

National Profile France 2018/2019



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Dear future exchangees!

Welcome to France!

This booklet is intended to give you few ideas about what to expect from an exchange year in France with ICYE. It is also made to be a guide for you during your stay with us. It is very important to read it very carefully before coming in France and to keep it with you all the year long.

Here you can find out more about Jeunesse et Reconstruction / ICYE France, the structure of the exchange year, the type of projects and living conditions in France, and some practical information about French life. There is also a contract for you to sign (either in English or Spanish), and a checklist of things for you to remember to bring.

As well as reading this booklet, you should also try to spend some time finding out more about France. You should also spend as much time as possible practicing your French! We can give you the tools, but, of course, what you make of this year depends on you!

Read the following information carefully and please do not hesitate to contact us directly if you have any questions. Please e-mail us at icye@volontariat.org with any questions related to your stay in France.

We look forward to meeting you and we hope your exchange year will be a success for all parties involved.

With our best wishes,

Jeunesse et Reconstruction / ICYE France National Committee

IMPORTANTE! Este 'National Profile' contiene información muy importante sobre el programa de ICYE en Francia. Por favor, si hay algo que no entiendes, pide que alguien te lo traduzca!!!

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PART I - PRESENTATION OF THE COUNTRY

Introduction

The first things that come to most people's mind when they think about France are a glamorous image of Paris and its Eiffel Tower, exquisite bread and wines, creative food and fashion (and the French Revolution for the more intellectual ones!).

Such a view of the country is obviously very restricted, and the country as you will discover through the ICYE volunteering program is quite different from this partial description. Let's mention 3 points:

First, there is more to France than Paris! The population is scattered all around the country in places that greatly differ in size and environment (only 13 M (out of 66) people live in Paris and its surroundings). Most people live in or near urban centers, but rural areas still represent an important part of the land. There are quite important (and very interesting) differences between the various regions of France, in terms of landscapes but also in terms of traditions, ways of life, food, accents also!

Volunteers coming to France will be placed all around the country and the few ones who will be in a project near Paris will soon discover that daily life in Paris is more about rushing to work, wasting hours in the crowded metro, than about romantic walk on the banks of the river Seine or exciting nights at the Moulin Rouge (where most French people have never set a foot!)

The second point is that as a traditional country of immigration, France has nowadays become a fairly multicultural country (well illustrated by the national football team!). It is mostly the bigger cities though that benefit from this diversification and enrichment of the composition of the population. You should therefore not expect to be identified as a foreigner in Paris - although getting lost in the subway will surely make you feel like one - and be ready to amend your image of a typical French person.

Finally, if France belongs to the "rich" countries, it is however important to underline that there are important social inequalities and that a lot of people are marginalized by the society and live in precarious conditions. A lot of social initiatives are taken to assist people in need though and it is to these kinds of projects that we offer you the possibility of being associated.

The realities of contemporary France may differ significantly from the image you have and may not seem quite as appealing as the glamorous picture given by tourist flyers. Yet it is surely much more interesting than the superficial view that a tourist will get and this is what the ICYE program in France is about: getting a true insight into contemporary France.

