



EUROPEAN  
SOLIDARITY  
CORPS



CHECK IN  
THE YOUTH  
PORTAL,  
LET'S DO IT,  
SÄNGÖ!

# European Solidarity Corps

## CONDITIONS TO APPLY:

- Be between **18 and 30** years old.
- Have a recognized Sending Organization.
- Be **motivated** to learn French and to lead workshops.
- Interested in **project design**?

Transport, food, and accommodation are **covered** by the project!

**Perpignan, 12 months**  
**27/01/2025-26/01/2026**



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## What's PSI?



PSI is an NGO committed to building a more united and sustainable world. We support international community development projects and run Sängö, a sociocultural center in Perpignan.

Sängö offers:

- A solidarity grocery store
- A fair trade relay point
- Digital and sociocultural spaces (music, dance, wellness, cooking)

We also lead sustainable development initiatives (climate workshops, recycling, citizen events) and promote global citizenship education and mobility programs.

## What's Espace Sango?

The Sängö space is an innovative third place. All activities carried out within Sängö focus on culture, social economy, and sustainable development.

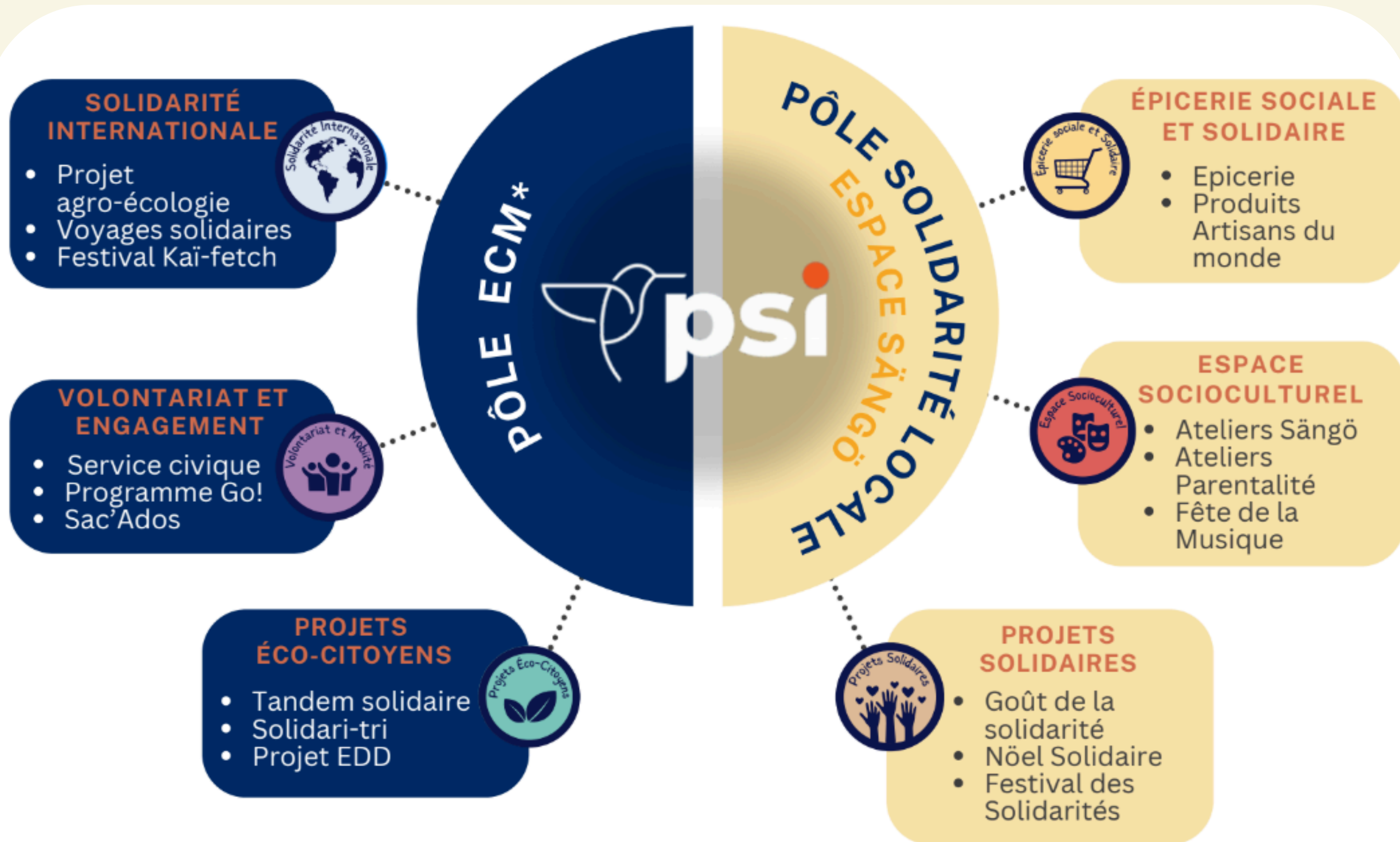
These activities enable:

