



You're Up to France !

Infopack





Discover our **TEAM**

Parcours Le Monde Sud-Est is a non-profit organization created in 2015 and based in Marseille and Cagnes Sur Mer (South of France). Our **team** is composed of :

Marion, Oualid, Silvia, Camille and Marwa (working in Cagnes sur Mer) and Camille, Aya & Lou-Anna (working in Marseille). Each year we also welcome **interns and volunteers**, in our 2 offices !

Our organization is working in the field of youth integration and international mobility. We accompany youngsters with fewer opportunities (from 18 to 30) in their social and professional integration offering them mobility 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 :

- Promotion of european and international mobility towards 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 is working in 2 offices located in South of France, Cagnes sur Mer and Marseille.

In Marseille, we work in the same building as other organizations working in the field of international mobility. They also welcome **many volunteers** in their offices as well as in other places in Marseille. You will be organizing many projects and events with their volunteers!

Usually we work from **9:30 to 17:30** (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! You will be working **35h per week**, including a free day every week to work on your **personnal 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, there will be some travels : in the suburbs, but also in our other offices where you will be able to meet our other volunteers in ESC and civic service! You will also have the opportunity to participate in a youth exchange or a training course.



VOLUNTEER with us !

We would love to welcome you in Marseille in the framework of our ESC "You're UP" project ! This project will last 12 months from **September 2025 to August 2026**.

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 **Marseille** and around **Cagnes sur Mer**.

Main activities :

- Languages workshops : every week, the volunteers organize an english workshop open to everyone! If you want to, you can also organize a workshop in another language.
- Forum "INTEX" : with other volunteers, you will be going to different places to promote international mobility to youngsters. You will be moving a lot in the south of France !
- Communication : You will help gathering written and/or video testimonies from the volunteers abroad, make posts on social medias, as well as some visuals and some different forms of communication (podcasts, booklet etc). We expect this to be a big part of the volunteering !
- Training course and youth exchange : You will be able to participate in a training course or as a youth leader in a youth exchange.
- Development of Community Life : Animation of workshops and intercultural activities. Co-organization of local events to dynamise the organisation (game nights etc)
- Participation in any other project of the organization : depending on your motivation and desires you can help us implement or develop some of our specific 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 implement it :)

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

As an ESC volunteer, you will also be attending during your volunteering some **training from the french National Agency** : an on-arrival training during your first weeks and a mid-term training. Those trainings are mandatory and are organized and held by the National Agency. During those trainings, you will be able to meet other volunteers and experience some workshops related to intercultural dialogue as well as your expectations, tasks and rights as a volunteer.



Our **EXPECTATIONS**

We expect you to be **motivated** in the projects that we carry 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 can not have a paid job next to it. We expect you to be **fully engaged** in the activities we offer :)

Some **ORGANIZATIONAL** details

- **Transportation**

As part of an ESC project, you will have a travel grant for your journey 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).

- **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 **450** 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.

- **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, your sending organization will also enrol you into the CIGNA 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.

- **OLS**

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 9 months in Marseille !

- **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/>



Welcome to the south region

MARSEILLE !

Welcome to one of the **sunniest places** in France, the great city of Marseille ! It's a perfect place for climbing and hiking lovers, but also for the surfers and beach lovers. Places as "Calanques" are always a perfect plan during the weekends to meet people and have a good time **mixing the mountains and the coast**.

About Marseille... well we have to say that it is the **2nd biggest city** in France ! And despite it is not so big as other European cities, each neighbourhood is full of surprises and offers its share of discoveries, such as places as for example Vieux Port, Mucem, Canebière, Palais Longchamp, Plage du Prado... for sure you won't be bored in Marseille !



NICE and CAGNES SUR MER!

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

While here, you will discover its beauties, such as *La Prom* - the Promenade des Anglais, the old town, the flower market, the Castle park, perfect for an *apéro* at the sunset.

The surroundings too are worthy of a visit: Menton, Eze, Saint Paul de Vence, le Cap Ferrat, Antibes. Also, Nice is just 20 km far from the Italian border, the beautiful "Liguria region", famous for its towns and beaches. **Cagnes sur Mer, next to Nica will be your office location**



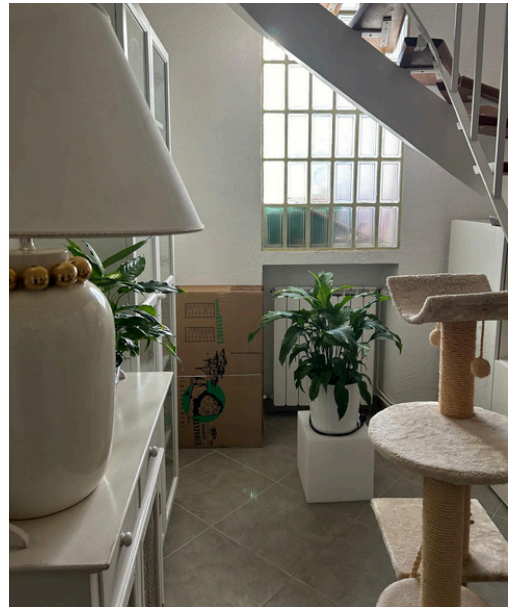


Where will you **LIVE** during your volunteering ?

MARSEILLE

Future volunteer, you will live in a **charmy flat** where you will share a lot of big moments with your **3 flatmates**. The flat (128m²) is composed of 4 rooms and a shared kitchen, living room and bathroom. The best part of the flat is its location : 10 minute away from the city center ! It is also 10 minutes away from the office by tramway. **You will be able to go everywhere in Marseille in minutes**, because you have the tramway stop down the street and the train station (Saint Charles) less than 15 minutes away.

And you can find a lot of good places to eat and go out nearby !



NICE



During your ESC experience, you will stay in a individual full-equipped studio with private bathroom, toilet and kitchenette, inside a student residence. At the ground floor you will have shared whashing machines and dryers.

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.

In the nearby, you will find all the facilities such as restaurants, supermarkets, etc.



See you soon !



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