1. Geography and Climate

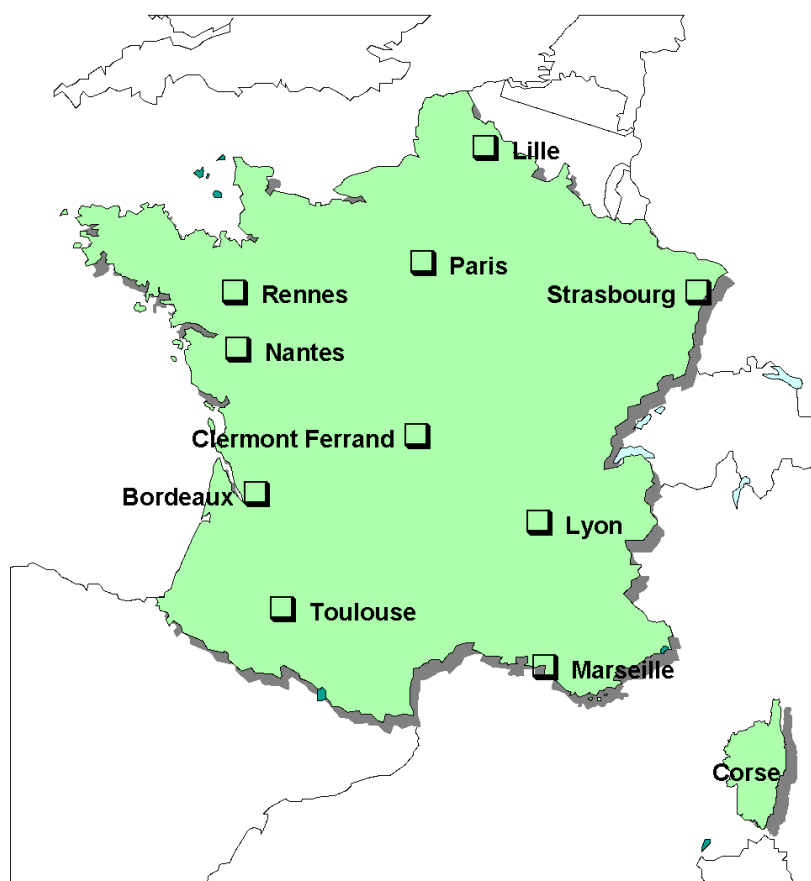
1.1 Geography

France is located in Western Europe. The neighboring states to the East of France are Belgium, Luxembourg, Germany, Switzerland and Italy and in the South, it is bordered by Spain. France is "bathed" by the English Channel to the North, by the Mediterranean Sea to the South and by the Atlantic Ocean to the West.

Its surface totals 544 000 km² including the Island of Corsica.

A wide variety of landscapes can be found. The territory of France includes mountains – the Alps, the Pyrenees, the Jura, the Vosges and low volcanic mountains in the central part of the country – plains of la Beauce and La Brie – plateau of the Causses. The Montblanc, the highest mountain in Europe (4 807m), is located in the French Alps. There are five rivers and the longer one is La Loire (1010km).

The five largest cities in France are, respectively: Paris, Marseille, Lyon, Toulouse and Nice.



1.2 Climate

Located in the center of a Temperate Zone, France enjoys 4 moderate seasons. The average annual temperature is 11°C; in January, temperatures are between -2° and 8°, in July between 16° and 26°. Rainfall ranges from 600mm to 800mm annually.

Moderation does not mean uniformity: France's climate is very varied. For example, some regions are hotter in summer (Côte d'Azur can go up to 35° in summer) or colder (Ardennes, in the North goes down to -25°).

2. Social Features

2.1 Population

There are around 66 million inhabitants in France, with an average density of 108 inhabitants per km².

Paris, the capital city, and its suburbs count altogether 13 million inhabitants.

The composition of the French population today is quite diverse culturally. There have been several waves of immigration along the past decades, in particular from South European countries (Italy, Spain & Portugal) in the 1920s and 1930s with Portuguese as the largest community to date. Another wave of immigration brought people from Northern Africa (Algeria, Morocco and Tunisia) in the 1960s and 1970s. Algerians form the second most important foreign community followed by Moroccans. There are also important African communities, in particular people from former French colonies.

Fecundity index: 1.93 (2016)

Expectation of Life: Men 79 years old – Women 85 years old.

2.2 Languages

French is the official and national language. It is spoken all over the country and is a mother tongue for most French people today.

There are some regional languages as well but they are no longer used much: Basque, Provençal, Alsatian, Breton, Occitan, Flammand, and Catalan. Other languages are spoken on the territory in particular the languages of the immigrant communities but they do not get any official recognition.

Useful vocabulary

Bonjour	Hello
Au revoir	Good bye
Merci	Thank you
S'il te/vous plaît	Please
Je m'appelle	My name is
Métro	Subway
Quelle heure est-il?	What time is it?
Je voudrais téléphoner	I would like to make a phone call

2.3 Religion

Catholic 64%; Muslim 6%; Protestant 2%; Jewish 1%; Other 2%; Non religious 25%.

Secularity is an important feature of the French state and society. Religion is usually seen as belonging to the private sphere and has lost influence and importance in the society. However, Catholicism retains a cultural importance.

2.4 Life Style

Breakfast: generally, coffee or tea, bread, butter, jam, fruit juice, milk and cereals.

Lunch: Lunch remains an important meal in France. Many people get a 1 hour and half or 2 hours break and sometimes go home for lunch with their family. It is usually a cooked meal. People who don't have time to go home for lunch eat in cafeterias or small restaurants.

Dinner: Dinner is also a cooked meal that usually includes a salad, a main dish (meat and vegetable), cheese or yoghurt and a piece of fruit or a dessert.



3. Economy

France has the largest agricultural production in Western Europe, followed by Italy, and produces the largest quantity of wine in the world. France is also among the most industrialized countries, its main industries being iron and steel industries, car production and aerospace science.

The most important industrial centers are situated in the Paris region, in Lorraine (North-East) and around the city of Lyon.

