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Info Pack

Welcoming volunteers in Strasbourg, France

**61 days – April to June and September to
December 2026**

Table of contents

A. Welcoming letter	3
B. The project.....	4
1. Presentation of the European Solidarity Corps (ESC).....	4
2. Presentation of the host organisation	4
3. Objectives of the volunteering for the volunteer	4
C. Preparation	5
1. The visa	5
2. Pre-departure workshops	5
3. Tutoring.....	5
4. Do not forget.....	6
D. The trip	7
1. Entering France	7
2. Arrival in Strasbourg	7
E. Volunteering activities	11
1. Training on arrival	11
2. Description of activities that may be requested	11
3. Volunteer communication activities	12
4. Description of a typical week (as an example).....	12
5. Getting to various locations	13
6. Environmental considerations	13
F. Logistics	14
1. Accommodation.....	14
2. Food	14
3. Pocket money	14
4. Insurance	14
5. Phone package	14
6. Reimbursement of transport costs	15
7. Reimbursement of visa fees.....	16
G. Life in Strasbourg	16
1. Information about France	16
2. Strasbourg	17
3. Contacts	17
4. Recycling in Strasbourg	17
H. Return.....	18
1. Documents for disseminating results	18
2. Youthpass certificate.....	18
I. Volunteer charter.....	19
J. Key points to remember	20

A. Welcoming letter

Dear volunteer,

Thanks to the European Union's European Solidarity Corps programme, we are delighted to welcome you to AMSED during 2 months. The volunteering you are about to undertake will enable you to carry out solidarity activities, either at AMSED or with our local partners in Strasbourg. You will discover different ways of carrying out solidarity activities, whether by being present for refugees or new arrivals, by being present for disadvantaged young people in Strasbourg's neighbourhoods or by taking part in our projects and events. These activities will enable you to develop a wide range of professional and personal skills (aptitudes, attitudes and knowledge), meet other cultures, discover other ways of working and, above all, fulfil your potential. This Info Pack contains a wide range of information about your stay in Strasbourg (Activities, Accommodation, ESC principles, Youthpass of skills acquired...). We hope that this voluntary service will enable you to discover our culture, our city and to learn more about the European Union and international solidarity. We leave you with this Info Pack, and look forward to welcoming you to Strasbourg.

Best regards,

Djilali Kabeche, Director of AMSED



B. The project

1. Presentation of the European Solidarity Corps (ESC)

The ESC is a European Union (Erasmus+) programme offering young people aged between 18 and 30 the opportunity to volunteer in a European Union country or a partner country of the programme. The young person, called a volunteer, undertakes to carry out solidarity activities with local communities alongside their host association. They are prepared for the volunteering by the association in their own country, the sending association, and are supported on the ground by employees and tutors from both associations.

For more information:

Visit the [European Solidarity Corps website](#) or the [page dedicated to missions and principles](#).

2. Presentation of the host organisation

Volunteering in Strasbourg involves both your sending association and AMSED, the host organisation. AMSED is a Strasbourg-based organisation founded in 1998 with the aim of promoting intercultural dialogue and local youth development through the promotion and implementation of intellectual learning and inclusion. The organisation targets young people with fewer opportunities and/or from migrant backgrounds, from priority urban neighbourhoods, who are failing at school, have few qualifications or are unemployed. AMSED has developed solid partnerships enabling it to carry out numerous transnational youth projects. For example, it hosts and sends volunteers as part of the ESC programme. In addition to these various youth projects on a European or international scale, AMSED has also developed numerous local projects to help young people find employment and raise their awareness of various issues.

For more information:

Visit the [AMSED Network platform](#) or the [AMSED Facebook page](#).

