

"27/08/2026 to 27/05/2027"

INFOPACK

European Solidarity Corps!



**EUROPEAN
SOLIDARITY
CORPS**

WHO ARE WE ?

In October 1992, in Fontenai-les-Louvets, in the heart of the Ecouvres forest, the "D'Ecouvres Verte" association was born from the mobilization of the inhabitants of the Ecouvres region.

What unites them: the desire to live their "chosen rural lifestyle" in a welcoming, innovative territory, open to the outside world, capable of offering a dynamic living environment.

This small corner of the world abounds with resources: outdoor activities, historical heritage, crafts, agricultural know-how, and above all, existing community groups and a young generation ready to commit to a new dynamic.

D'Ecouvres Verte has approximately 200 members and about twenty active volunteers, recruited throughout the year.

The association's objective is to contribute to the life of its territory:

- Through the implementation of socio-cultural and sporting activities.
- Organizing international activities that foster intercultural exchange.
- Contributing to the promotion of popular education values by participating in the training of education professionals and supporting youth project development.

So we need you to continue to grow and sustain this association, which thrives every day in a rural setting and through which we are ready to develop and implement local and international civic initiatives!



ASSOCIATION'S TEAM

Betty
Volunteer on the
association

Bertille
Youth project
coordinator

Antoine
Vice secretary

Harmony
Youth worker

Pauline
President

Sebastien
Vice president



Margaux
International
project
coordinator

Steven
Secretary

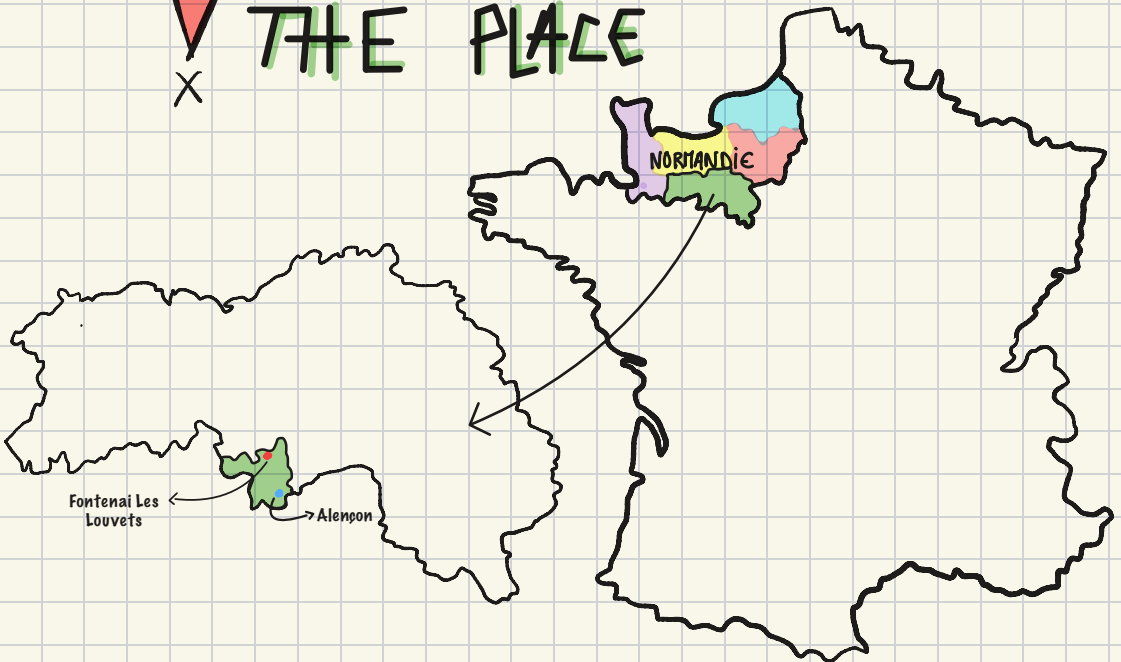
Florian
Volunteer of
the
association

Lisa
Treasurer

Hugo
Local animation
coordinator



THE PLACE



Our association is located in the heart of the Orne department, in the Normandy region.

**The village where our office is located, Fontenai Les Louvets, is nestled in the heart of a rural forest, so you must love the countryside, birds, and trees!
You will be accommodated in Alençon, a 20-minute drive from the office.**

Office : Fontenai Les Louvets

Fontenai-les-Louvets est une ancienne commune française, située dans le département de l'Orne en région Normandie, peuplée de 270 habitants.



City Nearby : Alençon

Alençon, the prefecture of the Orne department in Normandy, has a population of around 25,000. Its medieval town center, half-timbered houses, and green spaces make it a welcoming and livable city.



