



“Get Involved to Make a Better Society”

International Youth Exchange Project in France

Learn more about civic engagement along with other volunteers from France, Germany, and Russia!

Youth need to be given the opportunity to work on issues that hit close to home, such as employability, health, the migration crisis etc. That is why the YMCA has created the Youth PowerSpace program, which is aimed at promoting social inclusion, combating injustice and inequality, and coming to the aid of developing countries.

Youth PowerSpace also give volunteers the chance to develop and manage their own projects by providing them with training sessions and access to educational tools. During this project, participants will be shown how to develop and manage their own projects in small groups through various workshops, activities, and an association visit. We'll also explain the different funding options available inside and outside an organisation, such as ERASMUS+ and the Office of Franco-German Youth.

You will also learn and exchange information about long term volunteer options in France, Germany, and Russia.

30 participants will also get the chance to experience each other's culture through cross-cultural dialogue, cultural games and activities, and excursions and sight-seeing. These will help to facilitate and encourage communication, mutual understanding, tolerance, and solidarity amongst participants.

Participants: 18 – 30 year olds

Date: April 11th to the 21st 2018

Place: Sanary-sur-Mer (France)

Language: English! However, you'll have the opportunity to improve your language skills.

This project will be financed by:



Participation costs: 100 € for French and German participants, 75 € for Russian participants.

Visa reimbursement possible: up to 60 €

Erasmus+ Travel reimbursement (dependent on distance): up to 275 € for French/German participants and up to 360 € for Russian participants.

Attention! For any reimbursements, we will need your flight reservation, boarding pass, related bills etc.



For Russian participants: in cooperation with YMCA France, YMCA Russia will send you a visa invitation letter, once you have confirmed your participation.

What to bring:

Documents you should carry with you:

- ✚ Valid passport and visa
- ✚ European Health Insurance Card (EHIC)

Individual equipment needed:

- ✚ Warm weather and rain clothes
- ✚ We will sleep in bungalow tents but a sleeping bag is unnecessary
- ✚ A swimsuit, if you'd like
- ✚ Trainers
- ✚ A towel & toiletries

For the international evening:

- ✚ 1+ culinary specialty of your country/region/district. We will use it for an 'international evening', during which each national group will present its country to the other participants.
- ✚ A flag and explanations about it: when was it created? What does it mean?
- ✚ Music of your country that you would like to share with the other participants.
- ✚ Picture, painting or postcard of your country.

Bring whatever you have which may contribute to create team spirit. Board games, music of your country, books to share, magic tricks, music instruments, sports equipment... Don't forget that the success of such an event mainly depends on the motivation and the involvement of the participants themselves, that's to say, in other words... you!!

Please don't book your flight before getting in contact with us!

Contact Information:

For the visa:

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