The French Currency (French Franc) was replaced in January 2002 by the European currency, the Euro, a currency now used in 19 European Union countries (1 € = 1.176 USD)

Gross domestic product (GDP) (2012): 2032.2 billion Euros

Active population: 2.181 million (Agriculture: 3.6 % ; Industry: 20.5% ; Services: 75.9%)

Unemployment: 10.8%.

4. Constitution & Government

France is a Republic and the executive power is shared between the President, the Government (Cabinet) and the National Assembly. The institutions of the Fifth Republic are based on the Constitution adopted by referendum in 1958 and completed in 1962. Its specificity is that it confers a large power to the President, directly elected by the people for a period of 5 years.

The president is the Chief of State and he appoints the Prime Minister. He also appoints the other Ministers upon recommendation made by the Prime Minister. The President presides over the Council of Ministers. He has the power to dissolve the National Assembly and to ask for a referendum to be held in case of important law projects.

The government is in charge of defining and implementing the policies for the country. The Prime Minister and others Ministers have to be chosen among the members of the political party that has the majority of the seats in the National Assembly.

Parliament is composed of two Chambers: the National Assembly and the Senate. The 577 Members of the National Assembly are elected for 5 years on the basis of departmental lists following a two-rounds-vote system. The 343 Senators are elected by indirect vote for a period of 6 years (by an electoral body made up by departmental general councilors, mayors and municipal councilors. One third of the Senate is renewed every three years. Laws are examined by the two Chambers. In case of disagreement, a

mixed commission is created to work out a common text. In case this commission does not reach an agreement, the Government can ask the National Assembly to cast a vote.

Metropolitan France is divided into 13 regions and 95 departments. It has 5 departments outside France: French Guyana, Guadeloupe, Martinique Réunion and Mayotte. It has as well 4 territories outside France: French Polynesia, Austral and Antarctic Lands, New Caledonia and Islands Wallis-et-Futuna plus one territorial community: Saint-Pierre-et-Miquelon.

5. European Union Member



The project of the construction of a European economic and political entity dates back to the late 1940s. In the aftermath of the Second World War, a handful of visionary statesmen started working on the development of special economic ties between the western European countries to strengthen their cooperation.

The European Community originally gathered 6 countries: France, Germany, Italy, the Netherlands, Belgium and Luxembourg. Along the years it welcomed more states: Denmark, the United Kingdom and Ireland, Spain and Portugal, Greece, Finland, Austria and Sweden. In 2004, 10 new member states (Cyprus, Estonia, Hungary, Lithuania, Latvia, Malta, Poland, Czech Republic, Slovakia and Slovenia) were welcomed. Since 2007 and the entrance of Bulgaria and Ukraine, the European Union counts 27 member states. In June 2016, the United Kingdom chose to leave the European Union.

Cooperation between the member states started with industrial and trade agreements but along the years, the European Union developed its political and financial institutions and cooperation was extended to various spheres.

Among the most important steps of the construction of the European Union was the adoption of the principle of free circulation for goods and people. It means that there are no longer “borders” between the member states. EU citizens can in theory travel freely in the Schengen zone.

Another very important step was the adoption of a common currency, the Euro, effective since January 2002. Through the years, the number of states using it has increased. Nowadays, it is used by 19 member states.

Cooperation between EU members occurs in all fields: industry, trade, finance, agriculture, security, culture, education, etc... The EU also has its own institutions (political, financial, legal, cultural etc...). The European Commission, based in Brussels, prepares and executes the decisions taken by the Council of the European Union and the Parliament which is elected by the European citizens.

6. Current situation

Since 2015 and terrorist attacks, France is in “stage of emergency”. This is a special situation established after the 13 November attacks, which allows administrative authorities to take measures and to prevent risk attack. The objective is to ensure people security, especially in public and massive places. That’s why if you come in France, you can see a lot of militaries and policemen in streets and stations; it is just to assure security. But there is no change in the French daily life and it is always the same about liberty and expression for all French people.

PART II - THE ICYE PROGRAM IN FRANCE

Introduction

ICYE in France: Jeunesse et Reconstruction

The ICYE program is a long-term volunteer exchange. Since 1988, the French committee has been organized and run by the non-governmental organization *Jeunesse et Reconstruction*. Created in 1948, this association offers summer international work camps for young volunteers and long term programs, seminars (intercultural issues, volunteering), training courses (language, art crafts, camp leaders and coordinators of international work camps, preparation of volunteers).

The team of ICYE consists of one permanent staff member working full time, a few volunteers and the collaboration of the others staff members (8 in France).