3. Objectives of the volunteering for the volunteer

The main objective of volunteering for young people is to have the opportunity to take part in solidarity actions, to facilitate their intercultural learning and to create positive changes for local communities. Through volunteering, the volunteer develops multiple key and cross-cutting skills through their activities, which will serve them well in both their personal and professional lives. Among the many skills that volunteers develop or strengthen are communication, digital, interpersonal, intercultural, social, civic and cultural expression skills. Volunteers will develop attitudes, skills and knowledge that will enable them to be better included in society and promote their employability.

The activities carried out by the volunteers will give them an insight into the French geopolitical and cultural context, as well as the local realities of the city's disadvantaged neighbourhoods. They will discover the best practices of local organisations working to include people who are marginalised or excluded from society, learn how to run socio-educational workshops and raise awareness of a wide range of issues (gender equality, freedom of expression, etc.).

C. Preparation

1. The visa

As a volunteer, you may need to apply for a visa in order to carry out your voluntary work in Strasbourg. The sending association will help you with the visa application procedure, and AMSED will follow this procedure by providing any documents that may be required. Your sending association will provide you with detailed advice on the visa procedure and support you throughout the application process.

It should be noted that although the associations involved in the volunteering project do everything possible to help the volunteer obtain a visa, they are not responsible for whether or not the visa is issued. Only the French embassy has the authority to issue the visa.

If the visa is not obtained, the host association will not reimburse the visa fees.

For more information:

For information on applying for a visa, you can also visit the [France Diplomatie website](#).

2. Pre-departure workshops

Your sending association will support you before you leave with preparation workshops. These preparation workshops cover a range of essential topics to ensure that you are well prepared for your volunteering project. Pre-departure preparation workshops can cover:

- Explanation of the activities and logistics of the project (transport, budget, accommodation, insurance, timetables, etc.)
- Explanation of risks, health issues, rights, duties and responsibilities
- Explanation of the expectations and commitments involved in the ESC project
- Explanation of the objectives and expected results, as well as your role in the project
- Information on the support given to you in the project Votre association d'envoi vous donnera davantage d'informations à ce sujet.

AMSED also prepares you for your departure through online training on the AMSED [ESC2Learn platform](#). Register on this platform (you can find a registration tutorial here) and **complete at least 5 training modules of your choice before your arrival**, depending on your interests and how useful they are for your preparation.

If you would like any help with these modules or have any questions, please do not hesitate to contact the project manager, Mylène OBER, mobilite@amsed.fr.

3. Tutoring

You will be assigned two tutors, one from the sending association and one from the host association (AMSED), to ensure that your volunteering and your well-being go well. These tutors will play a crucial role in your volunteering to optimise your involvement and your intercultural learning.

These tutors will follow you throughout your volunteering to make sure that the experience goes well for you, both in terms of your activities and your daily life in this new country.

You will be in regular contact with your tutors via meetings, weekly interviews, follow-up questionnaires and a mid-course review, as well as by telephone and message if you have any questions or problems. This time with your tutors will enable you to:

- Support you in your preparation for volunteering
- Review the week so that you know what to improve for the following week
- Make sure you are feeling good about your activities (things you don't understand, tensions that may have arisen, talk about possible new proposals, etc.)
- Make sure that you feel good about your life in Strasbourg (your accommodation, your relations with the other volunteers, your distance from your family, etc.).
- Find solutions to any problems you may have
- Reassure you
- Ensure that the project runs smoothly from your point of view as a volunteer
- Reflecting with you on the activities you have carried out and drawing out the skills you have developed (in particular using the learning log)
- Support you in carrying out your personal and professional project
- Help you to develop the Youthpass certificate summarising the skills you have developed

Attention:

Tutors are available for you, but not at your disposal.

4. Do not forget

Before taking your flight, you must check that you have certain items with you:

- Your passport
- Your visa and your letter of invitation and accommodation (you will be asked for these on arrival)
- Your transport tickets (keep the original tickets (tram, bus, train, etc.) and the original Boarding Passes)
- Your toiletries
- Your shower towels
- Your medicines
- Clothing appropriate to the time of year you are coming

For more information:

To help you prepare for your trip, visit the [France.fr](https://france.fr) website to find out more about France and the practicalities of organising your trip (visas, transport, climate...).

