



Erasmus+

European Solidarity Corps

Vichy

June 2019- May 2020

In the **Point Information Jeunesse**
Vichy Communauté Relais Europe



VICHYCOMMUNAUTÉ



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YOUR LIFE IN VICHY

General information

Vichy is a 25 500 people city, located in the Allier department of Auvergne-Rhône-Alpes region in central France, in the historic province of Bourbonnais.

It is a Spa and resort town. The Allier River flows through the city and offers beautiful and quiet spaces. Vichy is a familial town which try now to attract more and more students every year. The sport facilities in the city offer different possibilities to practice a physical activity.



Vichy welcomes visitors to its heritage treasures, a harmonious blend of natural countryside and fine buildings. From the numerous Napoleon visits during the 19th century to the dark period of the German occupation during the WWII, Vichy has many stories to tell. You'll have one year to discover it!





Point Information Jeunesse Vichy Communauté

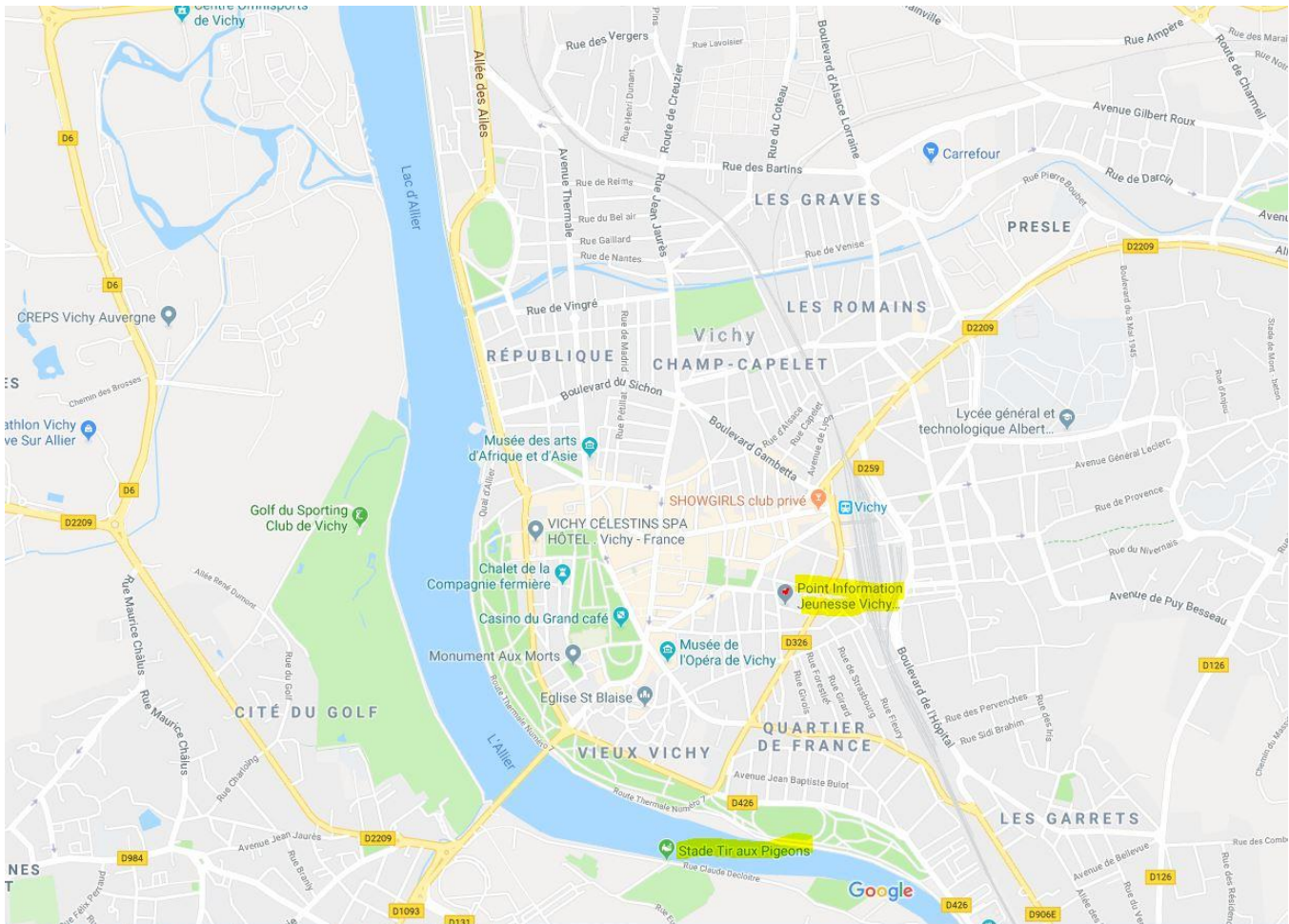
European Volunteer service

Welcome Kit 2018



Point Information Jeunesse Vichy Communauté
Relais Europe

This is a map of Vichy. In yellow, the PIJ and your accommodation



Accessibility

Vichy is located in the middle of the country. The best way to reach the city is the train. The SNCF is the French public train operator.

Train

The train station is located in the city center. Vichy is: 2h30 from Paris – 2h from Lyon – 30 min from Clermont-Ferrand.