The candidate who wishes to participate in a six months or one year volunteering program in France **has to be ready for a demanding experience in terms of commitment**. He/she has to be fully aware of the program’s conditions. The committee expects mature, adaptable and enthusiastic candidates.

1. Program Conditions

1.1 What is “volunteering in France” about?

Volunteers coming to France are expected to be sincerely interested in social work. **They will have to be very serious about their involvement in their project and to show maturity, sense of responsibility and a capacity to be autonomous.**

They should not expect to live a student’s life nor to be here as tourists.

They will be volunteers on a full time basis. They will be expected to take their duties very seriously.

Volunteers should also be aware that they will not be offered a professional position. They will often be doing non qualified tasks. The work depends on the volunteer’s abilities, motivation and his French level.

Hosting projects chose to welcome volunteers not only because of the need for help but also because they expect the volunteer to bring something special through his (her) personality and culture difference. The integration of the volunteer into the project's staff is meant to enrich the life of the project.

The projects offered by Jeunesse et Reconstruction / ICYE France are usually quite hard and the human environment fairly tough. It is therefore important that volunteers be sufficiently mature, mentally strong and balanced.

1.2 Language requirements

We do not request that you speak French before you enroll in the program.

However most hosting projects prefer to welcome volunteers with some knowledge of French and some hosting projects are only available for volunteers who are able to communicate in French:

- For Ethic Etapes Centers, knowledge of French is required.
- For Arches Projects, the volunteer has to be able to communicate in French.

In order to have the complete volunteer profile requirement, please go to see the Work Profile and look for the language requirement in each project.

We therefore strongly encourage the volunteers to learn some basic French before coming over as it will tremendously help them by speeding up their integration.

Whatever your level upon arrival is, we expect you to show a willingness to learn as much French as possible during your time here. In addition to the language training provided during the introduction camp, French classes are available in most areas but you will probably have to pay these extra courses yourself.

It should also be clear for each volunteer that the program is not a one-year university exchange. Do not expect to follow French courses at the University paid by your hosting project! First, it is too expensive, and second, your project activities would not allow you to attend them.

1.3 Pocket Money

In France, you will receive your pocket money directly from your hosting project.

The minimum required by the ICYE Federation is about 80 € per month.

France is quite an expensive place to live in so we recommend that you bring some extra money for additional things like traveling, going out, shopping...

During the travel month, exchangees are totally independent. Jeunesse et Reconstruction / ICYE France is able to give support and advice, but during this month Jeunesse et Reconstruction / ICYE France is no longer responsible for providing accommodation or food.

1.4 Age Limits

Jeunesse et Reconstruction/ICYE France accepts exchangees between the ages of 18 and 26. The lower age limit cannot be flexible. This means that you have to be at least 18 years old by the time you arrive in France. Exceptions regarding the maximum age can be made but it really depends on each situation.

Due to the sometimes difficult activities offered by the hosting projects, most associations prefer volunteers who are over 22 years old.

Your age is not the most important thing though. It is more important that you are independent and mature, that you are flexible and ready to take things as they come. Openness towards other people and a good sense of humor is also a must!

1.4 Vacation

The exchangees can take 4 weeks holidays during their stay in France but not necessary at the end of the year. The dates have to be set with the agreement of the Hosting project and Jeunesse et Reconstruction/ ICYE France. Some projects ask the volunteer to take his (her) holidays when the project is closed for example in December or January.

According to the ICYE guidelines, you are entitled to travel for no more than 4 weeks during the exchange year.

During the exchange year you can travel on weekends or prolonged weekends, however not on those occupied by the official program. If you do so, keep in mind that as a consequence of ignoring this rule, the hosting NC can expel you from the program!

Always notify your hosting NC in writing in case you go abroad. If any problem should arise, in your home country or with you personally, then we are able to locate you and undertake the necessary steps to help you out.

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2. Organization of the year

The ICYE France program is made up of 2 main elements:

- The camps
- The voluntary placement

□ Arrival in September

Due to the number or participants there is 2 options:

September: Arrival : 2 days in Paris (if the group is less that 3 participants)

September: Arrival : 10 days in our center in ETOILE SUR RHONE near Valence

February: Mid-year Evaluation camp (3 days) - compulsory

August or September: Final Evaluation camp (2 days) - compulsory

□ Arrival in February

February: Arrival and language Camp (3 days) – compulsory

September: Mid-year Evaluation camp (3 days) - compulsory

February: Final Evaluation camp (2 days) – compulsory

● The Orientation and Language camp

This camp starts immediately after your arrival in France and lasts for about 10 days for the September session (including French courses) and 3 days for the February session in one of the regional offices of Jeunesse et Reconstruction. During the camp you will attend language classes in the mornings and part of the afternoons (for the September arrivals). The rest of the afternoons and evenings will be spent preparing you for your year here in France. For the volunteers who will arrive in February the program will be up to the number of volunteers.