- Young people to receive support for their projects, find multifaceted solutions to precarious situations, and become active, engaged participants.
- All beneficiaries to connect with the world, embrace responsible consumption (fair trade), and contribute to both local and international solidarity initiatives.





# Our missions



\*Éducation à la Citoyenneté Mondiale

## What we do?

Check it out in our IG pages (PSI/EspaceSango) and in the 2023 activity report that I send you by email.

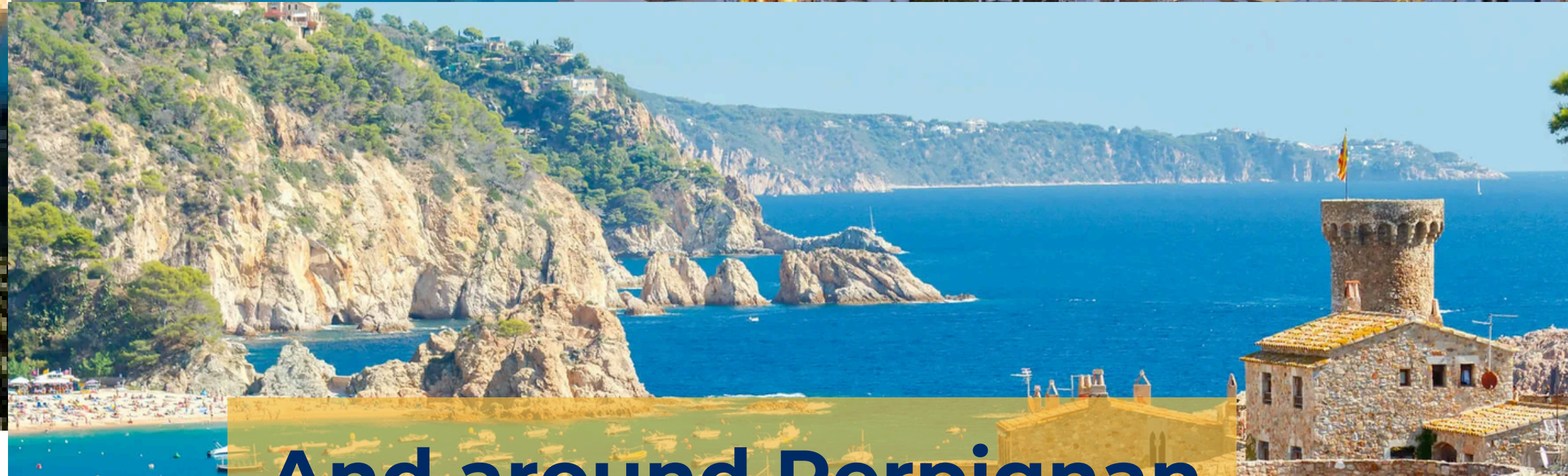




# Perpignan







**And around Perpignan**





**INSTITUT  
JEAN VIGO**



**PERPIGNAN**



**What to do i Perpignan!**

**JAZZÈBRE**







## Next Steps:

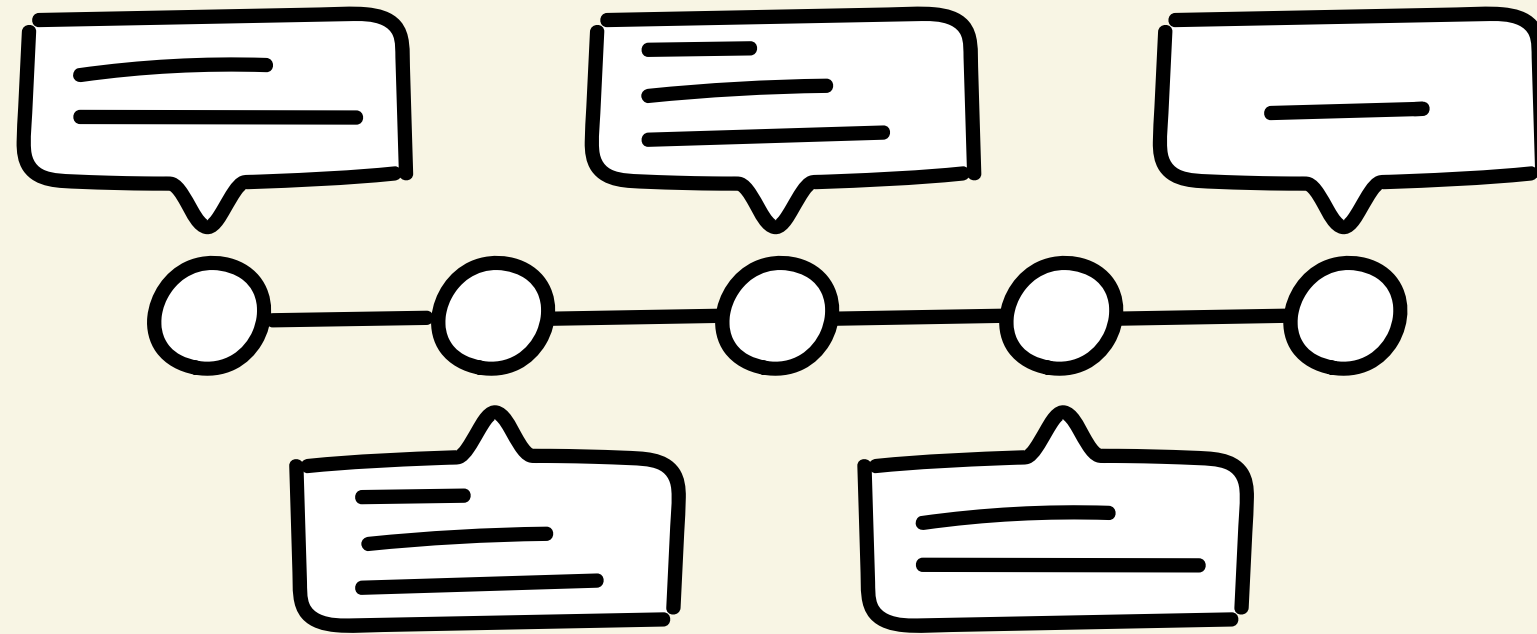


If you have received this email, it means you have been selected. You will find the info pack attached. Let us know if everything is fine, and we will send you a **formal request via the European portal.**

1. **Meeting with the Coordinating Organization** (ADRET): Sign the contract.
2. **Online meeting with the Sending Organization:** Project details and logistical support.
3. Purchase **tickets**: Plan your journey and get ready to arrive in Perpignan.

## Timeline:

- By **January 18**, 2025 - Selection Process Completed
- Around **January 27**, 2025 - Arrival in Perpignan
- Around January 26, 2026 - End of Volunteering Project





# How to reach Perpignan?

There are two flight options: Barcelona or Toulouse, and then you can take a train, Blablacar/Blablabus, Alsa or Flixbus.

The image displays two Google Maps screenshots side-by-side, illustrating travel routes to Perpignan. The left screenshot shows a route from 'Aéroport international de Barcelone-El Prat' to 'Perpignan' via the A9 highway, with a travel time of 2 h 32 min and a distance of 205 km. The right screenshot shows a route from 'Aéroport Toulouse-Blagnac' to 'Perpignan' via the A63 and A64 highways, with a travel time of 2 h 5 min and a distance of 215 km. Both screenshots include a central panel with travel options, a search bar, and various map controls. The central panel on the left shows a list of travel options: 'Recom.' (Recommended), '2h5', '3h22', '2 jours', and '11 h'. The central panel on the right shows a list of travel options: 'Recom.', '2h5', '3h22', '2 jours', and '11 h'. The central panel on the right also includes a section for 'Options' with a dropdown menu set to 'Partir maintenant' and a button to 'Envoyer l'itinéraire vers votre téléphone'. The central panel on the right also includes a section for 'Options' with a dropdown menu set to 'Partir maintenant' and a button to 'Envoyer l'itinéraire vers votre téléphone'. The central panel on the right also includes a section for 'Options' with a dropdown menu set to 'Partir maintenant' and a button to 'Envoyer l'itinéraire vers votre téléphone'.



The travel will be reimbursed later, and you will upload all the travel receipts to the drive (I will send you the link). If you choose to do Green Travel, you'll have access to more money!



To calculate the maximum reimbursed amounts, check the calculator. It will be approximately based on this amount.


**Keep all the receipts!**

They are necessary for the reimbursement!



### Distance Calculator

Get an estimate of the grant amount for people taking part in the Erasmus+ programme through your organisation.

 Erasmus+





## Who are we looking for?

We are looking for a motivated and proactive individual, eager to learn French.

Someone with an animation background or an interest in exploring this field.

Or, a person with graphic design skills and experience in event organization.

We need someone flexible and adaptable to dynamic environments!

A person open to multiculturalism, with no biases based on religion, culture, gender, etc.

# Example of week work schedule

32h x week (flexible).

|               |        |                                    | Wensday  | Thursday                    | Friday                                      |  |        |
|---------------|--------|------------------------------------|--|-----------------------------|---|--|--------|
|               | Monday | Tuesday                            | Tutor meeting<br>(every 2 weeks)<br>11-12/ French course | Atelier cuisine<br>10-15    | Solidarity project*<br>[o personal project) | Saturday   | Sunday |
| 10-12.30      |        |                                    | Preparation Time   | Preparation time            | Solidarity project                          |  |        |
| 14 -16.30     |        |                                    | The Perpignan Guide                                      | SDG and fair trade activity | Your diary, weekend Recap!                  |  |        |
| 16.30 - 19.00 |        |                                    |  | Café linguistique           |   |  |        |
| 19- 20.30     |        |                                    |  |                             |   |  |        |
|               |        | Solidarity Market or Social Media. |  |                             |   | Sometimes event's preparation and help! <ul style="list-style-type: none"><li>Festivals</li><li>Info mobility</li></ul> [You gonna be freed in other day of the week]. |        |



## What we offer you:

- Over 400 euros per month as pocket money
- Single room in a shared house
- Public transport subscription
- Health insurance
- Online French course on EU Academy
- Round-trip travel ticket included for the project



Attention



The ESC volunteer is a personal growth experience in a multicultural environment. It is not a job replacement! We are not required to ask you to exceed certain limits of hours and responsibilities, and you are expected to see this as an experience to discover more about yourself and achieve the goals you set for yourself :)

Sky's the limit but set the limit that you can afford!



In any case you will never be alone! You will have two seminars and many other opportunities to meet other volunteers like you in France :)





**EUROPE DIRECT**

Pyrénées  
Occitanie

## Réseau d'information de l'Union Européenne - Europe Direct

#EUROPEDIRECT #Pyrénées #Prades #UE  
#Occitanie #CED #ADRET #EUinmyRegion Prix...

 ADRET /

## Link and resources:

For any information, please write to the email:  
[eleonora@solidariteinternationale.org](mailto:eleonora@solidariteinternationale.org)

