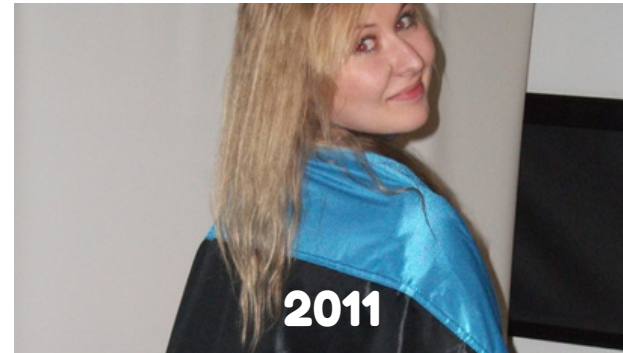




# EUROPEAN SOLIDARITY CORPS AT DON BOSCO

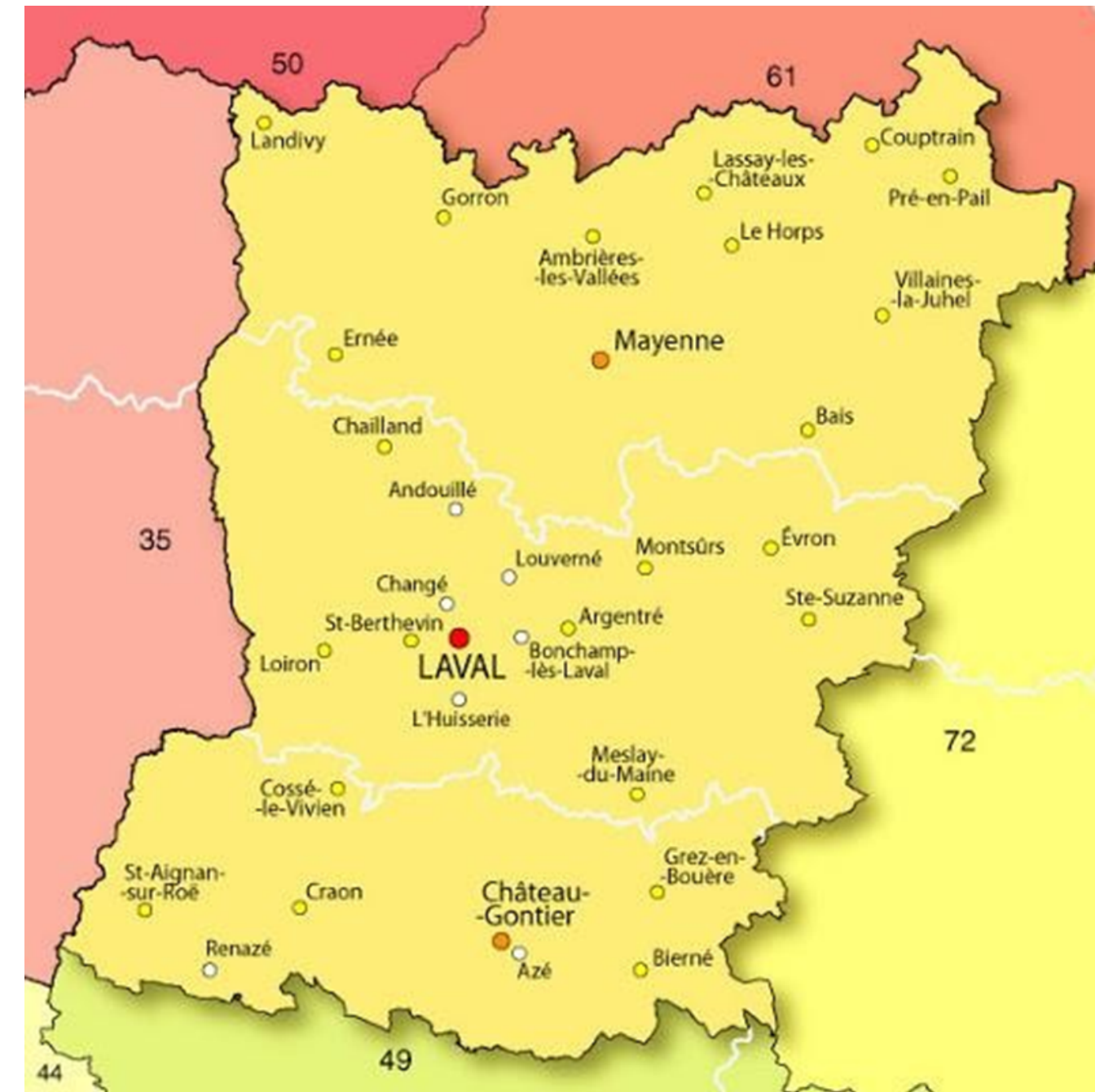
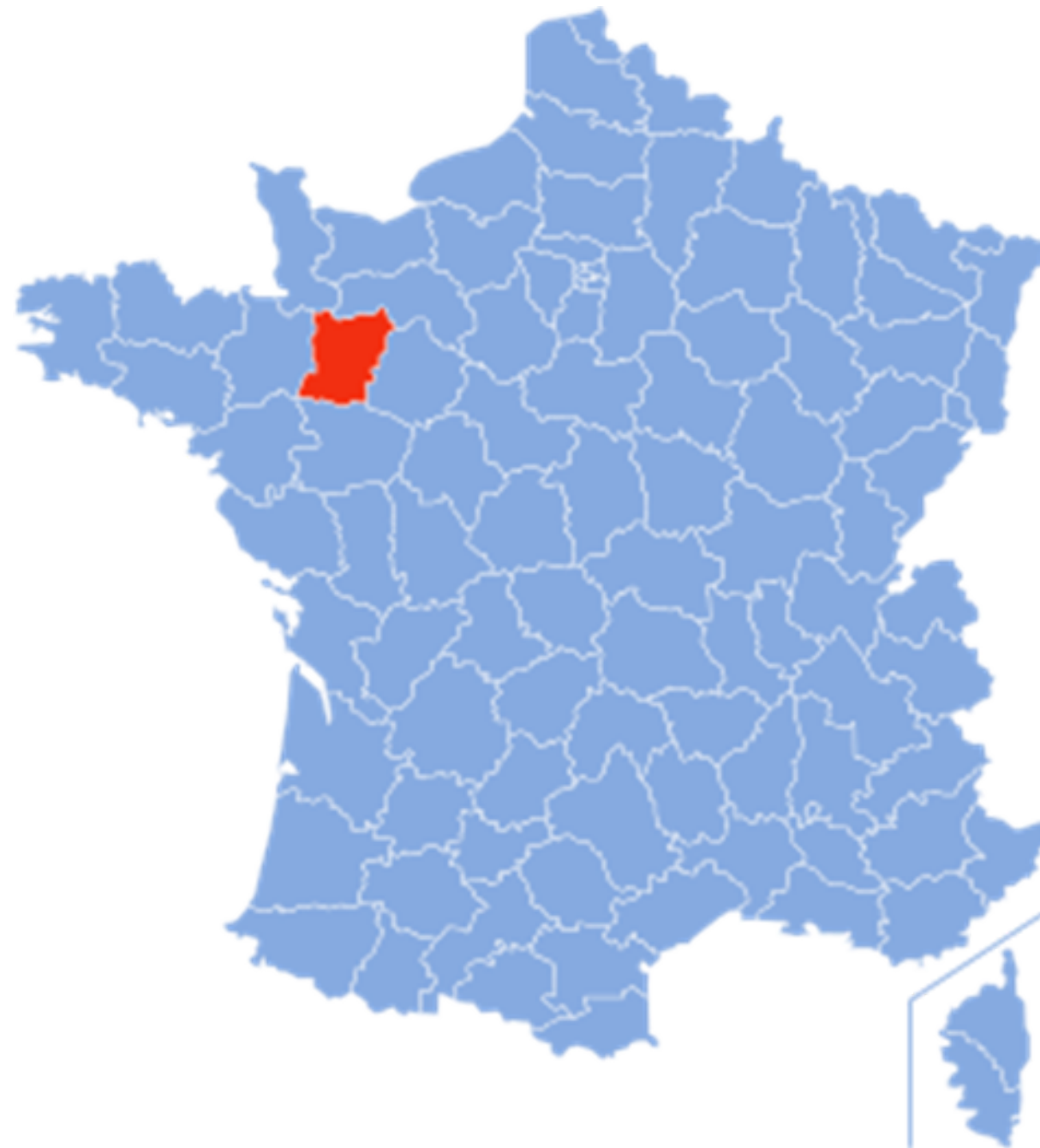
NOVEMBER 2023 - JULY 2024







