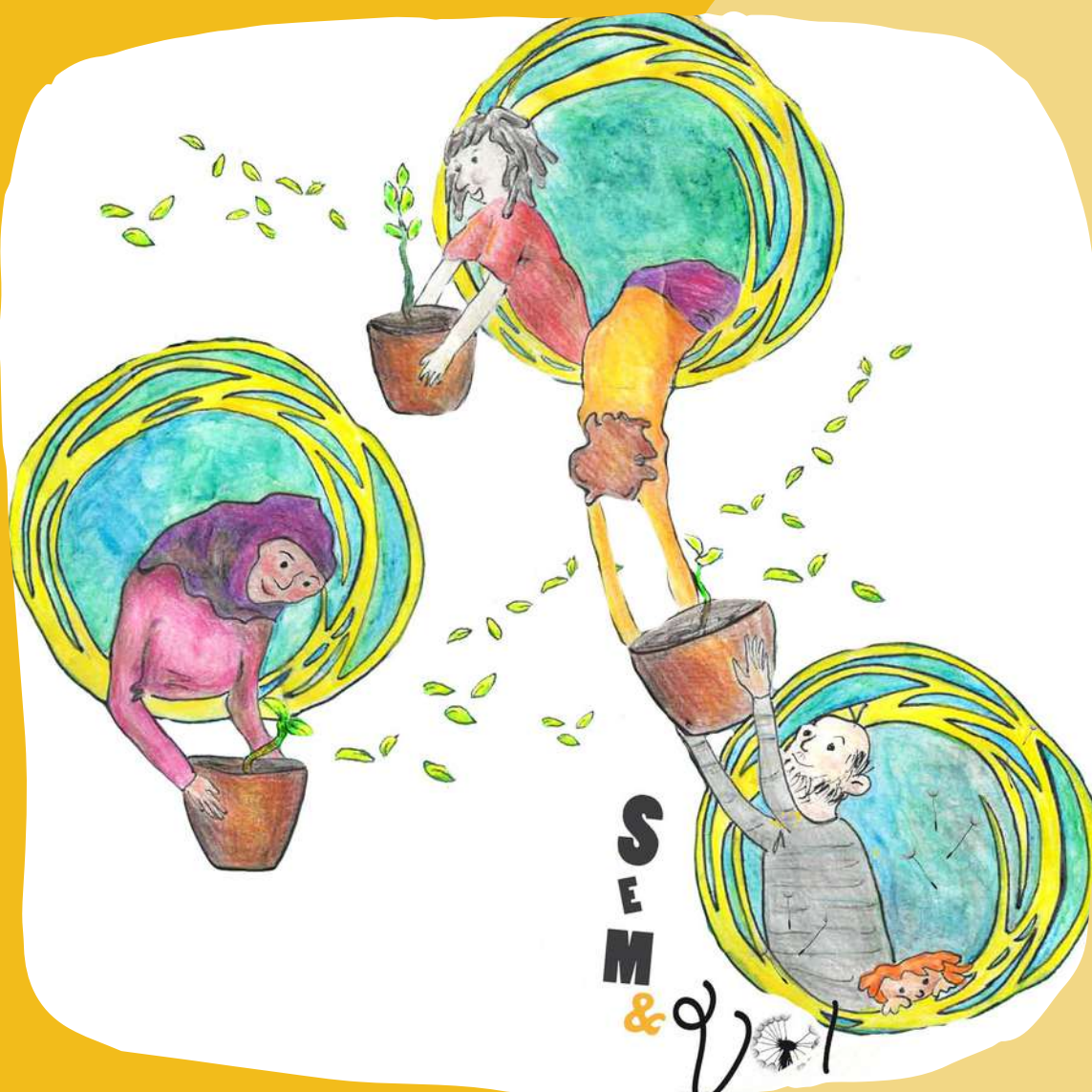


SEM&VOL

délégation de Solidarités Jeunes



Website :

<https://semetvol.wixsite.com/semetvol>

Facebook, Instagram :

@semetvol

Presbytère de Cause - 24150 - Cause de Clérans

Solidarités Jeunesses

SEM&VOL is the eighth independent association of the Movement of Solidarités Jeunesses, which is located in Dordogne, Nouvelle-Aquitaine (a region in the south-west of France).

Solidarités Jeunesses (www.solidaritesjeunesses.org) is a youth and community education association, which consists of 7 affiliated territorial associations and 1 partner organization. Most of these structures host international volunteers as well as young people in need of social integration and are involved in the local development of their regions through a variety of activities. Altogether, the movement has over 1200 members, of whom 300 are involved in actions all year round.

The association Sem&Vol, affiliated to Solidarités Jeunesses, works towards:

- the voluntary participation of all in social life – at local, national and international levels,
- a local development respectful of the individual, the environment and cultural heritage,
- intergenerational, intracultural, intercultural and international meetings and exchanges,
- tangible peace-building actions,
- reflection, practices and projects in the field of environmental education in line with a sustainable development approach



SEM&VOL

Sem&Vol was founded in 2013 in a village called Le Buisson de Cadouin, on the occasion of its first international project. Since this year, more than 70 international workcamps and projects have been organised and hosted by different communes in the Dordogne, bringing together many people from around the world and the local population.