SHOPS & ACTIVITIES

Activities:

Explore local heritage by visiting the Basilica of Notre-Dame, the Museum of Fine Arts and Lace (featuring a unique art form recognized by UNESCO), or the Château des Ducs.

For a nature break, the Écouves Forest just 20 minutes away is perfect for hiking or mountain biking.

Thursday and Saturday morning markets and café terraces bring the town center to life, while bars like Le Barikade, the Black Bear, and the Be Bar offer a friendly atmosphere in the evening.

You will also find an arcade in Arçonnay, as well as a swimming pool, cinema, and theater within 5 minutes of your accommodation.

Shopping:

Shop at Carrefour or Leclerc supermarkets, or opt for local products at the Thursday and Saturday markets.

For organic goods, Biocoop and La Vie Claire are great choices.

Near the forest where the association is based, you can also find plenty of local producers selling directly to consumers!

ACCOMODATION - LOGISTIC

Your food, accomodation, insurance, pocket money and your travel costs will be covered by the European Solidarity Corps program of the European Union.

Housing

The accomodation includes two studios apartments each with its own bedroom and bath room and a shared kitchen for the two volunteers. All amenities are within a 15-minute walk. We will show where you can find everything you need. The kitchen is full equiped and you will find everything you need to cook, store food and eat.



Transport

You will have access to a shared car between the two volunteers to cover all the trips you need. Our structure also own a 9-place vehicle to cover trips with other participants if needed.



Allowance

At the beginning of each month you will receive 650€ to cover your needs excluding accommodation.

Bank Account - Insurance

For your banking management, we recommend using an online bank such as Revolut. This will make it easier to open and close your account and will not incur any fees for your payments. You will also be able to order a bank card to withdraw cash if needed.

TRAVEL

We invite you to arrive on the **27th August in Paris !**

There are limits regarding the amount. Furthermore, travel arrangements depend on the type of trip:

GREEN TRAVEL

From 100 to 499 km : 285€

From 499 to 1999 km : 417€

From 2000 to 2999 km : 535€

Travel

From 100 to 499 km : 211€

From 499 to 1999 km : 309€

From 2000 to 2999 km : 395€

In order to get your travel cost reimbursed, you should travel from your place of residency and back.

You also should respect the budget and check with the hosting organization your travel before booking.

Don't forget to keep all of your tickets, boarding passes and invoices to get your reimbursement.

The easiest way to get to Alençon is by train. Depending on the location of your arrival, you have the choice to take a shuttle bus, the RER, the subway or another transportation device through the center of Paris to get to the Montparnasse train station (Subway station Montparnasse - Bienvenue).

See route suggestions inside Paris on the next page according to your arrival in Paris.

At the Montparnasse station, take a ticket for Surdon. We will pick you up there. The trip is about 2 hours and about 40€. If any ticket to Surdon is available you can also take a train for Le Mans ; this train is faster (1h) but more expensive, and you will have to get another train from Le Mans to Alençon which is about 30min and 10€. In this case we will pick you up at Alençon. You can also book the tickets online on their website www.oui.sncf or on their App. If you can't manage to take it online, you can buy your ticket in the train station from the desks of the station or from the distributors.

- The last train from Le Mans to Alençon is at 19h01. Take this into consideration when buying a plane ticket for further travelling. Make sure to have enough time to get from the airport or another train station to Montparnasse (For example, in case you can't take the first bus, you need at least one hour to get from Orly to the Montparnasse train station)

- For other questions regarding the travel do not hesitate to ask us for advices.

Transport available inside Paris

Train (RER)



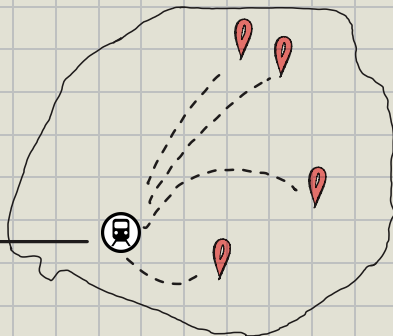
Metro



Bus



TO ALENÇON



From Gare du Nord



Denfert-Rochereau



Montparnasse-Bienvenue



From Gare de l'Est



Opéra



Rennes - Littré



From Gare de Lyon



Bercy



Montparnasse-Bienvenue



From Roissy CDG
Airport



Denfert-Rochereau



From Orly ORY
Airport



Bercy



Montparnasse-Bienvenue



THE VOLUNTEERING

Missions

- Participate in the implementation of European exchange and mobility projects, promoting inclusion and equality.
- Design educational and creative materials (games, videos, podcasts, etc.) to raise awareness of cultural diversity and the fight against discrimination.
- Co-facilitate a language café to foster intercultural dialogue and respect for differences.
- Contribute to activities at the youth center, ensuring a welcoming and inclusive environment.
- Propose and lead language and intercultural workshops in schools (primary and secondary).
- Participate in the organization of events and community activities that promote social cohesion and diversity.
- Create inclusive communication materials (social media, flyers, visual aids).
- Develop a personal project for the volunteer related to the fight against discrimination and the values of the European Solidarity Corps.