# WELCOME TO LAVAL !



Laval is a city with 50,000 inhabitants in western France, capital of the department of Mayenne in the Pays de la Loire region.





- 1h from Rennes, Angers and Le Mans
- 1h30 with train from Paris
- 1h30 from St Malo/Cancale/Dinard (charming cities on the coast) and le Mont St Michel (ont the most famous place in France)

**RENNES**



**ST MALO**



**MONT ST MICHEL**



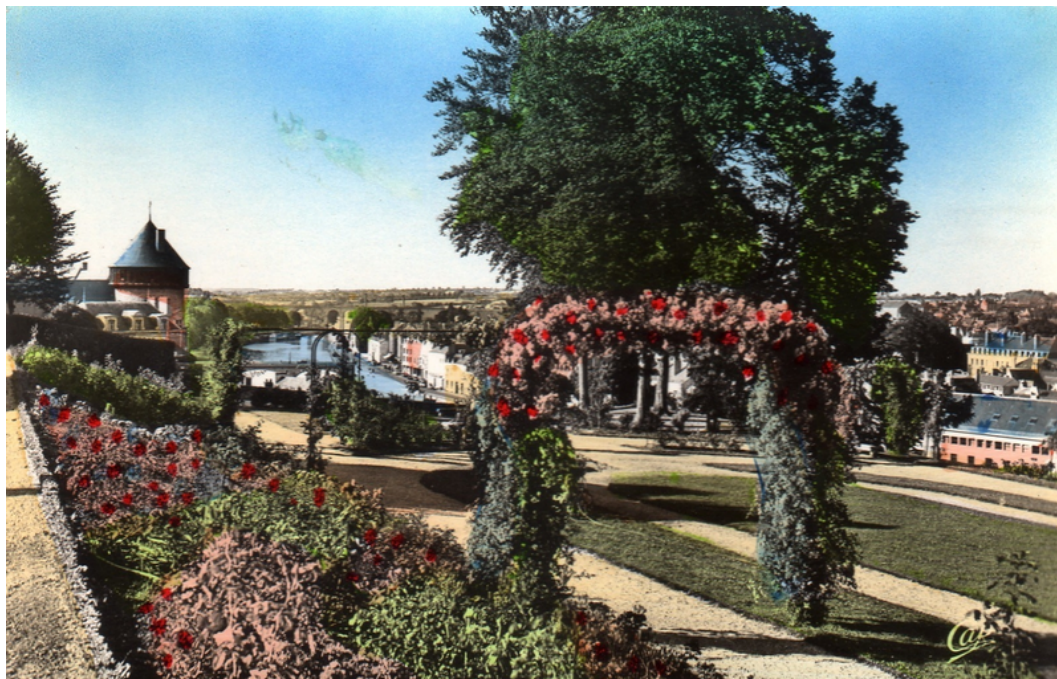




# WHAT ABOUT LAVAL?



- [https://www.youtube.com/watch?v=YFHW\\_qOWsm4](https://www.youtube.com/watch?v=YFHW_qOWsm4)







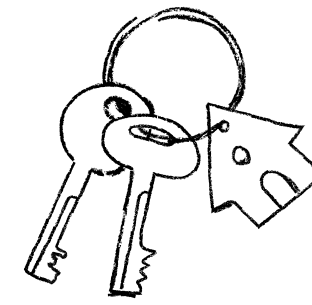
## **WHERE YOU WILL LIVE : HABITAT JEUNES - RÉSIDENCE PIERRE DE COUBERTIN**



For young people aged between 16 and 30 years old (students, trainees, apprentices, volunteers, international language assistants...).