We will have discussions on different subjects, such as French lifestyle, history and culture, music etc. We will also try to prepare you the best we can for life in your project with complementary information and discussions by groups.

It is not only important that you learn about France, we also want to learn about you and your country. One evening during the camp **you will have to present your country to the rest of the group**. You may also demonstrate something typical from your culture and participate in the organization of an international dinner. Please bring photos, posters, brochures and typical food from your country to use for your presentation!

After the camp, you will go straight to your hosting project. Projects usually welcome only one volunteer and are located all over the country, sometimes in isolated areas.

● Mid Year Camp

This camp will be held in **February** for the participants who came in September and in **August or September** for the participants who came in February. For 3 days you will meet with the other exchangees and ICYE co-workers and staff to discuss and evaluate your experiences. You will find that problems you might have encountered will be shared by the others. Through sharing ideas with each other you can together make sure that the second part of the year will be even better than the first.

● Final Evaluation

This camp will be the last time you meet as a group. The camp will be held before your leaving in August or September for the ones who came in September of the past year, and in February for the ones who came in February of the past year. For 2 days, you will meet with the other exchangees and ICYE co-workers and staff to evaluate your one-year experience. We also try to discuss about what you plan to do **when you** return home.

Other activities

It is difficult to organize gatherings of all the volunteers in France because volunteers are scattered all over the country and travel costs are quite high. However, regional gatherings are often arranged by

volunteers living in the same area. If you wish, we can help you organize additional activities, such as Christmas time in one of our regional delegations, to facilitate the contacts with former French ICYE volunteers or international work camp volunteers.

3. Accommodation and hosting projects

3.1 Living arrangements

**Accommodation is provided by the work placement so it is up to the project
You can be hosted by a family but most of the time you will be
accommodated in the structure.**

Your project will provide you with accommodation. Different types of accommodation include:

- Your own bedroom in the project, with access to a shared bathroom and kitchen.
- A bedroom that you share with other volunteers in the project.
- A bedroom in a host family.
- Living in the house of a disabled person who you are helping.

Please note that you can not choose your living conditions. The living arrangement depends **on** each project. The accommodation is normally basic but comfortable, which means that only the necessary things (such as a bed, table and a wardrobe) will be provided.

Meals are taken at the project but in some cases you will get money to buy and prepare your own food.

Please note that you shouldn't expect or request from your project to provide you with an Internet or telephone access.

If there is one you can use, it's always with the project's permission, if not, you will have to look for one in another place during your free time and not during your working hours.

3.2 Hosting projects

Most of the projects in France involve some sort of social/care work. In most of our projects you will be working with marginalized people or young people with learning difficulties or disabilities. All these projects involve working directly with people in need. Please refer to our **Work Profile** part for more information on the specific hosting projects we offer.

What type of work will I be doing?

Each project requires volunteers to do certain tasks. Because of the language gap, most of the volunteers usually start with **practical tasks**. This may be anything from cooking and housekeeping, helping in IT rooms, organizing a day out in the countryside, or helping people with their personal care. Exchangees have to realize that the evolution of their tasks will be directly linked to their will to adapt and to improve their French level. This DOES NOT mean that they will be free from duties after a while.

When will I work?

Volunteers usually work around 35 hours each week although **it is sometimes hard to draw a clear line between duty hours and free time when one lives on the project, especially for community living projects**. Indeed, life in the community requires a greater involvement of volunteer in order to share the daily life and household chores with members of the community. Sometimes there will be a shift or rota system where some work during night or weekend may be required.

Volunteers are entitled to two days off each week. You should also be allowed 4 weeks of holidays. The dates have to be set with the agreement of the Hosting project and Jeunesse et Reconstruction.

Arche communities are an exception as volunteers have one day off per week and 6 weeks of holidays during the year.

IMPORTANT!

All of Jeunesse et Reconstruction / ICYE France's projects rely on volunteers. You are not "just a visitor", you are making a commitment to the project. You have important responsibilities toward the project and you can only take time off when the project agrees to you doing so. This can sometimes be very difficult as it limits the amount of freedom you have.

What if I do not like my project?

In most cases, you will know your project 4 weeks prior to your arrival in France. Jeunesse et Reconstruction/ ICYE France will encourage you to contact your project before your arrival in France in order to present yourself.