To book tickets and find information about the train in France: www.oui.sncf

National and International Buses

Unfortunately, Vichy does not have national bus connections. You have to go to Clermont-Ferrand to find different bus companies: FlixBus, Ouibus, Isilines, Eurolines, etc. Vichy is 30 min away from Clermont-Ferrand by train and around 1 hours with a car.

<https://fr.ouibus.com/> - www.flixbus.fr - <https://www.isilines.fr/> - www.eurolines.fr



Plane

There is no national airport in Vichy. The closest is in Clermont-Ferrand but it's a little one. Lyon Airport is the easiest way to take a plane and enjoy cheap prices.

Carpooling

This way of moving is increasing in France and Europe. The leader in France is Blablacar (www.blablacar.fr) but you have to pay service fees. There are other free websites such as www.covoiturag-elibre.fr; www.laroueverte.com; www.roulezmalin.com

Local Mobility

Urban buses

There is a local bus network in Vichy. You'll have a card to use it without limit all year long.

The nearest Bus stops (from you flat) are:

“Pont de Bellerive” (5 minutes walking) – C, B, G lanes.

“Ch. De Gaulle Bellerive” (5 minutes walking) – B, I, G lanes.

There is several Bus Stops close to the PIJ deserved by the C, B, G lanes. You'll need around 10 minutes with the bus from the PIJ to reach your accommodation.

Every information about the local bus network: <http://www.mobivie.eu/>

Bicycle

The PIJ will give you a bicycle. You'll have it for the duration of your voluntary service. Here are some information about cycle in Vichy (in French) <https://www.ville-vichy.fr/transport/velo>

Walking!

Vichy city center is not so big and you'll discover it easily walking. Your accommodation is only 15-20 min away from the heart of Vichy.



Weather

The city enjoys an inland oceanic climate. It is hot and humid in summer with an average temperature of 20 degrees. In winter, the weather can be hard and the average temperature is 4-5 degrees. As a consequence, you should pack light clothing for summer and warm clothes for winter.

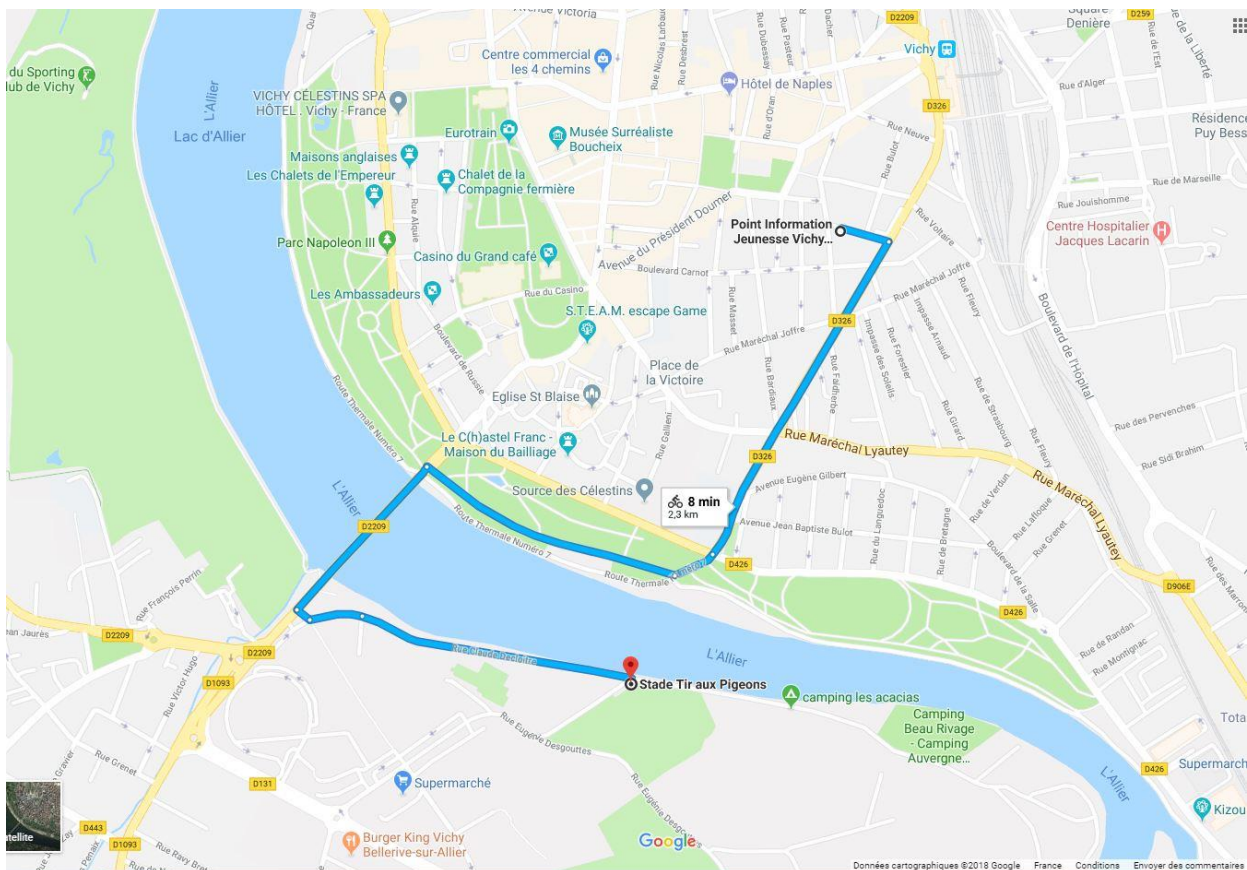
	Janvier	Février	Mars	Avril	Mai	Juin	Juillet	Août	Septembre	Octobre	Novembre	Décembre
Température moyenne (°C)	2.7	3.7	7.4	10.1	13.7	17.3	19.4	19.1	16.4	11.4	6.9	3.7