# YOUR FLAT



This will be your flat which you will share with another European volunteer





# YOUR ROOM



- No need to bring bed sheets (it is already included)
- You need to bring some towels
- There is a laundry room in the residence (4€ for washing and drying + getting the washing product)







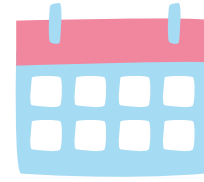
# THE SERVICES OF THE RESIDENCE



- A canteen where you can eat for breakfast, lunch or dinner for low prices, and is also a common room for spending time with neighbours.



# THE SERVICES OF THE RESIDENCE



- A cafeteria where animations are organised every evening from Monday to Thursday (conversation evening, theatre, cooking evening, cinema evening, etc.).  
Free of charge.

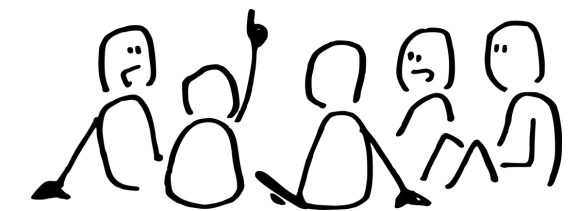


# THE SERVICES OF THE RESIDENCE



Together

- There is also a gym area and a large hall where events are organised.

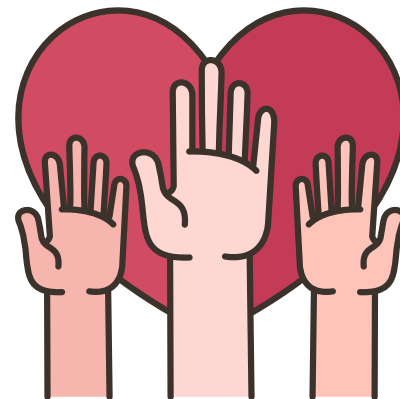


[https://www.facebook.com/residencepdc.pdc/time\\_line?lst=100009735936436%3A100000743597940%3A1595495186](https://www.facebook.com/residencepdc.pdc/time_line?lst=100009735936436%3A100000743597940%3A1595495186)



## **YOU WILL SHARE THIS EXPERIENCE WITH OTHER VOLUNTEERS :**

1. One volunteer who will work at La maison de l'Europe also in Laval;
2. One volunteer who will work at Maison Familiale Rurale in Craon;
3. One volunteer who will work at the résidence Habitat jeunes







# WHERE YOU WILL WORK :



You will be working in the city of Mayenne (1 hour from Laval by bus and 30 min by car possibility of carpooling with teachers) at the school group “Don Bosco”





## YOUR MISSION



Possible tasks for the volunteer include various activities such as the Language Café, assisting librarians in the European Space of the Documentation and Information Center, projects related to Erasmus+, organizing Erasmus Days, ecological initiatives within the « Tomorrow the Earth » project, cultural exchanges with young people, activities related to student safety, and school and boarding school activities on Wednesday afternoons.

Upon arrival, a mission letter detailing the terms of their actions, adjusted according to their needs and skills, will be provided to the volunteer. The institution also offers opportunities for engagement related to sports, such as assisting athletes in partnership with the Departmental Athletics Committee, UFSS for second professional-grade students, the Sports Association for national competitions, and options related to Physical Education and Sports.

Among the ongoing projects, a contemporary music project will begin in November 2023 with the aim of organizing a concert in collaboration with a local association. The volunteer will regularly collaborate with local partners (twinning committee, municipality, associations) and work in groups with other volunteers, including in partnership with the MFR of Craon, especially during school holidays, on territorial projects at the Maison de l'Europe.



## PRACTICAL ASPECTS



- We will give you sim Cards.
- In the first days, we will open with you a French bank account in the Crédit Mutuel.
- You will receive pocket and food money at the beginning of each month with a bank check or transfer.

## FINANCIAL ASPECTS



- Transportation : up to 275€ maximum except green travel
- Pocket money : 6€ per days (182€ par month) + food money (250€ per month) = 432€ per month.