Since 2018, the organisation developpes it's hosting center of international long-term volunteers, first in Cadouin and since May 2022, in Cause de Clérans.



The main objectives of our actions are:

- To host local youth on Civic Service missions and volunteers under the European Solidarity Corps program, to help develop our association and promote the different activities we carry out in our region.
- To support already existing activities of the association and create new ones to maintain the link with local people through participating, organizing and managing intercultural and working activities.
- To develop our short-term projects in the region (*workcamps, youth exchanges, trainings, hosting groups ...*) in order to enable international experience close to home for local youth to have and to gain more autonomy through intercultural and interpersonal learning as well as the experience of collective life.
- To boost the promotion of volunteering to the local youth and...
- ... to inform them about international mobility, civic engagement and volunteering.



One of the **values** of our association is developing partnerships with different municipalities of the region Nouvelle Aquitaine, as well as with public institutions and local associations. Each project is designed in partnership with a local organization and our involvement provides support to a local action by bringing the international component and our non-formal education values.





Hosting French and international volunteers is a fundamental part of our mission : these short and long-term exchanges are the direct expression of our values and will to contribute to our territorial development.

Volunteers come with the desire to experience collective life (*sharing responsibilities: cooking the meals, washing up, housework, spending time together, discover the region ...*), but also to discover new activities with concrete learning objectives – for example, manual, technical and linguistic skills.

The hosting place

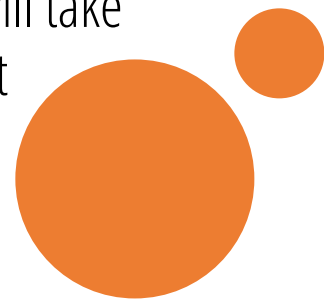
You will be welcomed in a two-floor house with a big garden space in the village Cause. Maximum six volunteers will be hosted in two mixed bedrooms. The house has a shower and a bathroom, two toilets, a fully equipped kitchen. On the first floor, we will be sharing meals and leisure time in a huge living room with the terrace. The house also have a work space for volunteers and office room for the staff.



The monthly timetable that we have established will give you the opportunity to gain technical knowledge and skills in various areas:

- Daily workcamp (minor masonry work, woodwork, painting, environmental work)
- Organization and participation in local intercultural activities such as interventions in schools, creative workshops for specific audiences (you can choose: children, teenagers, elderly people, ...), local events as well as language classes once a week;
- Building networks between local and our associations, to guarantee better communication and a greater coherence in territorial actions;
- Promotion of the association and volunteering (presentations, creation of communication media for Sem&Vol, etc.)

In addition, once a week, a group team meeting will take place to work together on activity planning, budget management and to evaluate the week.



Every volunteer is working with the local associations and institutions participating in projects and developing activities

(ex: leading extra-curricular activities, working in primary and secondary schools, taking part in local festivities, theatre)



During summer, Sem&Vol organizes international volunteer workcamps and youth exchanges in the area. They usually take place over a three-week period in surrounding rural communities. There are different kinds of projects: renovation or restoration of local heritage sites , the promotion of cultural heritage, the protection of the environment , the organization of arts and/or cultural activities, festivals... *(fountains, old public washing places...)* *(recovery of historical memory and cultural identity through reports, exhibitions, ...)**(cleaning a riverbank...)*

Example of typical week (the rules of collective life are set together):

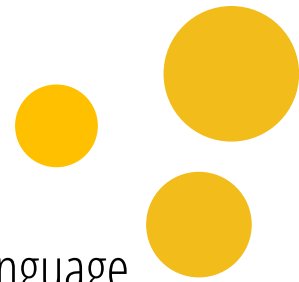
08h30 - 09h00: Breakfast/Housework

09h00 - 12h30: Work site/projects

12h30 - 14h00: Lunch and cleaning up after

14h00 -17h00: Activities and local interventions, language classes, meetings (regulation and coordination)

19h30: Dinner



SATURDAYS and SUNDAYS are dedicated to discover the region and French culture

Participant's profile

We wish to welcome people from different backgrounds in keeping with our social equity values. Our aim is to enable everyone to develop skills, but also to pass on their own knowledge to the others. It is important for us, that is why we expect from the volunteers to invest themselves into technical part of the work, by **bringing energy and technical knowledges**, as well as, to invest into animation and intercultural part of the activities by **bringing ideas and organizational abilities**.

Nevertheless, the most important element for our association remains the motivation and the willingness of the volunteers to invest themselves wholeheartedly in Sem&Vol.



Do not forget to take with you:

- Sleeping bag or duvet and two fitted sheets
- A good pair of walking shoes and work clothes
- Wet weather clothing and warm clothes
- Musical instruments, recipes, music, photographs, etc.
- Swimwear if you wish to swim
- Student card if you have one.

For EU residents, you need to procure a European Health Insurance Card and bring it with you. For non-EU residents, you need to take out an adequate social security insurance coverage for the duration of your stay and bring the attestation with you.

Contacts:

Address of the association:

Presbytère de Cause - 24150 - Cause de Clérans

The nearest airports are the airports of Bordeaux or Toulouse.

You will then have to catch a train to the station of Lalinde.

Information on train timetables and itineraries is available at

<https://www.oui.sncf/billet-train>

Contact/Project Coordinator:

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