Everyday life

Housing

Your accommodation will be located at this address:

Stade du tir au pigeon – Stade Universitaire
14 Rue Claude Decloître
03700 Bellerive sur Allier



This flat is located in a very quiet neighborhood, next to a stadium with several rugby and football fields, and a skate park. It is a little house with 2 rooms, a kitchen, a living room and a bathroom. You have a beautiful view on the Allier River. You just have to cross the “Pont de Bellerive” and you’ll be in the Vichy city center. This house is yours for one year. So don’t hesitate to adapt and decorate it at your convenience. Your accommodation is fully equipped in order to live in an autonomous way. You’ll have all the necessary to cook, wash your clothes, etc. If something is missing, please ask the PIJ and we’ll find a solution.



Photos of the accomodation

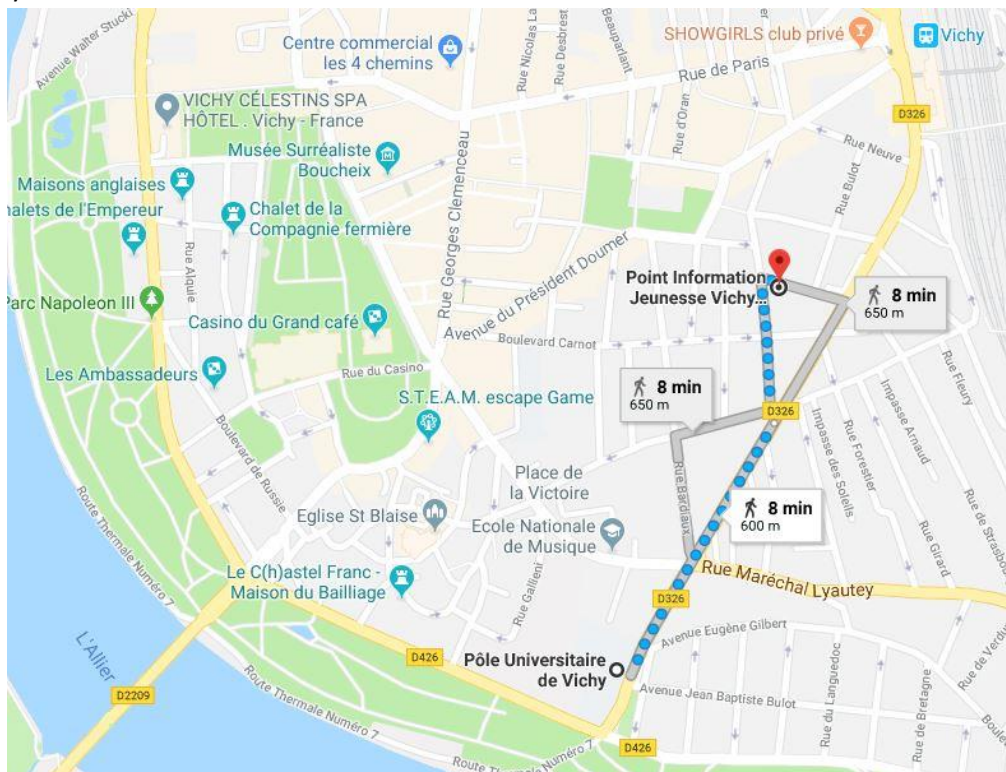




Meals

You'll have lunch during the week in the University Restaurant. It's located only 5 minutes walking from the PIJ. The PIJ will pay those lunches. You can have it every day from Monday to Friday, 11am-1:30pm. The restaurant is not open during the French school holidays. (Planning => <http://www.education.gouv.fr/pid25058/le-calendrier-scolaire.html>)

Please note that you have the possibility to lunch in the PIJ meeting room every day. You'll take the other meals as your convenience. You'll receive monthly an amount of **206, 5€** for your food. You can use it as you want.



Supermarket

Close to your house, you'll find different supermarkets.



Location : Avenue du General de Gaulle 03700 Bellerive sur Allier

Opening hours: 9:00-20:00 all the week long except on Sunday!



- It's a discount supermarket

Location : 6 rue du stade 03700 Bellerive sur Allier

Opening hours: 8:30-19:30 all the week long except on Sunday!



It's a discount supermarket

Location: Centre commercial Carré D'as, Av. d'Hauterive, 03700 Bellerive sur Allier

Opening hours: Monday-Saturday: 08:00 - 19:30 Sunday: 08:00 - 12:45

There are many others little markets in the Vichy city center. Be aware that there are more expensive:



MONOPRIX

16, Rue Georges Clemenceau, 03200 Vichy

Opening hours : Monday-Saturday : 08:30 - 20:00 Sunday : 09:30 - 19:00

franprix 🍏

33, Rue de Paris, 03200 Vichy

Opening hours: All the weeklong 08 :00 – 20 :00



27 rue de l'Hôtel des Postes, 03200 Vichy

Opening hours: Monday-Saturday: 08:30 - 19:30 except Sunday 09:00 - 12:00



"Marchés"

French people love their little markets in the cities but also in every little village in the whole country. It generally takes place one or two times a week.