Planning

Total of 40 weeks of volunteering, over 8 months = 247 days of volunteering + travel days (from 2 to 6 days depending on the mean of transportation).

9 days of on-arrival and mid-term training seminar with the French National Agency.

30 to 32 hours of volunteering per week x 40 weeks

Some weeks can be more intense than others, with more hours, and some might be lighter.

The planning will be subject to adaptation during the year.

From a volunteering place to another, it might be very different: but in the end, the total of hours done will be exactly the same.

Timetable									
Working hours		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
(MORNING)									
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	
8h	9h	free	free	free	free	free			
9h	9h30	Arrivals in the organization							
9h30	10h30	Work on project for the organization	Work on project for the organization	Language Coffee during the market in Carrouges	Work on project for the organization	French Lessons			
10h30	12h	Free to meet other people in the organization to work on a specific project together (volunteers, youthworkers...)			Time to work on personal projects	Team meeting			free
(NOON)									
12h	13h	Lunch time					free		
(AFTERNOON)									
13h	14h	Time to work on personal projects	Language class at school (for kids)	Activities with young people	Animation in the high school	Activities or Workshop with youngster or local families			
14h	15h				Preparation of animations				
15h	16h								
16h	17h	Preparation of animations	Individual meeting with the tutor			free			
(EVENING)									
17h	...	free	free	free	free	free	free	free	

Aims of the project

The aim is to raise awareness about the European Union among the residents of our region, Orne; to foster intercultural exchange and openness to others; and to show the people you work with—especially young people—that European mobility is within their reach. By hosting European volunteers throughout the year, local communities will have the opportunity to break down prejudices and overcome their fear of difference, while learning to interact with someone from another culture. The volunteers will be tasked with developing joint projects and strengthening the presence of European volunteers in the Orne department.

Common ethics & values

Ethics: The mobility activity must be carried out in line with the highest ethical standards and the applicable EU, international and national law on ethical principles.

Values: The participant must commit to and ensure the respect of basic EU values (such as respect for human dignity, freedom, democracy, equality, the rule of law and human rights, including the rights of minorities.)

Any breach of one of the obligations mentioned in this article will be sanctioned. The coordinating structure will put an end to the volunteering project immediately and the volunteer will be financially sanctioned according to the costs caused by his behaviour and by his dismissal. No lack of physical or moral respect will be tolerated. This project is a collective project of the European Solidarity Corps, meaning the words European and Solidarity are not here to make a pretty title but should lead our everyday actions. Coming to this project means being ready to adapt, to learn, to meet, to disagree, to change, to evolve, to discuss again and again, and to grow up!

D'Ecooves Verte have your best interests at heart and will be

there every step of the way to make sure this experience is as great as it can be. Keep in mind, we are not your parents, you are responsible adults! Also, we are humans, with our personality and moods, and we aren't perfect. This also means open communication is extremely important.

You will be living with other volunteers, they might become your friends, even somewhat of a family, but it might be also that you don't connect and become friends. It happens. As long as respect is there, all will be fine.

Training

The French ESC Agency organizes 2 seminars (one on arrival and one mid-term for about a week, with other ESC volunteers in France). All expenses are fully covered.

Language

You will have access to the EU Academy platform for online French classes, and you will have the possibility to take part in French classes at the beginning of your volunteering in the Association with french local people.

Important things :

The most important thing is to communicate effectively about the different missions offered.

Furthermore, these missions are suggestions related to our overall activities and will not be imposed under any circumstances.

We remain open to proposals for new missions if the CES (European Solidarity Corps) participant wishes to develop a project.

About the timetable :

During the school year: Monday to Thursday, 9:00 AM to 4:00 PM.

During school holidays: Monday to Friday, 9:00 AM to 6:30 PM.

Some weekend work may be required (market stall, association meals, project preparation weekends).

Multiple consecutive days and overnight stays may be required during European youth exchange programs.

Who are we looking for?

Motivated young Europeans who love to listen, share, create, and inspire. No prior media experience is required—all you need is curiosity, empathy, and a desire to make the EU more human, visible, and accessible. Individuals from rural areas, or with strong ties to them, are especially welcome.

Join a meaningful journey. Help us give Europe a rural voice!

APPLICATION PROCESS

After reading our Infopack, you want to be part of this adventure ?

To consider your application complete, we need to receive from you 3 documents:



A CV



A NICE
VIDEO



THE
APPLICATION
FORM

Once everything is completed and done, you can send it to
decouvesvertel992@gmail.com

Contact us !



Association D'Ecouvres Verte

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