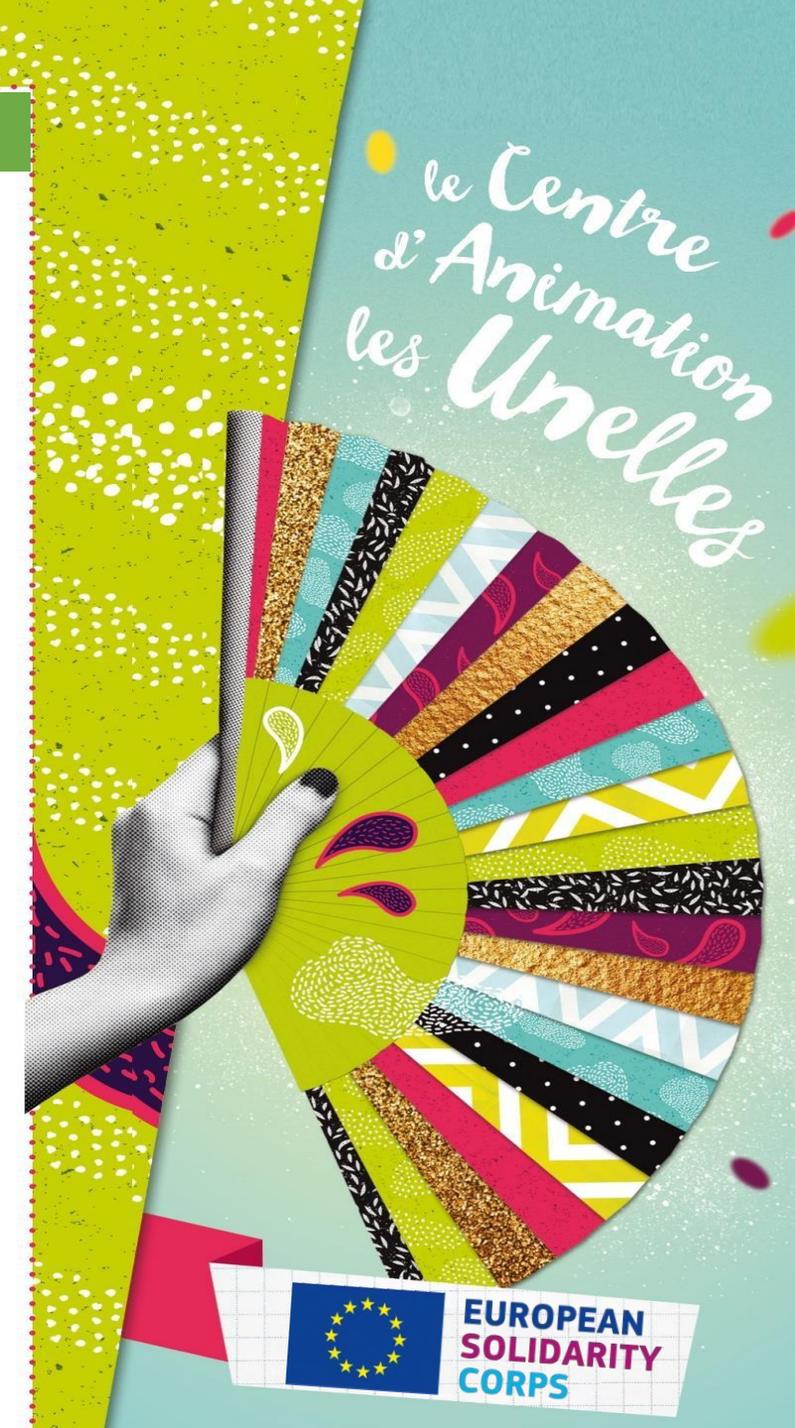
- promote the European Solidarity Corps experience,
- elaborate a personal project linked to the activity of the organization,
- evaluate situations and adapt to it,

He or she will have the role of ambassador for young people and will:

- encourage international mobility,
- help young people with their projects and be able to explain aid that is currently available,
- present the aid that is available for parents,
- spend time with secondary school pupils during their lunch break, enabling them to discover other cultures and encourage the elaboration of their projects,
- provide language workshops for younger children.

Working hours and patterns of work will be laid down in accordance with French law.

The volunteer will have regular meetings with his or her tutor in order to take stock and pinpoint any changes or improvements that need to be made.



