



# Let's build a green theater !

## From 27/03/2022 to 10/04/2022

### FEUILLE DE ROUTE INFOSHEET



# SOLIDARITÉS JEUNESSES

## OUR VALUES

**Solidarités Jeunesse (SJ)** is an association of non formal education which has solidarity, voluntary commitment and a strong political will as its core values. Our choices and our actions are influenced by our vision of society where progress is social. Where **the respect of human beings and the environment is a fundamental and shared value, where freedom to choose, to dream and to resist is innate or fostered.**

Our activities are organised for all, regardless of gender, social and cultural background, or nationality. SJ, since its creation, participates actively in peace building, fostering **intercultural meetings in France and abroad**. SJ works through participative pedagogy which encourages initiatives, values commitment and gathers the forces and intelligences from all, the volunteers and employees.

Solidarités Jeunesse is composed by a **National Secretariat based in Paris, eight Regional Delegations, and a partner association**. Our delegations host for a couple of weeks or the whole year, volunteers, from France and from all around the world. Furthermore, those delegations and partners also monitor and host youngsters with fewer opportunities, as part of inclusion and solidarity projects. All those friendly delegations and partners are situated in singular and original sites (castle, former campsite, isolated villages in the heart of mountains, former factory, etc.). Those places have been all renovated thanks to volunteers and people involved on those projects. People live, meet and enjoy together in these places.



**Solidarités**  
JEUNESSES  
**RÊVER, CONSTRUIRE, TRANSFORMER**

## CREATION OF WORKCAMPS

*Workcamps were created to build peace after the horrors of the First World War, the first workcamp took place on fields of Verdun in France.*

*On this place, which had been badly affected during the war, young German, Swiss, English, Dutch and French men and women worked together to help the local community recover after the war and restore some affected areas. They did not speak the same language but they had a strong will to build peace, especially after fighting each other just a few years before.*

# Citrus

## Occitanie Ouest

Founded in Toulouse in 2002, Association Citrus moved to Laguépie, a small village in the Tarn-et-Garonne in the Gorges de l'Aveyron, 1 hour north-east of Toulouse in 2012. Volunteers live in a former home of the Companions of the Tour de France. This place can accommodate up to nine international volunteers and temporary groups. The main activities unfold on the hills of the village, at the Mayounelle, around the restoration of an old farmhouse which will become the international hosting centre of the association.

The activities of the association are diverse, intense and bring people to mingle, work and sometimes live together. "Working together" is based on the philosophy that unites the long term volunteers, employees in insertion, permanent staff, voluntary on international projects, etc... Heritage restoration, gardening, cooking, European cultural events, promoting volunteering, projects with various local associations and the development of a network of local producers are the association's current projects.



## VOLUNTEERING

Volunteering is an exchange, a meeting, between a person who wishes to offer his/her time, energy, views to a project of general interest. It also is an intercultural learning ground (apprenticeship) for experiments and personal growth. At SJ, volunteering does not mean humanitarian action because we do not deal with emergencies. Voluntary service exists almost everywhere around the world and it is a commitment which can be really different regarding countries, cultures, fields, etc. It brings together different types of persons and entities, local associations, men, women, local authorities and private entities. Volunteering is above all a personal commitment, which invites you to a deep discovery.

SJ International workcamps gather volunteers from different countries and backgrounds, who participate, together, to the realisation of a useful project for the local community. It can last from one to three weeks. Those workcamps are based on collective life and collective work. The aim is to bring rural and urban areas together, to mix locals with "strangers" and to facilitate their meetings. Workcamp projects are here to facilitate group dynamism and discovery. Languages are mainly English and French. Volunteers organise their daily life by themselves (budget, schedule, work and also cleaning). Bring with you recipes, music and anything that can show the others about your country and what you like.

# PROJECT

**Project:** Come join us in a great project from the Citrus organization and participate to create and build a green theater ! This project connects theatrical performance with the theme of sustainability, creating an environment of free artistic expression. The natural, outdoor environment will serve as a backdrop, allowing everyone to be inspired.

The theatrical project, therefore, is aimed to improve this connection with nature, placing at the centre of the representation the theme of sustainability. This thematic will be approached by involving the personal emotions that everyone feels according to environmental sustainability. The emotions identified will be explored through the artistic and expressive tools, using as support music, images or body movements that everyone will connect with perceived emotions and that everyone can choose and discover. The result at the end will allow everyone to process in a personal and unique way their emotions with regard to this theme, gradually becoming aware of the relationship that everyone has with the natural environment in which they live. Accompanied by dynamic facilitators, you will share working hours, but also many moments of intercultural exchange, as well as meals with the team and other volunteers, welcomed on the camp place.

**Work:** You will participate to the site layout by making your own contribution to Citrus. Building a green theater allows volunteers to be creative and use their imagination. It's also the opportunity to explore their emotions and get connected collectively with the nature surrounded.

Five mornings a week, you will work in teams. The schedule will be arranged depending on the weather.

**Free Time:** In the heart of Aveyron gorges, you will enjoy the many possibilities that the Tarn-et-Garonne has to offer, either go hiking in the beautiful nature around, visiting the medieval villages amongst the most beautiful in France, such as Cordes-sur-Ciel or Najac. Moreover, you can practise kayak in the Aveyron river in Saint-Antonin-Noble-Val or visit the cathedral of Albi, classified world UNESCO heritage. On the evening, you can organize some international meals, quizzes, games etc. You will be accompanied by 3 camp leaders.