In Bellerive

Local products

Location : Place de la source intermittente : marché du Pré Salé.

Tuesday and Saturday Morning

Local, healthy, BIO!

Location: La Ferme modèle - 52 rue Jean-Zay in Bellerive – 10 minutes with a bike

Wednesday morning

You can also buy some local products using the website:

<https://laruchequiditoui.fr/fr/assemblees/7035> and pick it up every

Wednesday from 17:00 to 19:00.

In Vichy

Tuesday, Thursday and Sunday morning. Location: avenue des Célestins. Near the « Grand Marché » in Vichy.

Every Sunday 7:00 to 13:00. Location: "Les Ailes" neighborhood.

Every Friday 7:30 -13:00. Location : Marché de la porte de France, Vichy Historic district.

Bank



**CAISSE
D'ÉPARGNE**

You'll have a free bank account with the Caisse d'épargne bank. Your local agency is located at this address: **Caisse d'épargne 28 rue Georges Clémenceau 03200 Vichy**

OH: Tuesday to Friday 08:45–12:00, 13:30–18:15; Saturday 08:45–12:00

With your credit card, you can pay, withdraw money and use it on the internet.

Internet

You have a Wi-Fi connection in the flat. You'll find the code in the accommodation.

Post Office

There is a post-office in Bellerive, located 15 avenue Jean-Jaures.

OH: 09:30-12:00 / 14:00-17:00.

The easiest for you is to go to the Place Charles de Gaulle in Vichy located next to the PIJ.

OH: 9:00-12:00 / 13:30- 18:00.



Pharmacy

The closest to your accommodation is located in the « Carré d'as », a commercial center just 5 minutes walking. There are two others pharmacies in Bellerive.

OH: Monday to Saturday – 8:30 – 19:30



HOBBIES

Tourism in Vichy

Pepit!

You are lucky! You'll leave for one year in the Allier department and some awesome people worked hard to create fantastic geocaching trails all over the department. You just have to download the **Pepit** app on the **Android** or **Apple store**. Then let the little "Zooms" characters guide you along the trails. There is one in Vichy, perfect to discover the city! More infos and a tutorial video:

<https://www.pepit03.fr/>





The Allier Lake

The Allier River flows through Vichy and there is an artificial lake in the heart of the city. You have the possibility to walk round the lake (6.5kms) crossing the two bridges of the city. You can also enjoy water activities on the lake; the “Parc Omnisports” close to the River to have a walk or practice a sport, etc.

Enjoy the city and its huge heritage!

Vichy was a well-known thermal station during the 19th and 20th century and had a bustling period. It remains lots of buildings, beautiful houses, castles, hostels and the atmosphere of this period. You will enjoy the city walking in the historic quarter and chilling in the Napoleon Park! You’ll find lots of information about the city in the PIJ.

Museum

Museum of African and Asian art is an ethnic museum with items from those 2 continents.

OH: From may to October; Tuesday to Sunday 14:00 – 18:00

Location: 16 avenue Thermale – 03200 Vichy

The Opera museum traces the huge history of the Vichy’s opera.

OH: Tuesday to Sunday 14:00 – 18:00

Location: 16 rue du Maréchal Foch 03200 Vichy

Musée surréaliste François Boucheix is an art gallery in the heart of Vichy. More info:

www.boucheix-musee.com

OH: Open from April to October, the museum welcomes its visitors from 2:30 pm to 6:30 pm, every day except Mondays.

Location: 7 rue Sornin 03200 Vichy





Tourism near Vichy

La Montagne Bourbonnaise

45 minutes driving from Vichy are enough to be completely lost in the nature! A huge and beautiful territory called “The Bourbonnaise Mountain”. It is a perfect area to have a walk, bike tour, manage a canoe, etc.

The castles

Vichy is located in an ancient region called “Bourbonnais”. This area was a central territory in Europe and many castles were built on it. Vichy is in the heart of it and you’ll find many castles to visit.

Le Pal

Le Pal is a well-known amusement park and a zoo located 45 minutes away from Vichy. *It’s open from April to September.*