PROJECT

The objectives:

- Promote European citizenship
- Converse with the local population about life in other European countries by sharing experiences;
- Familiarise young local people with the subject of international mobility;
- Ensure that the volunteer is active and has a chance to acquire new skills, thus facilitating access to employment.

Non-formal educational methods will be applied throughout the period.



SUGGESTED TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9H/10H	EUROPEAN DISCOVERY	Board games center	EUROPEAN DISCOVERY	Digital, video and Internet workshops with the public	« WELCOME SPACE » PROJECT		
10H/11H	Welcoming visitors and share the volunteer's culture, patrimony, cuisine etc...	Digital, video and Internet workshops with the public					
11H/12H		Family support					
12H/13H		YOUTH CENTER		EVS Be there to help and support the locals (help with the homework, spend time with teenagers etc...)	YOUTH CENTER		
13H/14H							
14H/15H	LANGUAGE WORKSHOPS	LANGUAGE WORKSHOPS	YOUTH CENTER		PERSONAL PROJECT		
15H/16H							
16H/17H							
14H/18H							

Work from Monday to Friday, 30 hours/week

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PROJECT

Stay in a European country: Involvement with young people in preparing a trip to a European country.

Reception project: Involvement in the elaboration of a new meeting space for visitors to Les Unelles. The young volunteer will be required to help set up this space and research the needs of the local population.

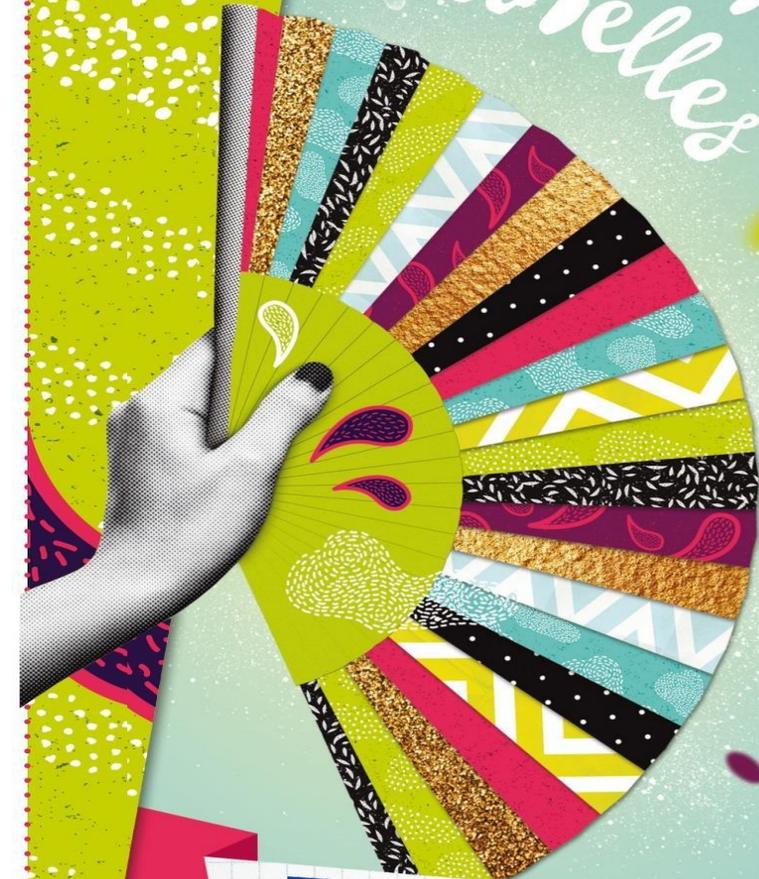
Language workshops: The young volunteer will take part in these workshops in order to share and exchange with those present and create a bond with them.

Internet services, children's play areas, information and activities for young people and family-oriented activities:

The young volunteer will take part in all of the above.

Naturally, there will be time allowed for the young volunteer to reflect on and prepare his or her return to his/her native country.

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FOOD AND POCKET MONEY

The volunteer will receive a weekly food allowance of **10 euros/day** and will have access to a kitchen.

There will be an additional allowance of **6 euros/day** for personal use (activities, sightseeing...)