Jeunesse et Reconstruction / ICYE France will encourage you to stay at the same project for the whole year. In certain cases, it may turn out to be necessary to change project if there are some problems.

3.3 Location of Projects

Please note that the majority of our projects are located far from Paris and outside big cities, in the countryside, in villages or small town located near regional centers (such as Nice, Strasbourg, Grenoble).

The placements are done according to your work preferences and not according to your geographical preferences.

So, you must be ready to accept the placement we'll propose you or specify in your application form if you prefer being in a city, in a village or in the countryside.

There are 4 main types of projects available in France:

- Emmaus communities,
- Arche communities (only open for European participants)
- Ethic Etapes centers
- Montessori schools

IMPORTANT!

- Ethic Etape projects require a commitment during the summer (July and August) as it is the highest season. Therefore, volunteers will have to accept to take their holidays outside these months. **Besides, this type of project requires a commitment of 1 year.**

Please send us your project preferences on the list available at the end of the work profile with:

- **your CV**
- **a motivation letter**
- **your application form**
- **your health certificate**
- **the contract for exchangees signed**

NB: only applications with all the listed documents will be accepted

Important...

Volunteers shall realize that they are really expected to be motivated and enthusiastic about involving themselves in the project welcoming them. Volunteers are expected to be dynamic and eager to bridge the language gap. They also have to show initiative and a good sense of responsibility.

In no way volunteers can expect to have an activity similar to a professional one. There are very strict regulations about this in France and volunteers will not be given qualified tasks to do or to have important responsibilities. The nature of the tasks and responsibilities given to the volunteer will largely depend on his/her dynamism and maturity.

Volunteers will be expected to take initiative and come up with ideas to contribute to the development of the project through their own personal skills and personality, in particular by opening the project to their native country and culture.

The core of the project is the work you will do and also your involvement in it. Besides, human exchanges and interpersonal relationships are added values. That will represent a great source of enrichment for both parts.

The volunteers can use their free time to travel around France and enjoy its diversity but they should also be fully involved in the project. The point of volunteering is to contribute to a concrete project, not to use it as a place where to stay and always be away of the people you are supposed to help and build a relation with.

PART III - IMPORTANT INFORMATION

1. Rules and regulations

- **Jeunesse et Reconstruction / ICYE France does not offer a school program, but a full-time voluntary program.**
- Your residence permit does not allow you to hold a paid activity. If an exchangee is discovered to work illegally, she/he will be expelled from the program and have to leave France.
- Exchangees are expected to take actively part in all ICYE meetings and seminars and also to help preparing the following year's out-going exchangees.
- The exchangees can take 4 weeks holidays during their stay in France but not necessary at the end of the year. The dates have to be set with the agreement of the Hosting project and Jeunesse et Reconstruction / ICYE France. Some projects ask the volunteer to take his (her) holidays when the project is closed for example in December or January. Moreover, you will be free to travel in and outside France if you have got your definitive residence permit.
- Hitchhiking in France can be dangerous and we therefore forbid this practice.
- Exchangees using illegal drugs will be expelled from the program.
- **The exchange program lasts for 6 or 12 months. After that, all the exchangees have to return to their home country.** This is mandatory!

According to the ICYE guidelines, you are entitled to travel for no more than 4 weeks during the exchangee's year.

During the exchange year you can travel on weekends or prolonged weekends, however not on those occupied by the official program. If you do so, keep in mind that as a consequence of ignoring this rule, the hosting NC can expel you from the program!

Always notify your hosting NC in writing in case you go abroad. If any problem should arise, in your home country or with you personally, then we are able to locate you and undertake the necessary steps to help you out.

2. Visas and Residence Permit

2.1 Passport

Please check the validity of your passport. It should be valid at least until 6 months after the end of the program.

2.2 Visa

All the non-European exchangeees need to apply for a:

VISA Category D - Type VISITEUR or APS (which is defined by the Consulate)

Before entering in France (IMPORTANT!!! NOT a VISA Category D -Type Student)

It is extremely important that exchangeees enter to the country with the right type of visa in order to secure the obtaining of the residence permit as it is impossible to change the type of visa once in France and to obtain the residence permit.



See page 22 Information about visa

The visa can be obtained from the nearest French Embassy or Consulate. Please contact the Consulate to get the list of documents required for the visa application materials in your country.

It takes a long time to get a visa, so you must apply **at least 3 months before leaving for France**. As soon as we receive your complete candidate's application, we will send to your sending ICYE committee an invitation letter that you need to take to the Consulate. If you have any problems getting the right visa, please ask your sending ICYE Committee to contact us immediately and we will contact the Consulate in your country directly.