Please bring **2 ID pictures**.

D.The trip

1. Entering France

To get to France, you can choose between several airports. The easiest to get to from Strasbourg are :

- Strasbourg-Entzheim (SXB) airport
- Bâle-Mulhouse (BSL) airport
- Karlsruhe/Baden-Baden (FKB) airport – Germany
- Francfort (FRA) airport – Germany

The following supporting documents must be presented to the border police when you arrive in France:

- **A valid passport, issued within the last 10 years and valid for at least 3 months after the planned date of departure.**
- **A valid visa, if required**
- **Proof of accommodation covering the entire duration of your stay (your accommodation certificate supplied by AMSED)**
- **Your return ticket**
- **Your letter of invitation**
- **You must have proof of insurance covering all medical, hospital and death-related expenses likely to be incurred during your stay in France, including repatriation costs for medical reasons. This corresponds to your ESC insurance.**

For more information:

You can visit the [France Visas website](#).

2. Arrival in Strasbourg

Whatever the journey, don't forget to keep the ticket AND the invoice.

From Strasbourg Entzheim airport to Strasbourg (place de l'Etoile):

Distance from city centre	15 km
How do you get there?	In train (9 min) Entzheim Aéroport – Strasbourg
Cost	4,90 €
For more information	http://strasbourg.aeroport.fr/FR/Passagers/Acces/Navette-train.html

From Basel-Mulhouse airport to Strasbourg (place de l'Etoile or Strasbourg train station):

Distance from city centre	130 km
How do you get there?	<p>In Flixbus (1h50) EuroAirport Bâle/Mulhouse – Strasbourg</p> <p>In train (about 1h) Take Distribus no. 11 (station-airport shuttle) from the airport to Saint-Louis station (tickets can be bought on board), then from Saint-Louis station take the train to Strasbourg.</p>
Cost	<p>Flixbus : 7,99€</p> <p>Train : About 30€ (2,50€ the shuttle and 27€ the train)</p>
For more information	<p>https://www.flixbus.fr/</p> <p>https://www.euroairport.com/fr/passagers-visiteurs/acces-parking/acces/train.html</p> <p>https://www.distribus.com/titres-de-transport/ticket-navette-gare-aeroport-ligne-11-1-voyage</p>

From Karlsruhe/Baden-Baden airport (Germany) to Strasbourg (place de l'Etoile or train station)

Distance from city centre	33 km
How do you get there?	<p>In Flixbus Bus Line 215 Airpark Terminal (Fkb) – Baden-Baden (30 min) then Flixbus Baden-Baden – Strasbourg (55 min)</p> <p>En train (environ 1h30) Take the 215 bus to Baden-baden station, then the train to Appenweier or Offenburg (depending on the timetable), then from there to Strasbourg</p>
Cost	<p>Flixbus: about 10€</p> <p>Train: about 30€</p>
For more information	<p>https://www.flixbus.fr/</p> <p>https://www.euroairport.com/fr/passagers-visiteurs/acces-parking/acces/train.html</p> <p>https://www.distribus.com/titres-de-transport/ticket-navette-gare-aeroport-ligne-11-1-voyage</p>

From Frankfurt airport (Germany) to Strasbourg (train station or place de l'Etoile)

Distance from city centre	220 km
How do you get there?	<p>In Flixbus (3h30) Frankfurt airport – Strasbourg</p> <p>In bus Lufthansa (about 2h30) Frankfurt Main International (FRA) – Strasbourg Bus Station (XER) : Make sure you include the bus in your travel itinerary. It is cheaper to combine it with a flight.</p>
Cost	From 10 to 50€
For more information	https://www.lufthansa.com/fr/fr/lufthansa-express-bus https://www.flixbus.fr/

Once you have arrived in Strasbourg, go to AMSED, located at:

17 rue de Boston, 67000 Strasbourg

One tram ticket per person, valid for 24 hours, must be purchased at the tram stop. Don't forget to keep the tram ticket AND the invoice.