TRANSPORTATION

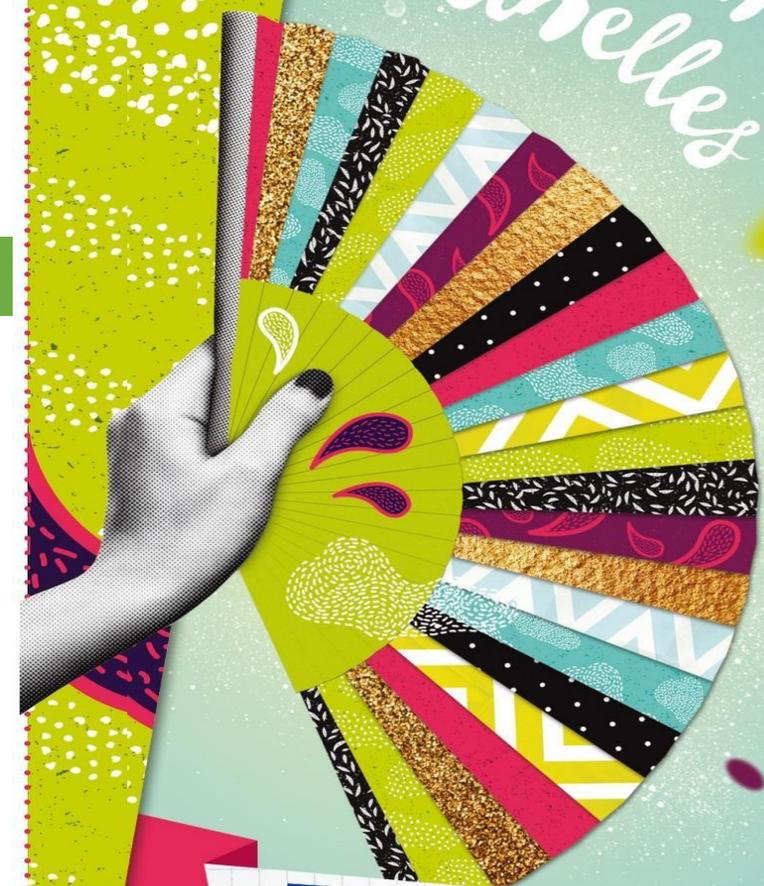
The volunteer will have an electrical bike to go around and be more independent and have access to the bus

Driving license preferred in case the volunteer uses the organization's car

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YOUR HOUSE !

The volunteer will have a room in "Foyer des Jeunes Travailleurs" Coutances, close to a bus stop which will drop him or her off at Les Unelles.

He or she will have access to a internet connection. You will be in charge of cleaning the room



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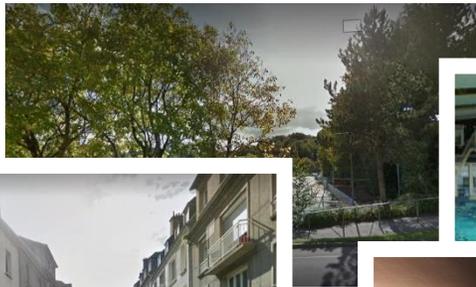
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A FEW THINGS ABOUT COUTANCES

Coutances is a small town in the Manche department in Normandy in north-western France. It has a population of 9,000. It is a rural town which has a lot to offer someone who wishes to find out how people live in a small town in Normandy. Paris is not the only place to live in France!!

Coutances is particularly well known for its cathedral, which was built between 1210 and 1274, but it also boasts an attractive botanical garden and a museum.

There are many activities in town: a swimming pool, a sports complex, a theatre, a library and a cinema.



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COVID-19 MESURES

Since 9 August 2021, a "health pass" has been mandatory in France in order to access certain places and events (both indoor and outdoor), such as cinemas, museums, cafés, restaurants, hospitals, retirement homes, medical and social venues (except in emergencies). It is also required for long-distance travel on inter-regional public transport.

The health pass is in the form of a QR code and will be granted by either providing proof of a full course of vaccination, a recent negative virus test or proof of recovery from Covid-19.