Due to category D visa restrictions, exchangeees are not allowed to engage in any paid employment during the ICYE France exchange year.

- **One year or 6 months exchangeees will get a Visa D-Visiteur for 3 months and then apply for a 1 year or 6 months residence permit once in France**
- **Or a visa D – Type CESEDA L311-10 with APS to renew one month maximum after entering the territory**

2.3 Residence Permit

The process to obtain the residence permit is quite long (and tedious!).

1. A few weeks after the exchange's arrival in France, someone from his/her project will accompany him/her to the "Prefecture" to constitute an application file: application form to be filled in + documents required below. A receipt is given to the volunteer as a proof that he/she has turned in his/her application.

2. The volunteer receives a "Récipissé de demande de carte de séjour" (blue document), that is a temporary permit. The volunteer has to wait for convocation for a medical examination to be sent by mailing the following weeks (or months...).

3. The next step for the volunteer is to go for a medical check up at the nearest OFII office (Office Français de l'Immigration et de l'Intégration).

A FEE OF 340 EUROS IS REQUIRED FOR THE MEDICAL CHECK UP

The fee has to be paid by the exchangee

4. Once the report from the medical check up is sent to the Prefecture, the volunteer finally gets the residence permit (Carte de séjour 6 mois / 1 an).

Each volunteer must have the following documents at the time of his/her arrival:

- One original record of civil status ("état-civil") + Official translation in French
- A police record + official translation in French
- 5 recent photos passport size

3. Some practical advice

▪ Arrival in France

Your sending ICYE Committee will inform us of your date and time of arrival so that we can make arrangements to meet you at the airport. If you buy your ticket yourself, let us know at least 7 days before your arrival when and at which time you will arrive: we will be happy to welcome you at the airports of **Paris**. For the **European volunteers**, the meeting point is in **Valence train Station**. Indeed, the welcoming workcamp takes place in Etoile-sur-Rhône, a village near to Valence. Remember to carry our address and phone number when you travel in case some delay occurs or we don't find each other at the airport.

▪ Transport

Public transports cover all parts of the country and are very well organized. Over greater distances, you can travel mainly by train, whereas most local transports take place by bus, subway or tramway. Discount cards are sometimes available for volunteers under 26.

The international student card offers discounts for various activities (movies, museums, and transportation).

▪ Opening hours

Banks are generally opened from 9.00 a.m. to 5.00 p.m. from Tuesday to Saturday.

Post office: 8 to 12 a.m. and 2 to 6 p.m.

Stores are generally opened from 10.00 a.m. to 7.00 p.m. from Monday afternoons to Saturdays. They are often closed between 12 a.m. and 2.00 p.m. for lunch break (except in big cities).

- **Electricity:** Appliances run on 220V.

- **What to bring**
 - Some objects about your own country: typical clothing, pictures, brochures, maps, books, coins, recipes, music, food, etc...
 - Music and games from your country for the camps.
 - Sleeping bag for the camps.
 - Warm clothes, good shoes, raincoat, gloves, tee shirts, sweaters, and jeans. We advise you not to bring too many clothes; you may find some cheap second hand ones in France.
 - All your ICYE papers (guide for exchangeees, insurance guide, ICYE card...) including this National Profile.
 - All the documents needed for getting the residence permit (please read carefully the "Important Information" Section).

- **Do not bring too much!**

When you pack your bags, **keep on mind that you will have to carry your luggage on your own especially when you travel from the airport to the introduction camp and from there to your project.**

Jeunesse et Reconstruction / ICYE France will usually not have a car to fetch you at the airport. We will come with the suburban train and so you'll have to carry your luggage. Make sure you can carry your entire luggage on your own and think practically when you pack it is much easier to carry a backpack than it is to carry several suitcases!

- **What are the prices in France?**

To give you **an idea** of what you may spend, here are some prices. Prices are generally higher in Paris than in smaller towns, thus there can be great price differences for the same product. Prices may also vary greatly from shop to shop, so it is worth looking around!

Prices are different regarding the geographic situation and regarding the type of cities (small, middle, huge sized cities)

Average prices of common goods and services:

An expresso in a "café":	2 Euro
A subway or bus ticket :	1.70 Euro
A stamp for France :	0.56 Euro
A "croissant ":	1 Euro
A "baguette" :	0.90 Euro
A pair of trousers:	50 Euros
A packet of cigarettes:	7.00 Euros

National Profile ICYE France / Jeunesse et Reconstruction

A nightclub entrance ticket:	8 to 25 Euros
A cinema ticket:	6.50* -11 Euros
A theater entrance:	10*/15 Euros
A museum entrance:	4 to 10 Euros
Half a pint of beer:	4 Euros
A liter of milk:	0.50 Euros
One night in a Youth Hostel	25 - 45 Euros
One night in a Hotel	50 Euros
Dinner in a restaurant	15-20 Euros

*Youth or student price

[Exchange rate USD/Euro: 1Euro= 1.176 USD]

▪ **Bank account**

In most of cases, your pocket money will be paid to you in cash by your hosting project at the end of each month. When *Jeunesse et Reconstruction / ICYE France* refunds your expenses, such as your traveling to camps, we will pay you in cash if you do not have a French bank account, by transfer if you have a bank account or by check to the hosting project if it has advanced the money.

It may be difficult to open a bank account because you don't have a salary, which is a requirement of many banks to accept opening an account. The final residence permit is also often required, which means that you will most likely not be able to open an account in the first months.

4. Remember that...

- The visa you need is :
Visa category D - Type VISITEUR or APS (not student !!!)
- The ICYE program in France is a full-time volunteers' program. **You should care about the project and truly want to be part it.**
- The projects offered in France are often quite tough and require good maturity and dedication
- You will most likely not live in or near Paris
- You should accept a project in any part of France (North/South, urban/rural area, etc.)
- You should be flexible regarding the type of voluntary work and stay during one year on the same project.

Also remember...

- **Not to forget all the documents required to apply for the residence permit.**
- **To bring a sleeping bag.**
- **To bring documents, maps, music, food... for introducing your own country in the hosting project.**
- **To send us the contact below (English or Spanish)**

We are looking forward to your arrival and to the great experience we will have together in France !

MEMO

The candidate who wishes to participate in a one-year volunteering program in France has to be ready for a demanding experience in terms of commitment. He/she has to be fully aware of the program's conditions. The comity expects mature, adaptable and enthusiastic candidates.

Program conditions:

- Volunteers coming to France are expected to be sincerely interested in social work.
- They should not expect to live a student's life nor to be here as tourists.
- The ICYE program in France is a full-time volunteers' program

Language requirement:

- We therefore strongly encourage the volunteers to learn some basic French before coming over as it will tremendously help them by speeding up their integration.

Living arrangement:

- All exchangeees live in accommodation provided by the work placement.

Hosting project:

- The most available projects are in Emmaus Community. The other options cannot be guaranteed.
- You should be flexible regarding the type of voluntary work and **stay during one year on the same project.**
- You should accept a project in any part of France (North/South, urban/rural area, etc.)
- Volunteers usually work between 35 and 40 hours each week although **it is sometimes hard to draw a clear line between duty hours and free time when one lives on the project, especially for community living projects.** Indeed, life in the community requires a greater involvement of volunteer in order to share the daily life and household chores with members of the community. The volunteer has to accept and participate **in** the community life.

Vacation:

- The exchangeees can take 4 weeks holidays during their stay in France but not necessary at the end of the year, the dates have to be set with the agreement of the Hosting project and Jeunesse et Reconstruction.

Visa and residence permit:

- One year and 6 months exchangeees: will get a **Visa D-Visiteur for 3 months** and then apply for a six months or one year residence permit once in France: To obtain the residence permit for 1 year, the volunteer has **to pay 340 Euros.**
- Or a visa D – Type CESEDA L311-10 with APS to renew after entering the territory.

- The exchangeees need to apply for a : **VISA Category D - Type VISITEUR**
Before entering in France (IMPORTANT !!! **NOT** a VISA Category D -Type Student)

It is extremely important that exchangeees enter in the country with the right type of visa in order to secure the obtaining of the residence permit. Indeed it is impossible to change the type of visa once in France and the issue of the one year residence permit depends on it.

- It takes a long time to get a visa, so you must apply at least 3 months before leaving for France.



VISA

All the **non-European** exchangeees need to apply for a: **VISA Category D - Type VISITEUR or Visa Category D – Type CESEDA L311-10 with APS**

It is extremely important that exchangeees enter in the country with the right type of visa in order to secure the obtaining of the residence permit. Indeed it is impossible to change the type of visa once in France and the issue of the one year residence permit depends on it.

This visa is good because is a visa Category D – Type Visiteur

Because you can read:

- “ **D**”
- “ **Visiteur**”
- “ **Carte de séjour à solliciter**”

With this visa the volunteer will get a residence permit for 1 year.

It is extremely important that exchangeees enter in the country with the right type of visa in order to secure the obtaining of the residence permit. Indeed it is impossible to change the type of visa once in France and the issue of the one year residence permit depends on it.

So in the French Embassy please check that you have a good visa to get a Residence permit in France for one year.