It's vital that you keep the tickets and transport invoices proving your arrival in Strasbourg, as we need to prove that you actually travelled to Strasbourg before we can reimburse your travel expenses! If you do not have proof of your travel to Strasbourg, the amount of your transport costs may be reduced (see transport reimbursement section).

Bus and tram tickets cost €2.10 at the ticket machines and €2.50 on the bus: make sure you buy your ticket at the ticket machines before you get on the bus or tram. You will then get a reusable card loaded with a ticket. Make sure you keep the card, as you can reuse it for the return ticket, which will be cheaper.

Please note: the price of the ticket is not shown on the ticket. You must ask the ticket machine for an invoice if you wish to be reimbursed for the ticket (within the limits of your budget).

From Strasbourg train station to AMSED:

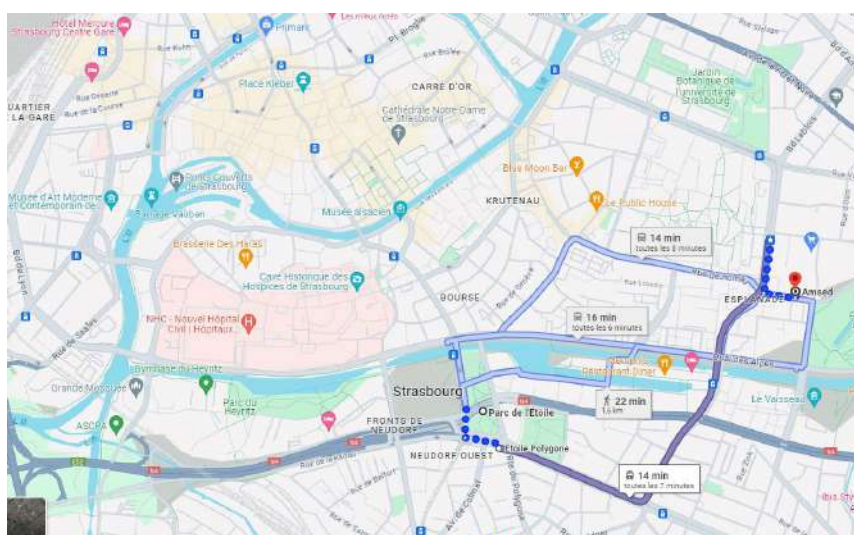
Take tram C to the Esplanade stop, then walk for a few minutes.



From the place de l'Étoile to AMSED:

There are several options:

- Walk for 20 minutes
- Buy a tram ticket and take tram E (direction Illkirch campus - stop Esplanade) then walk
- Buy a ticket at the tram stop and take the G bus (direction Rotterdam - stop Danube Le Vaisseau) then walk



(in purple, the route with the E tram)

E. Volunteering activities

1. Training on arrival

2 days of training will be provided on your arrival. This hands-on training will enable you to familiarise yourself with the city of Strasbourg, understand the aims of volunteering, discuss cultural issues, prepare for your assignments and tasks, and answer any questions you may have. More information will be sent to you before your departure.

2. Description of activities that may be requested

During your volunteering, you will be asked to carry out various activities. These will depend on the time of year, our projects as an organisation, our local partners and external constraints such as the weather. Here is a selection of the activities you will be able to carry out:

- ✓ Creation of multimedia, digital and communication tools (podcasts, data sheets, e-booklets, videos, reports, flyers...) and translation of content;
- ✓ Facilitation of and participation in multimedia, digital and citizenship education workshops with young residents of working-class neighborhoods in Strasbourg;
- ✓ Activities linked to local events, enabling young people to exercise their citizenship as web-trotters (street interviews, reporting, success stories, etc.);
- ✓ Assist the project managers with the running of projects and/or group workshops (preparation before, during and after the workshop);
- ✓ Help with homework and give English lessons to children from the Strasbourg's working-class neighborhoods;
- ✓ Helping migrants and refugees with administrative tasks in English, French and Arabic (CVs, cover letters, administrative files, etc.);
- ✓ Participation in gardening and cleaning activities in the association's shared garden on weekdays and weekends (if the activity is on weekends, it will be recuperated);
- ✓ Involvement in the association's day-to-day activities (cleaning, tidying up, having a stand, helping to organize and taking part in events that may take place in the evenings or during weekends, etc.);
- ✓ Participate in exchanges and testimonials on the results of learning during volunteering (stands, neighborhood events, social networks...) and meetings with local players;
- ✓ Participation in the association's activities and events (parties, solidarity events, stand at the Christmas market, etc.) and valorisation of volunteering experience.

3. Volunteer communication activities

In addition to the activities listed above, volunteers will carry out activities specifically dedicated to sharing their volunteering experience:

- ✓ Draw up an online learning log/diary charting the activities carried out and related reflections, as well as the skills developed. At the end of each day, time will be set aside to reflect on the day's activities, feelings, skills mobilized, etc. Participation in team meetings, follow-up meetings with the tutor, time for self-evaluation/reflection: during these times, young volunteers will have the opportunity to reflect on their learning and the skills they have learned and improved during the ESC. This reflection will be facilitated by the completion of a logbook, and will enable participants to draw up a Youthpass certificate which they can then use in their job search;
- ✓ Creation and daily updating of a page on social networks enabling volunteers to raise awareness among a wider public of the inclusion of young people from marginalized neighborhoods, to highlight their volunteering experience, and to exchange and share ideas and best practices. The link to this page will be shared and promoted on the ESC organizations' websites and social networks;
- ✓ Writing articles and success stories about the volunteering experience, writing a report on volunteering and creating a film about volunteering;
- ✓ Share the results of online volunteering activities with your friends and network at local, regional and national level.
- ✓

4. Description of a typical week (as an example)

	Morning	Afternoon	Evening
Monday	9h-12h: Tasks at AMSED	14h-18h: Tasks at AMSED	Free
Tuesday	Free	14h30-17h: Tasks at AMSED	17h-18h30 : Linguistic and homework workshops with children
Wednesday	10h-12h: Creation of digital tools	15h-18h30: Activities with children	Free
Thursday	9h-12h: Tasks at AMSED	14h30-18h: Tasks at AMSED	Free
Friday	9h-12h: Report writing	14h30-18h: Gardening	Free
Saturday	Free	Free	19h-23h: Event - Solidarity evening
Sunday	Free	Free	Free

Attention:

As a reminder, this is just an example. The schedule (times, activities, rest) will change according to various factors and will not necessarily be the same from one week to the next.

5. Getting to various locations

As part of your voluntary work, you will not always carry out the activities in the same place. In order to get around Strasbourg, you will be given a transport card giving you unlimited access to trams and buses on the day or the day after your arrival. You will be accompanied by an AMSED member to get the card. Do not buy it yourself.

For more information on Strasbourg's bus and transport network, known as the CTS network, go to [CTS website](#) or on their mobile application. You can also use Google Maps to see which public transport routes to take.

Attention:

In some countries, tickets are validated on the tram/train. Not so in Strasbourg! You absolutely must validate your ticket before entering the tram, on the platform. If you don't, you risk a fine of between €34 and €169, which will not be refunded.

Useful tip:

If you want to travel by train in your spare time, or if you need the train to get from the airport to Strasbourg, don't hesitate to buy the "Fluo Jeune" card on the SNCF website.

If you are [under 26 years old](#), it costs just €1 and gives you 50% off your train tickets in the region. If you are [over 26 years old](#), it will cost you €20 for the same benefits.