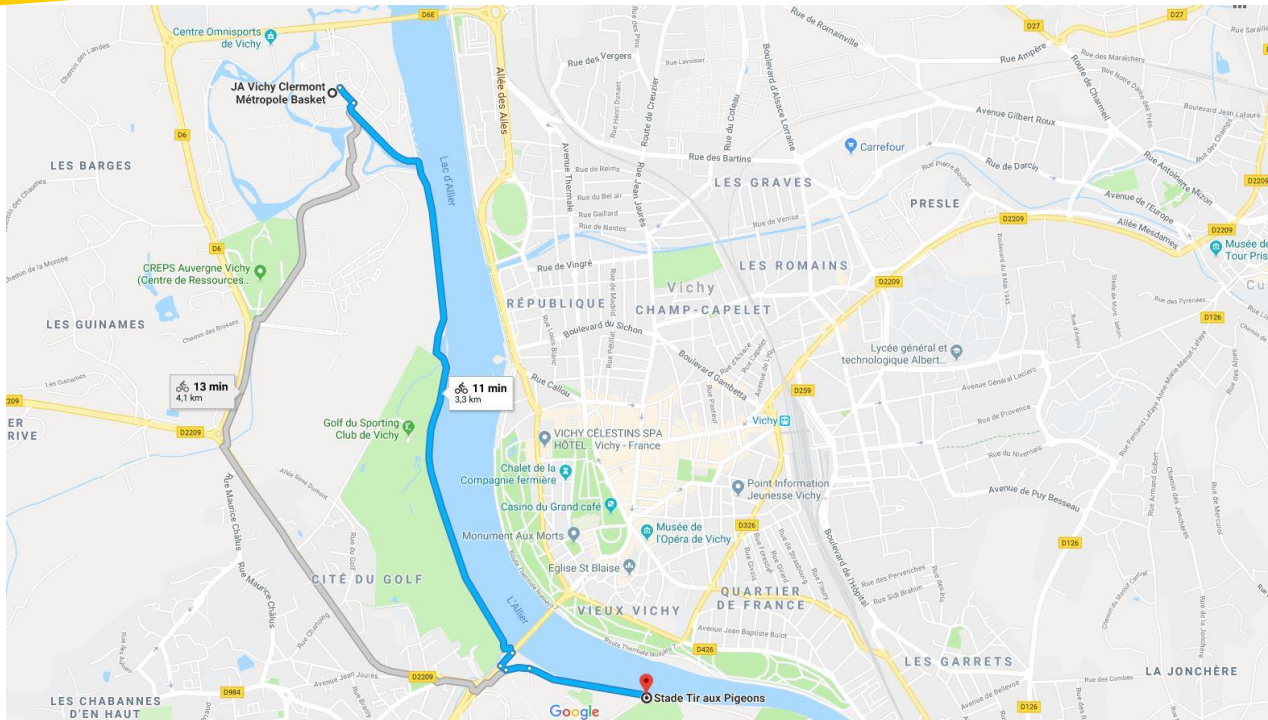
Location: Saint-Pourçain-sur-Besbre 03290 Dompierre-sur-Besbre

Etc...

You’ll have a whole year to discover the Allier and its treasures... So, open your eyes and be curious, this is not a touristic place but there is a lot to do in our region!

Sports

Vichy offers lots of sport facilities. You can enjoy the “Centre Omnisport de Vichy” to run, walk, bike, practice tennis, football, rugby, archery, canoe, etc. There is also a basketball arena hosting the local professional basketball team (in the 2nd French division): the **Jeanne d’Arc de Vichy Clermont Basket Métropole (JAVCM)**. Every 2 weeks, basketball games take place in Vichy and... the PIJ gives free entrances for youth people!



You'll have the possibility to practice lots of different sport in Vichy. The PIJ has a list of associations to help you find the good one for you! Don't hesitate to ask the PIJ for more information.

Music

There are two main music stages in Vichy: The Opera and the "Centre Culturel Valéry Larbaud".

L'Opéra de Vichy is a classic and French variety musical stage. There is also one man and women show; theater; ballets; etc. You have to enter at least once in the extraordinary Hall. It's an heritage from the "Belle Epoque" (built in 1865).

Location: 1 rue du casino 03200 Vichy

The Centre culturel Valéry Larbaud hosts actual music concerts, exhibitions, conferences, etc.

Location: 15 rue Maréchal Foch 03200 Vichy

There is also a good music concert schedule in Cusset in the "**Salle du Chambon**" or the "**Théâtre de Cusset**". Please check the program here: <https://www.ville-cusset.com/spectacles/>



Music school

There is a music school located in the Vichy city center, just next to the Library. You'll have the possibility to enroll yourself in different music lessons.



Location: 96 rue Maréchal Lyautey 03200 Vichy

Some bars (Le Dôme, le Gaulois, le Grand café, The animal pub, etc.) offer different kind of concert along the year, in particular during spring and summer. No worry, you'll find every information about those events in the PIJ!

Theater

L'Opéra de Vichy

Vichy main theater stage is the Opera. Classic of the French theater are played. You'll find the program in the PIJ.

Le théâtre de Cusset

Cusset is a town located next to Vichy. It has a recognized contemporary theater stage. The Theater is based in the Cusset city center. You can go there with buses (A, C, E lanes)



Location: Place Victor Hugo 03300 Cusset



Le Geysier

Bellerive hosts Le Geysier, a humoristic scene with a good programme.

Location : 43 rue Jean-Baptiste Burlot 03700 Bellerive sur Allier

Library

The médiathèque Valéry Larbaud is the library in Vichy. You'll find amount of books, comics, CDs, videogames, etc. The registration is cheap for youth people.

Location: 106 rue Maréchal Lyautey 03200 Vichy

You'll also find a library in Bellerive in la **Ferme Modèle** (where the BIO market takes place)

Location: - 52 rue Jean-Zay in Bellerive

OH: Tuesday and Wednesday - 10h-12h30 / 14h30 - 18h; Friday: 14h30 -18h; Saturday: : 10h - 18h

Swimming Pool

There is an aquatic center located in Bellerive. You can relax in the relax area or enjoy the Olympic swimming pool and its fun area.