# GROUP LIFE

The group will consist of 6 to 12 volunteers from Greece and Cyprus with an average of 20.

There will be at least two camp leaders of Citruys who will accompany you in your day-to-day life tasks such as managing the budget going out, food etc...

The group is responsible for cooking and cleaning so do not forget to bring your traditional recipes!

Concerning the language that will be used, it depends on the group and the capacities of each volunteer. But English and French are the common languages on such projects.



# FREE TIME

Solidarités Jeunesse, considers the workcamp, and more particularly this project, as an experimentation of collective lifestyle. This is why volunteers will organise their free time and leisure activities taking in consideration the group experiment, available budget, time and available leisures.

The possibilities are very diverse (regional tourism, local events, inhabitants meetings, green tourism, etc.). It is the responsibility of all volunteers to organise their free time and to participate to the good dynamism of the group/workcamp.

Due to the current situation, we will favor local activities where the group can go by foot or by bike rather than minibus trips.



# BEWARE ABOUT...

Even if the workcamp takes place in a beautiful region, this is not a touristic trip! If you wish to visit places, cities around and travel through France, you should do it before or after the workcamp. Feel free to take more days in France, but not during your project. During it, you will stay with all the volunteers and inhabitants to enjoy local leisures and the intercultural experience.

# ACCOMMODATION AND FOOD

**Accommodation and food:** In the nautic base at 10 by foot of the Citrus organisation. You will be in collective rooms and with an access to the sanitary in the building . On Citrus site, you will have also an access to the sanitary block and a well-equiped kitchen. No Internet acces, no washing machine.

We adapted our accommodation in order to respect the physical distance of 1 meter between each mat or bed.

Food will be prepared by your volunteers group themselves in turns. You will create your own menus and "kitchen teams".

As Solidarités Jeunesses is willing to protect the environment, you may not eat meat everyday. Of course, if you have any dietary restrictions or needs, don't forget to tell us about it so that meals can be adapted to you.

## Vocabulaire utile / Useful vocabulary

<b>Good morning / Hello</b>	Bonjour / Salut	<b>Do you speak English ?</b>	Parlez-vous anglais ?
<b>Goodbye</b>	Au revoir	<b>How are you ?</b>	Comment ça va ?
<b>My name is...</b>	Je m'appelle...	<b>I come from...</b>	Je viens de ...
<b>Thank you</b>	Merci	<b>I don't understand</b>	Je ne comprends pas
<b>Please</b>	S'il vous plaît	<b>How much is it ?</b>	Combien ça coûte ?
<b>Excuse me</b>	Pardon	<b>What time is it ?</b>	Quelle heure est-il ?
<b>Yes / No</b>	Oui / Non	<b>How to go to... ?</b>	Comment aller à ... ?
<b>One, two, three</b>	Un, deux, trois	<b>Coffee / Tea</b>	Café / Thé
<b>Left, right, straight on</b>	Gauche, droite, tout droit	<b>Water</b>	Eau

# WHAT TO BRING

- A sleeping-bag (and a pillow if you wish)
- Good working shoes, gloves and clothes
- Rain clothes and warm clothes
- Sun cream, laundry detergent
- Instruments, games, recipes, pictures, postcards from your region
- Your student card if you have one
- At least 2 masks (reusable ones if you have) in order to use them in public places.



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**NB:** The health measures put in place are evaluated and updated according to the national recommendations of the Ministry of Solidarity and Health and the various documents produced by organizations such as the CNEA and the SYNOFDES or PREVENTION BTP.

Water points will be available with soap or hydro-alcoholic gel.

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Volunteers will have a safe place to secure their valuable items. Nevertheless, if the item is not necessary we advise you to leave it at home. Each volunteer is responsible for their personal belongings.

# INSURANCE

As an Erasmus+ volunteer or a European Solidarity Corps participant, you are covered by a **Cigna Group Medical** and Non-Medical Insurance Plan that is free of charge to you ([www.cignahealthbenefits.com](http://www.cignahealthbenefits.com)). His insurance plan complements the cover provided by your European Health Insurance Card (EHIC) and/or national security systems. In other words, Cigna does not replace your national social security scheme (EHIC) or your primary statutory insurance, but provides complementary cover. **You should ask for the European health insurance card (two weeks before starting) and bring it with you.** It is sufficient to present it to the professional when you seek medical treatment. In case you are not eligible for benefit from the European Health Insurance Card or if a health professional refuses it, Make sure to have available money in case of advance of medical costs.

**Solidarités Jeunesse will register you to CIGNA insurance two weeks before the start of the project by registering you on the ESC site and obtaining your PRN number.**

And don't forget to be updated regarding vaccinations..

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# MEETING POINT

## ARRIVAL :

**DATE : Sunday 27th of March 2022**

Be aware that you will not be picked up for the airport. Camp leaders will pick you up from the train station below :

**TRAIN STATION : Laguépie ( 82250)**

## DEPARTURE :

**DATE : sunday 10 of April 2022**

**TRAINS STATION : Laguépie ( 82250)**

# ADDRESSES

## Workcamp address

Address :Association Citrus , 24 route de la Lauressie , 82250 Laguépie  
Phone Number: +33 5 63 65 94 06

***solidaritesjeunesses.org***

**See you soon !**

**L'équipe de Solidarités Jeunesse**