6. Environmental considerations

Whether it's during your activities on AMSED's premises, at events, during your activities with our local partners or during your daily life as a volunteer, you are asked to take the environment into account and to adopt eco-responsible practices.

Here are some examples of eco-responsible practices you can implement:

- Be careful not to over-consume electricity, water, paper or any other product
- Use rough drafts instead of new sheets of paper
- Use recycled materials or materials to be recycled during activities with the children (for example, do activities with plastic bottles or egg cartons)
- Favour soft transport (walking, public transport, etc.)
- Recycle and sort properly (see Life in Strasbourg)
- Incorporate environmental awareness into children's activities whenever possible
- Print sensibly

- Do not open windows if the heating is on

F. Logistics

1. Accommodation

The accommodation is a flat that will be shared between the volunteers and their flatmates. The shared accommodation is mixed. Please respect your flatmates (privacy, no noise, intimacy, cleaning, etc.). **You will be accommodated in double rooms.** We ask volunteers to be vigilant about eco-gestures (not over-consuming heating, turning off shower taps and sinks, turning off lights, etc.). **In the event of excess energy consumption, the difference in costs will be borne by the volunteer.**

Depending on availability, you will be accommodated either in a flat shared by the volunteers (double rooms) or you will be staying with local people. You will be given all the information you need before your departure.

2. Food

You can eat in Strasbourg's university restaurants or prepare your own meals at the flat. **Your food expenses will be reimbursed once a week on production of receipts, up to a maximum of €50 per week.**

3. Pocket money

Pocket money (€8 per day) will be given to you halfway through your volunteering period.

4. Insurance

As part of your voluntary work with the European Solidarity Corps, you will be enrolled in the HENNER supplementary health insurance scheme. HENNER will send you all the information about the insurance by e-mail when you enrol.

Please let us know if you have any health problems (allergies, gluten intolerance or any other medical condition). We guarantee the respect and anonymity of this information and it is necessary for us to receive it in order to better organise your stay.

5. Phone package

Your country's telephone package is probably not compatible with France. We therefore suggest that you take a prepaid SIM card [Lyca Mobile](#) for the duration of your voluntary service, which you can buy

on the website. There are various packages available, so it's up to you to choose the one that suits you best. You can then renew your package in the second month. You are responsible for these telephone costs.



Don't hesitate to get an eSIM, i.e. a SIM card that allows you to activate a mobile data package with your network provider without having to use a physical SIM card.

Attention:

Do not take out a telephone package with an operator, but use prepaid cards. Never give out the postal or telephone details of the AMSED head office or accommodation.

6. Reimbursement of transport costs

In order to be reimbursed, transport tickets must be validated by AMSED before purchase.

Then send a copy of your plane ticket and the invoice by email to AMSED (gestion@amsed.fr, mobilite@amsed.fr and contact@amsed.fr). When you arrive in Strasbourg, keep your original tickets and boarding pass!! Otherwise you will not be reimbursed.

Within the first few days of your arrival, you will need to bring the following to Audrey (the AMSED accountant):

- **Invoices for all transport costs: plane, tram, train, etc.**
- **Original transport tickets: tram, train, Boarding Pass paper or electronic tickets**

Please note that some electronic Boarding Passes are no longer accessible after the flight, so be sure to take a photo, printout or screenshot of the Boarding Pass as soon as possible.

Transport costs will be reimbursed in two stages, once each volunteer has paid the €50 participation fee.

- A 1st payment of half the transport costs within the 1st days of your arrival, provided you have given Audrey all the documents listed above
- A 2nd refund of the balance, up to 6 months after receipt of the return travel documents: travel tickets, Boarding Pass, etc.