Location: Rue des Chabannes Basses - 03700 BELLERIVE-SUR-ALLIER

OH :

HORAIRES D'OUVERTURES (septembre à juin) :

Fermeture des caisses 30 minutes et évacuation des bassins 15 minutes avant les horaires indiqués.

Les bassins sont ouverts de 9h30 à 17h les dimanches et les autres jours fériés.

	PATAUGEOIRE ET TOBOGGAN	BASSINS SPORTIFS ET BALNÉOLUDIQUE	TOUS BASSINS CONFONDUS
	En périodes scolaires :	En périodes scolaires :	Hors périodes scolaires :
LUNDI	Fermé	9h30 / 16h	9h30 / 18h
MARDI	17h30 / 21h30	11h-14h / 17h30-21h30	11h / 21h30
MERCREDI	11h45 / 17h	11h / 17h	11h / 18h
JEUDI	Fermé	11h-14h / 17h30-20h00	11h / 18h
VENDREDI	17h30 / 21h30	11h-14h / 17h30-21h30	11h / 21h30
SAMEDI	11h / 18h	11h / 18h	11h / 18h
DIMANCHE	9h30 / 17h	9h30 / 17h	9h30 / 17h



Bars

Le Bazar de l'opéra

A vintage bar with a great atmosphere and a well-known blind test every Wednesday evening!

OH: 18:00 – 2:30 from Tuesday to Sunday

Location: 9 rue de Banville 03200 Vichy

Le Tahiti Plage

THE summer bar in Vichy: cocktails, amazing venue on the Allier shore and chill atmosphere.

OH: From April to September : 10:00 – 1:00

Location: Parc des Bourins 03200 Vichy

Le comptoir

A very good wine and food bar. Try also the BESTS “Croque Monsieur” in town (also in “Le comptoir du croque”!)

OH: 10:00 – 2:00 from Tuesday to Saturday

Location: 5 Place de la Gare 03200 Vichy

Le Gaulois

This bar is the main student bar in Vichy! A beautiful patio and a whole wood furniture to feel good and enjoy the crazy Thursday nights!

OH: 10:30 – 2:00 Every day except Saturday: 15:00 – 2:00

Location: 105 Avenue des Célestins 03200 Vichy

L'académie

If you are a pool fan, this bar is for you. 8 pool table to play with friends in a chill and lounge atmosphere.

OH: 17:30 – 2:30 every day

Location: 3 Place de la gare 03200 Vichy

The animals Pub

A good music and beer bar! Music live every Friday.

OH: 18:00 – 2:30 every day except on Sunday: 15:00 -20:00.

Location: 24 Place Charles de Gaulle 03200 Vichy

Le dôme café

OH: 10:00 – 2:00 from Tuesday to Sunday.

Location: 52 Boulevard Gambetta 03200 Vichy

Venus draft beer

A recognized draft bar in the city center.

OH: From Wednesday to Friday: 11:00-14:00 / 18:00 – 22:00; Saturday: 11:00 – 22:00; Sunday: 15:00 – 19:00.

Location: 15 Passage de l'amirauté 03200 Vichy



L'apéro Bouffe

A fancy bar to snack cheese or charcuterie with wine or a good beer.

OH: Thursday to Saturday – 11:00 – 23:00

Location: 5 Passage de l'Opéra 03200 Vichy

Total bière

This THE beer shop in Vichy. You can buy or try some craft beer from all over the world!

OH: From Tuesday to Wednesday: 14:30 – 20:00; Thursday to Saturday: 10:00 – 12:00 / 14:15 – 20:00

Location: 51 avenue du Général de Gaulle 03700 Bellerive sur Allier

Cafés

Le Momy

THE address to be in a comfortable sofa during the winter and have a typical French brasserie atmosphere.

OH: Every day from 8:30 to 20:30

Location: 34 rue Lucas 03200 Vichy

Venus Barista coffee shop

An authentic coffee shop in the Vichy shopping streets with various coffees from all over the world.

OH: Monday and Sunday: 10:00 – 19:00 / Tuesday to Saturday: 8:00 – 19:00

Location: 4 rue du president Roosevelt 03200 Vichy

Cocoon Coffee

This student coffee is perfect for a break or to work in a relax atmosphere.

OH: 12:00 – 19:00 from Monday to Saturday

Location : 111 rue du Maréchal Lyautey 03200 Vichy

Le Samoa

OH: 12:00 - 00:00 except sunday

Coffee and restaurant of traditional cuisine with good value located near the Source of the hospital.

Location: 13 bis, SQ Source Hôpital, 03200 Vichy

Keck's café nature shop

Amazing coffee in the heart of Vichy with natural and healthy product. Try their unbelievable daily soups!

OH: Monday -13:00 - 21:00 / Tuesday to Saturday: 10:00 - 21:00 / Sunday: 12:30 - 21:00

Location: 16 rue d'Allier 03200 Vichy



Restaurant

Brasserie le Vichy

It's located in the heart of Vichy, in a dynamic street. This bar and restaurant is well rated in the city.

OH: 09:00 – 23:00 every day from Tuesday to Saturday

Location: 15 Rue Burnol, 03200 Vichy

Le comptoir du croque

Try the BESTS "Croque Monsieur" in town!

