

## Technical Information

### Where are we?

AVRIL is a French organisation located in-Normandy, in the small town of Coutances. The organisation is situated 3 kms away from Coutances' town centre.



## A few things about Coutances

Coutances is a small town in the Manche department in Normandy in north-western France. It has a population of 10 000. It is a rural town which has a lot to offer to someone who desires to gain a better outlook on how life goes by in a small town of Normandy. After all, France is not only Paris. The position of Coutances also gives the possibility to discover the nature nearby, both mainland and the coast as the beach is only 15 km away.

The main sight of the town is its Cathedral which was constructed from 1210 to 1274, but it also hosts a well-known botanical garden and a museum.

“Jazz sous les pommiers”, Coutances’ famous Jazz music festival. The 36<sup>th</sup> edition will be organised from the 20 to 27<sup>th</sup> May 2017. “Chauffer dans la noirceur”, a yearly recurring international music festival that has been held since 1993 and takes place in Montmartin Sur Mer (on the coast, 12km away). It will take place in July 2017.



## How to get here?

Arrival day: Tuesday, 9<sup>th</sup> of May 2017

- If you are travelling by plane:

**You have to arrive at Paris Airport (Orly, Roissy CDG or Beauvais) in the morning or the latest at the beginning of the afternoon because the travel from Paris to Coutances will take you 3 to 4 hours. There is no direct train!**






Trains' timetable from Paris to Coutances

Departure from <b>Paris Saint Lazare Railway station</b>	Changing	Arrival in Coutances
6h45	8h53 > Caen > 9h11	10h20
8h44	10h53 > Caen > 11h11	12h21
10h10	12h34 > Lison > 12h45	13h24
12h10	14h34 > Lison > 14h44	15h19
15h09	17h33 > Lison > 18h01	18h36
17h08	19h34 > Lison > 19h53	20h27
18h09	20h32 > Lison > 20h38	21h28
20h44	23h20 > Lison > 23h26	00h16

Make sure you allow around **2 hours to get from the airport to the Railway station (if you do not know Paris well)**. (More information: [www.ratp.fr](http://www.ratp.fr))

Example of itinerary from CDG airport to Saint-Lazare railway station:

Duration: **51mins.**

aller jusqu'à **Aéroport Charles de Gaulle 2 TGV** – RER 10h07 ; 3 min  depuis **Aéroport Charles de Gaulle 2 TGV** direction **Massy-Palaiseau** jusqu'à **Gare du Nord** de 10h10 à 10h40 30 min  correspondance 3 min  depuis **Magenta** direction **Hausmann-Saint-Lazare** jusqu'à **Hausmann-Saint-Lazare** de 10h47 à 10h51 4 min  aller jusqu'à **Gare Saint-Lazare (SNCF), Paris** 7 min 

Make your own itinerary -> <http://www.ratp.fr/itineraires/en/ratp/recherche-avancee>

### You can also come:

- By bus:

A European bus connection exists. [www.eurolines.com](http://www.eurolines.com)

You will arrive at Caen or Paris, after that you will have to take the train to Coutances.

- By train:

Find out more information on <http://www.interrailnet.com/>

### Departure day: Saturday 8<sup>th</sup> of July 2017

You have to take a plane in the afternoon because there is no possibility to get in Paris before 10 am!

#### Trains' timetable from Coutances to Paris

Departure from <b>Coutances</b>	Changing	Arrival in <b>Paris Saint Lazare</b> <b>Railway station</b>
6h09	7h30 > Caen > 7h42	09h57
7h12	8h09 > Lison > 8h19	10h47
8h32	9h45 > Caen > 10h07	12h17
10h20	10h53 > Lison > 11h19	13h47
13h12	14h09 > Lison > 14h19	16h50
17h35	18h11 > Lison > 18h37	21h17

### Our EVS short term project

The project will take place at "The Aquascole" at St Pierre de Coutances. We propose a collectif EVS for 4 volunteers with a duration of 2 months. The participating countries are Latvia, Italy, Portugal and Spain. The volunteers will have the possibility to participate in the AVRIL organisation's activities which are about environmental education and sustainable development from the 9th of May till the 8th of July 2017.

This project will give to the volunteer the possibility to work together with the staff of the organisation.

The volunteers will discover the nature in Normandy and the management of a natural zone reserve like the seaside. As artistic activity we will ask the volunteers to create postcards about their project and for EVS promotion.

**The volunteers will:**

- participate in nature activities with young children
- participate in nature activities for tourist and wide audience
- participate in promotion activities about the EVS
- make evaluation and youth pass
- create postcards
- work on the seaside (can be physically hard!!) 35% of the project  
cleaning the paths from useless plants on the seaside and maintain it,  
make new paths with fences  
take off ruins of old houses (very old little house with some rocks)  
cleaning parcels on the seaside from invasive plants...etc

These places are available for young with fewer opportunities, as long as the safety of the volunteer or others around him are not in danger because of his/her disabilities. The work can be physically hard sometimes so we can't host volunteers with big disabilities about movements (walking, climbing, etc.) in this project.

If you are interested to be volunteer in this project send us your CV, a project related motivation letter, the questionnaire fulfilled and photo before the 3<sup>rd</sup> of February 2017. We won't consider the applications sent after that date!

**Our objectives:**

- Promote European citizenship and the awareness of the need for a sustainable development.
- Involve a young Europeans in our environmental education activities so that when they return to their countries they can share the knowledge and values they have acquired, particularly around the subject of water.
- Discuss with the local population about life in other European countries by sharing experiences
- Familiarise local young people with the subject of international mobility.
- Make the volunteers active and give them the chance to acquire new competences in order to facilitate their access to employment

All along of the project the methods of non-formal education will be used.

## Accommodation and Food

The volunteers will stay in a nice house at the countryside with Mme Daireaux (the owner of the house). She is living in the house and we will rent 2 rooms for our 4 volunteers. Volunteers will have to share the bedroom! They will have access to the kitchen, the living room and the shower. Toilets are in the corridor. The volunteers will have to clean regularly the places used by them. We will give to the volunteers a daily fixed sum for the food 10€/day.

## Getting around

An electrical bike will be given to the volunteers (1 bike per person) in order to facilitate their transport needs. Association AVRIL is located about 4km away from the place where the volunteers will live and so they will need to cycle 8km each day. For further distances that concern work, volunteers will be transported with one of the association's cars or minibuses.



## Volunteer's profile

We are searching for volunteers motivated by the environment, creative, capable of having ideas and taking initiatives. We prefer to have young person without or not much intercultural experience and someone who has no significant work experiences in the field of the environment. We shall make phone interviews via Skype with the various candidates before making our decision. We will ask them to fill in a questionnaire with the aim of knowing better the candidates. We will ask our partners to express their opinion concerning the candidates. The same method of selection is applied with all the young people who contact us and it's in transparency.

## To bring with you!

Even in summer, weather in Normandy can be very unpredictable as it is a very WET region. Temperatures in summer are between 12° to 30°C, in winter between 5° and 15°. Nights can be cold!

### Essential things:

- Pullovers /warm clothes
- Raincoat and rain trousers (very practical for the bicycle under the rain☺)
- Waterproof walking shoes (to walk in the countryside)
- Summer clothes, swimming suit
- Towels
- Medicines (if you have special treatments/needs)

In regards to the Intercultural evening: Feel free to bring music, games, and traditional foods or drinks from your country etc...