Amount of reimbursement

The European rules governing travel expenses vary according to a scale of kilometres travelled between the place of departure and the place of arrival. That's why it's essential to keep all the receipts from your town of departure to Strasbourg. **The amount of the lump sum may vary if you don't have all the supporting documents!**

For a journey to Strasbourg, **a maximum flat-rate of €309 is granted:**

If your transport costs exceed €309, AMSED will reimburse €309 **and you will pay the difference.** For example, your transport costs amount to €355: €309 paid by AMSED and €56 paid by you.

If your expenses are less than €309, AMSED will reimburse you up to the justified amount. For example, if your transport costs amount to €250.67, AMSED will reimburse you €250.67.

Attention:

You will only be reimbursed if the travel dates correspond to the duration of the placement, i.e. 2 months (61 days). If you stay shorter or longer than this period, no reimbursement will be made.

Attention:

Excess baggage is not included in the reimbursement of transport costs.

7. Reimbursement of visa fees


Visa fees will be reimbursed from the 1st days of arrival, provided you bring Audrey:

- Copy of visa in passport
- Copy of stamp in passport (if applicable)
- Visa receipt

Insurance costs relating to visas will not be covered. Translation or travel costs for visa applications are not refundable.

G. Life in Strasbourg

1. Information about France

<p>Semi-presidential regime</p> <p>Flag:</p> 	<p>President of the French Republic: Emmanuel Macron (2022-2027)</p> <p>Prime Minister: François Bayrou</p>
<p>Capital: Paris</p>	<p>Language: French</p>
<p>Population: 67 million inhabitants</p>	<p>Time zone: UTC+1</p>

International telephone code: +33	Part of the European Union
Currency: euro €	Weekend: Saturday and Sunday

2. Strasbourg

Strasbourg is the 8th most populous city in France. It is located in the Bas-Rhin département in the Grand-Est region. Strasbourg is located right next to Germany, which can be reached by tram from Strasbourg.

You can find information, ideas for activities on these websites:

<https://www.visitstrasbourg.fr/>

<https://www.lebonbon.fr/strasbourg/>

<https://www.rue89strasbourg.com/>

<https://poka.fr/>

3. Contacts

Emergency numbers	15 – SAMU, ill during the night 17 – Police 18 – Firefighter 112 – European emergency number
Director of AMSED – Mr Djilali KABECHE	(+33)6.61.34.26.03 contact@amsed.fr
Project manager – Ms Mylène OBER	(+33)6.61.24.35.11 mobilite@amsed.fr

4. Recycling in Strasbourg

Here's a reminder of how to recycle in Strasbourg:




MÉMO TRI TRIONS TOUS LES EMBALLAGES ET PAPIERS!

À TRIER SANS SAC TOUS LES EMBALLAGES EN PLASTIQUE, MÉTAL, CARTON ET PAPIER

TOUS les emballages en plastique

TOUS les emballages en métal même les petits

TOUS les papiers et les cartons

À TRIER Tous les emballages en verre: flacons, pots, bocaux et bouteilles

À JETER Ordures ménagères, objets en plastique, vaisselles cassées...

Emballages :
 ✓ vidés
 ✓ même sales
 ✓ séparés

UN DOUTE ?
FLASHEZ L'APPLICATION DU TRI !

CITEO

Retrouvez vos jours de collecte sur www.strasbourg.eu
 N° INFOS DÉCHETS 03 68 98 51 90

All plastic and metal packaging, paper and cardboard go in the yellow bin. Packaging must be empty and separate, so it doesn't matter if it's dirty.

All glass packaging must be placed in glass bins, which can be found in certain streets.

Household rubbish is put in sealed plastic bags and disposed of in the blue bins.

H.Return

1. Documents for disseminating results

ESC volunteering is an experience for you, but it's important to share the results of your learning with others. On the one hand, it allows you to reflect, to take a step back from your stay and to understand the usefulness of volunteering. On the other hand, it helps to spread the word about ESC volunteering, whether it's to show the positive changes that can be made, to let everyone know about ESC volunteering, to show the intercultural links that can be forged between two countries, or to inspire other young people to try this experience.