OH: from Tuesday to Friday: 11:30 – 17:00 / Friday and Saturday: 18:00 – 23:00

Location: 14 rue Sornin 03200 Vichy

Le Gandhi

It's an indian restaurant with different kind of specialties: cheap and tasty, don't miss it!

OH: Everyday – 11:30 – 14:00 / 18:00 – 22:00

Location: Place de la poste 03200 Vichy

Le San Remo

A really good and not that expensive Italian restaurant! Pizzas, pasta, tiramisu <3

OH: everyday but Sunday – 12:00-14:30 / 19:00-22:30

Location: 2 Avenue du Président Doumer 03200 Vichy

Le restaurant du Liban

If you like Lebanon food, don't miss this great restaurant with specialty from the country!

OH: Tuesday to Sunday – 12:00 – 14:00 / Saturday and Sunday – 19:00 – 23:00

Location: 49 Boulevard Gambetta 03200 Vichy

Cinema

There is only one cinema in Vichy: L'étoile cinema. It's located into "les quatre chemins", the main commercial center. You can find the weekly program in the commercial center or online at:

<http://www.etoile-cinemas.com/palace/>. In France, the new movies are released each Wednesday and the weekly program goes from Wednesday to the next Tuesday. The reference cinema website in France is:

www.allocine.fr



Escape Game

You maybe already know the new fancy hobby in Europe and all over the world: the escape games! You'll be close in a room for one hour and have to find clues, solve enigmas, puzzles, etc. An amazing immersive experience ...A must to do with friends in Vichy!

OH: Tuesday to Thursday – 13:00 – 20:00 / Friday – 13:00 – 22:00 / Saturday – 10:00 – 22:00 / Sunday – 10:00 – 18:00

Location: STEAM Escape 12 Rue source de l'hôpital 03200 Vichy

Bowling - Laser game

An entertainment center in Cusset to have fun with friends for a bowling gamer or a laser game contest!

OH:

— HORAIRES D'OUVERTURE —

MARDI.....de 17H à 00H	VENDREDI.....de 19H à 02H
MERCREDI.....de 14H à 00H	SAMEDI.....de 14H à 03H
JEUDI.....de 17H à 00H	DIMANCHE.....de 14H à 20H

VACANCES SCOLAIRES : OUVERTURE À 14H

© 04 70 97 83 99 **SPACE BOWL** www.spacebowl.fr
LASER GAME & BOWLING

Location: Space Bowl 4 rue Ampère 03300 Cusset

HEALTH

Hospital

In case of emergency, the best thing to do is to contact the PIJ or one of your colleagues (please find their numbers at the end of the document). You can also go to the central hospital *in Vichy 24H/24H and 7D/7D*. Please note that there is also a service “family planning” (question about contraception, sexual problems, etc.). It is a free, confidential and anonymous service.

Location: Centre Hospitalier Jacques Lacarin Boulevard Denière 03200 Vichy

CIGNA

You are automatically cover by the CIGNA Insurance. Please find here the terms to learn more about your right and the conditions.



EACEA - volunteers ERASMUS+ BENEFITS OVERVIEW

You are required to make use of your **European Health Insurance Card**. Simply show it to your health care provider at the time of your treatment. This will already cover part of your expenses. Your Cigna insurance will then cover the remaining expenses. In case you are not eligible for a European Health Insurance Card or the card is not accepted by the health care provider, your Cigna insurance will cover you for all your expenses according to the following overview:

A. Medical and dental care / pregnancy and childbirth / accident	Ceiling (person)
a) General Practitioners' and Specialists' fees	No
b) Outpatient surgery	No
c) Physical Therapists' and Registered Nurses' fees	No
d) Laboratory and Diagnosis Tests	No
e) X-Rays / Radiotherapy / Chemotherapy	No
f) Prescription Drugs	No
g) Outpatient medical treatment in a hospital	No
h) Hospital charges	No
i) Surgery charges	No
j) Ambulance transportation	No
k) Necessary medical care and tests in the event of pregnancy	No
l) Hospital charges and accomodation, including midwife and doctor's fees for childbirth and caesarean section	No
m) Necessary general dental care and treatment	€ 1.000
n) Repatriation in the event of serious disease or serious accident	No
o) Accidents linked to sports and trips linked to the volunteering period abroad	No
p) Follow-up of orthodontic treatment	No
q) Replacement of a pair of prescription eyeglasses or contact lenses that is deteriorated, lost or stolen	€ 300

An aggregate ceiling of € 250.000 per person is applicable.

The purpose of the insurance plan is to indemnify the insured persons, within the limits of the contract, for **reasonable and customary** expenses applicable at the location of treatment.

www.cignahealthbenefits.com

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EACEA - volunteers ERASMUS+ BENEFITS OVERVIEW

B. Life Insurance	Coverage
a) Transport of bodily remains to the place chosen by the family	Real expenses
b) Funeral costs	Real expenses
c) Burial costs	Real expenses
d) Lump-sum payment paid out to a nominated beneficiary or closest survivor	€ 20.000
e) Travel costs of family members to the place of the event	Real expenses
f) Close family members visits in case of hospitalisation of a volunteer	Real expenses
g) Earlier return in case of death or emergency hospitalisation of a close family member lasting more than 5 days	Real expenses
h) Shipment of medications or replacement of eyeglasses and contact lenses abroad	Real expenses
i) Sending urgent messages	Real expenses
C. Permanent Disability	Coverage
Total or partial permanent disability, resulting for any event occurring during the period of insurance. Coverage provided 24 hours a day, even if the event that causes the permanent disability is not linked to the voluntary activities.	Total disability: € 60.000 Partial disability: x% of € 60.000 based on the percentage of disability (x) as established by the insurer's Medical Adviser.
D. Third Party Liability	Ceiling
<ul style="list-style-type: none"> Financial consequences of the legal liability of a volunteer for bodily injury, property damage, and consequent financial loss to a third party occurring at any time during the period insured (24 hours a day). 	Maximum of € 5.000.000 per event, including the following Sub-Limits:
<ul style="list-style-type: none"> Personal injury 	€ 5.000.000
<ul style="list-style-type: none"> Material damage and consequential financial loss 	€ 500.000
<ul style="list-style-type: none"> Damage and costs resulting from fire, explosion and electrical damage for which the volunteer is liable as the tenant, occupant or neighbour of a building. 	€ 75.000
<ul style="list-style-type: none"> Criminal defence (your defence against prosecution) and lawsuits (claims for damages by third parties for losses that you caused). 	€ 15.000
E. Loss or theft of documents and travel ticket	Coverage
Loss and theft of travel ticket and identity documents (identity card, passport, etc.). Loss and theft of luggage on the way to/ back from host country.	Real expenses

Please note that this overview is for informative purposes only, and does not legally commit the insurer in any way.

www.cignahealthbenefits.com

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Doctor

If necessary, this is a contact of a trusted doctor:

Emilie Rousseau – 1 Avenue du lac d'allier 03200 Bellerive sur Allier (Face à la Rotonde)

04 70 98 63 40

Contraception

There is a service **"family planning"** (question about contraception, sexual problems, etc.) in the hospital. It is a free, confidential and anonymous service.

You'll also find free information about those matters and contraceptive methods in the PIJ (men and women condoms, etc.)

Emergency

Please note those French emergency numbers:

112 – Main phone number for emergency call

18 – Firemen

17 – Police

15 – Ambulance

WORK

The PIJ

Presentation

The Youth Information Center "Vichy Communauté" is a local association which celebrated its 20 years in 2016. It is known and recognized by the young people and its funders. Our mission: inform young people about every subjects they are interested in! The information must be verified to be shared: a monitoring work of the information is essential. Our structure creates flyers and posters to share the information. But besides it, the PIJ operates in many original ways to inform the young people: we organize informative events and surrounds itself with specialists. Since the 2000s, the PIJ is specialized in the European information. After having notice an important lack of international information in the department, we decided to develop it in many ways. Nowadays the PIJ is still the main partner of the **"Europe Direct Allier"** program. This program accompanied several young people projects (Youth for the Democracy - Initiatives of young people - EVS). Since a few years, the PIJ wanted to welcome a young person in EVS to show that the mobility is possible. And today, you are this person!



Your mission

This mobility is a unique experience for both, young people and hosting organization. The main objective is to let you share this experience to other young people and make them want to live an EVS year abroad! You'll be part of the animation program in several venues such as schools, high schools, universities, public spaces, etc. You'll be part of our Team and also work as a youth informer. We are also excited to let you share to us your competences, cultural traditions, way of working, etc.

Your project

The PIJ wants to give you the opportunity to **set up your own project**. We'll let you totally free to imagine and realize this project. It must be linked with your mission and the PIJ activities. You'll have the possibility to use every tool and contacts from the PIJ. It can be an event, an exhibition, a graphic design, etc. Feel free to create and be inventive!

Time table

You'll work from Monday to Friday, 9:00 – 12:00 and 14:00 – 18:00. You'll maybe work on Saturday or in the evening. Don't worry, you'll be notified in advance. The extra hours will be convert into free days or break during the week. You have 2, 5 free days per month. Please ask us as soon as possible when you want to have free days in order to organize the planning.

National holidays

In France, we have 11 free days during the year. Here the dates for 2018 and 2019:

1st January, 22nd April, 1st May, 8th May, 30th may, 10th June, 14th July, 1st November, 11th November, 25th December

For your information, here are the period of the French National Holidays for 2018-2019 (useful to book tickets or journeys and avoid the crowd in touristic areas!):

Toussaint: 20th October – 5th November

Christmas: 22th December – 7th January

Winter: 16th February – 4th March

Spring: 13rd April – 29th April

Summer: 6th July – 3rd September

Money

You'll have a bank account with the bank "Caisse d'épargne". You'll have a French credit card to pay online, in shops and withdraw moneys. You'll receive the 1st of every month on your bank account:

Pocket money: 177€

Food: 206, 5€

Total: 383, 5€



A LITTLE BIT OF FRENCH



Hello = Bonjour

Thank you = merci

My name is = Je m'appelle

Sorry = Excusez moi

Please = S'il vous plait

I can't speak good French = Je ne parle pas bien français

What time is it please? = Quelle heure est-il s'il vous plaît ?

Where is ...? = Où se trouve ...?

CONTACTS

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