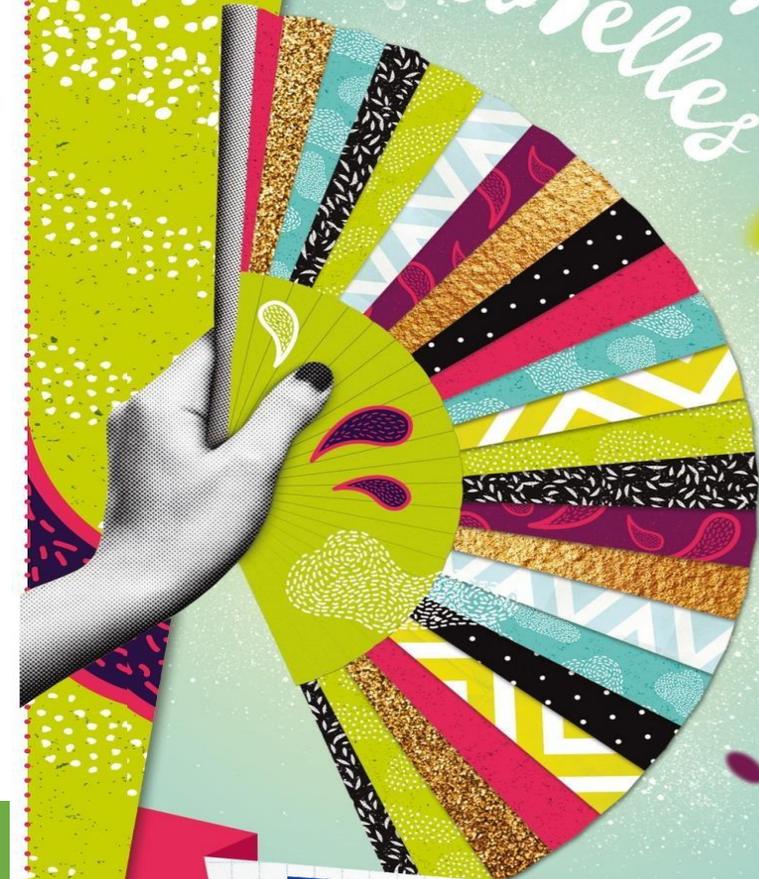
WE STRONGLY RECOMMEND THAT FUTURE VOLUNTEERS GET VACCINATED BEFORE EMBARKING ON THE PROJECT IN ORDER TO FACILITATE INTEGRATION AND ACTIVITIES DURING THE VOLUNTEERING PERIOD.

To find out more about the different travel measures applicable in France, click on: <https://www.diplomatie.gouv.fr/en/coming-to-france/coronavirus-advice-for-foreign-nationals-in-france/>

CONTACT

Perrine Veguer (international coordinator)
international@associationavril.org

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CLOSE TO COUTANCES

With the nearest beach just 15km away, Coutances is ideally situated for both coast and countryside.



Parc Médiéval de l'Evêque



Cabanes de Gouville



Pointe d'Agon-Coutainville

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CLOSE TO COUTANCES

Other places of outstanding natural beauty in the Manche.



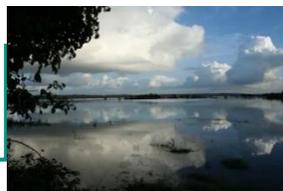
Phare de Gatteville



Falaise de Donville les bains



Mont Saint Michel



Marais de Carentan



Roches de Ham



Cascades de Mortain

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CLOSE TO COUTANCES



By train



By Bus



By carpooling

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SECTORS WE ARE INVOLVED IN

> Recreational and leisure activities:
weekly, fortnightly, monthly,
courses...

Cultural activities

Dance classes: classic, contemporary, modern jazz, teenage urban, initiation for young children

Photography

Comics

Music classes (drums, keyboard, guitar)

Drawing and painting classes

Vocal technique

Environmental activities

Nature classes

Fishing trips

Leisure activities

Language classes (German, English, Spanish, Italian, French for foreign residents)

Circus (acrobatics, juggling...)

Needlework (sewing, knitting, crochet, patchwork, Hardenger embroidery)

Framing and cardboard workshops

Genealogy

Role play

Pottery

Scrabble

Digital, video and Internet workshops

For all school-age children and techno-geeks

RELAXATION

Yoga

Sophrology (mindfulness)

Auto-massage

Senior citizen ("active retirement") activities

Aqua gym

Keep-fit

Table tennis

Badminton

Team sports

SPO RTS

Aqua gym

Aqua jogging

Fitness activities (different levels)

Muscle-toning

Nordic walking

Pilates revisited

Stretching



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