As indicated in paragraph D.3., you will have to produce several tools to record your volunteering (learning log, report, film, page on social networks, individual report).

These documents must be submitted no later than the last day of the volunteering period.

Explanatory sheets will be provided to help you create these tools.

2. Youthpass certificate

At the end of your volunteering, you will be given a Youthpass certificate. This certificate shows all the skills you have been able to develop in the course of your activities. It is based on the discussions you have had with your tutor about the activities and associated skills. This Youthpass certificate can help you to make the most of your volunteering experience when looking for a job.

I. Volunteer charter

During your voluntary service, you will be accommodated **in the flat provided by AMSED**. This flat is not a hotel or a student residence. **It is therefore up to each volunteer who lives there to take care of it: cleaning, cooking, and avoiding any noise pollution or waste (water, electricity, etc.)**. Any excesses (gas, electricity, water, cleaning bills) will be billed to the tenants, who will be responsible for paying them.

We therefore ask you to respect the **rules laid down by AMSED** and the residents of the building concerning the smooth running of the residence during your voluntary work and to respect the cohabitation with the tenants living in the flat.

Also, **at the beginning and end of your volunteering period, the flat will be inspected** to check that it is clean and tidy. In this case, **if the inventory of fixtures is unsatisfactory, we will hire a cleaning agency at your expense for between 50 and 100 euros**. This cost will be deducted from your plane ticket refund.

Accommodation

1. Respect your neighbours, do not make noise day or night. In the event of noise, the building association imposes a penalty of €1,500 on the volunteers causing the nuisance. The resident (an elderly person) below the flat often complains about.
2. Do not make noise in the lift or on the stairs, and don't talk loudly.
3. Do not move furniture.
4. Do not organise parties.
5. Respect the flatmates (male or female) living in the flat.
6. Prohibition of visits by outsiders, even if they are AMSED members or also ESC volunteers, without speaking to the AMSED director or accountant.
7. Household chores must be carried out on a daily basis (dishes, floor, bins to be taken down, bedroom, toilet, bathroom, corridor, entrance, window, gas cooker, oven, fridge, tables, under furniture, living room, etc.). Household products should be used sparingly.
8. Do not leave food waste on kitchen worktops or outside the fridge or in communal areas.
9. Clean the fridge and throw out out-of-date food.
10. Respecting everyone's privacy.
11. Do not make personal phone calls late at night or over the loudspeaker.
12. Do not take photos or videos of other housemates' belongings or rooms.
13. It is strictly forbidden to enter the rooms of other flatmates without their authorisation.
14. Use slippers.
15. Do not smoke inside the flat.
16. Not to waste water, electricity or heating. In the event of excessive consumption, the volunteer occupying the room will contribute to the payment of the excess water and/or electricity consumption.

17. Do not spend more than 10 minutes in the shower, avoid wasting water and taking long showers. Think about the other housemates/roommates!
18. **Pay attention to the equipment provided.** Be careful with the gas cooker and oven. Any equipment damaged or destroyed will be reimbursed or replaced by the volunteer.
19. Turn off the lights when you leave your bedrooms, showers, living room and kitchen.
20. Don't turn on the television or music all day.

J. Key points to remember

Please note that all volunteers must:

- Bring proof of travel: send a copy of your plane ticket and the invoice by email to AMSED. When you arrive in Strasbourg, keep the original tickets and boarding pass!! Otherwise you will not be reimbursed.
- The questionnaire must be returned to AMSED mobilite@amsed.fr and contact@amsed.fr).
- Prepare a table of workshops you'd like to run (recycling, music, dance, quiz, improvisation, etc.) with a list of the tools you'll need (brushes, paint, fabric, etc.)
- If you have the means, bring with you: henna, musical instruments from your region/country, traditional clothing for the night-time festivities, a camera and your laptop.

I, the undersigned Ms/Mr certify that I have read all the information set out below and accept its terms.

Done at

The

Signature: