



Association Community



2022
Arques, France

INDEX

What about Arques?

Association Community

Transport

Accomodation

Practical Information

Travelling

Contacts

See you soon...



WHAT ABOUT ARQUES?

Arques is a pocket-sized town located in the Pas-de-Calais department (north of France).

The stories you have heard about this region are true: it does rain an awful lot in these parts of the country. In fact, at your arrival you will probably be welcomed by a big thunderstorm. But worry not, the sun does come out, brighter and more beautiful than anywhere else.

The weather forecast will become part of your experience abroad and will most likely teach you how to better appreciate the things that you may take for granted elsewhere.

What to bring with you when travelling to Arques:



lifeboat



raincoat



waterproof
shoes



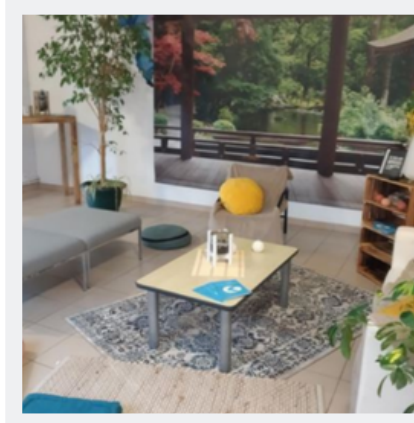
Hauts-de-France



ASSOCIATION COMMUNITY

Association Community is structured on 3 departments:

Social Cohesion



Youth Mobility and International Cooperation



Local Solidarity and Sustainable Development

Our core values are **solidarity**, **human dignity** and **togetherness** and our main aim is to understand the needs of the people who approach us and act in their best interest. Cooperation and sharing are pillar concepts for our organisation and this is why we are constantly looking for new opportunities of collaboration with other local or international institutions. In this sense, Association Community is a living space, full of resources, where a dynamic and competent team aims to support everyone at their own pace and according to their expectations.

ASSOCIATION COMMUNITY



Social Cohesion Department:

is engaged in helping and empowering the underprivileged and is striving to create a strong web of support and a sense of community belonging.

Youth Mobility and International Cooperation Department:

aims to give an international dimension not only to our association, but to our community as well and to spread concepts such as international solidarity and cooperation.



Local Solidarity and Sustainable Development Department:

covers all actions related to the sustainable development of our community, allowing locals to reveal themselves as eco-responsible actors of their region.



TRANSPORT



How can one get to Arques from abroad?



Charleroi Airport (near Bruxelles, Belgium)

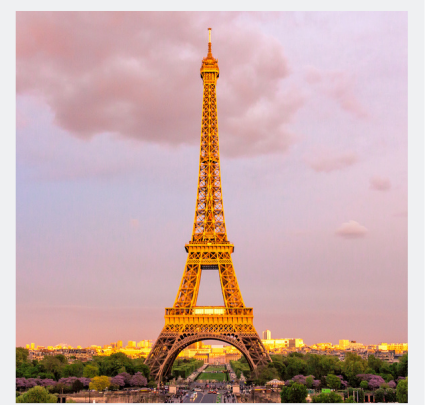
Next step: from the airport take a Flibco shuttle to get to Lille.



3 airports in/near Paris:

Charles de Gaulle/ Orly / Beauvais

Next step: depending on your landing airport you can take either a bus or a train to get to Lille.

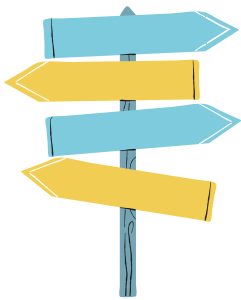


2 train stations in Lille:

Lille Europe / Lille Flandres

Next step: take the train to **Saint Omer** (the final stop for this line is usually Calais).

TRANSPORT



Saint Omer's station : Place du 8-Mai-1945 62500 Saint-Omer

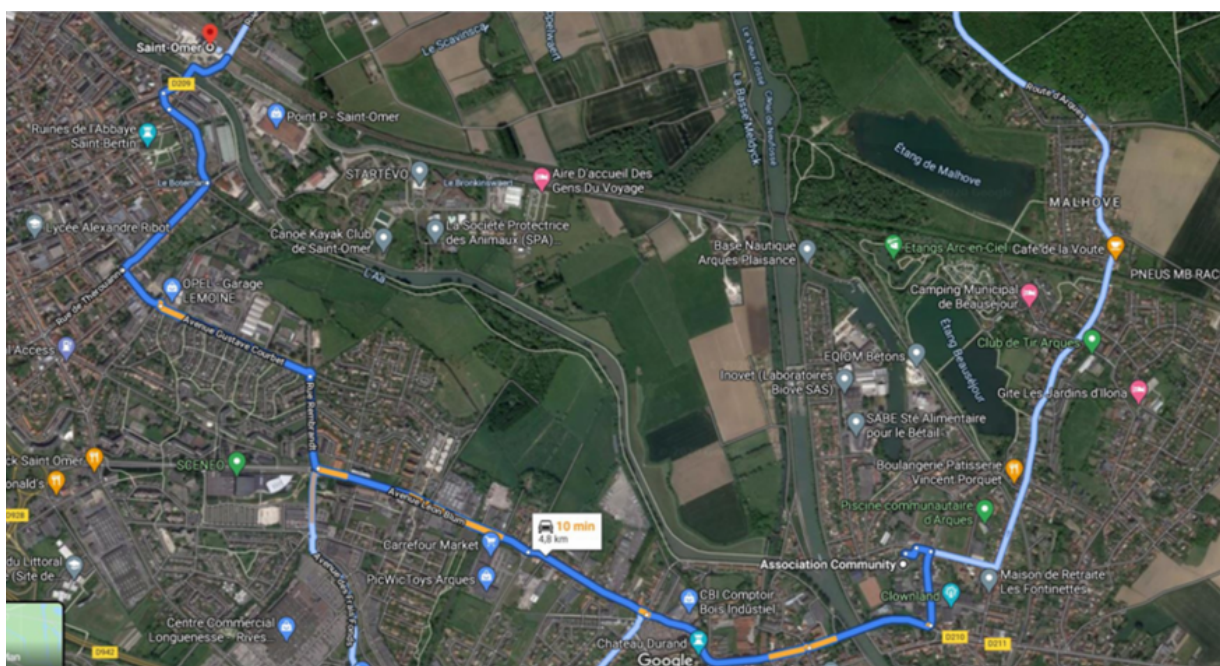
Association Community : Rue Aristide Briand, 62510 Arques

Bus:

line 3 from Gare to the bus stop P. Mendès France
line 6 from Gare to Arques Centre Ville

On **line 3** there is a bus every hour, but since schedules differ from week-time to weekends, you can check them on the Mouveo website (the local transport company).

<http://mouveo.ca-pso.fr/se-deplacer/plans-horaires/>
Special remark: There is no bus on Sunday.



ACCOMMODATION

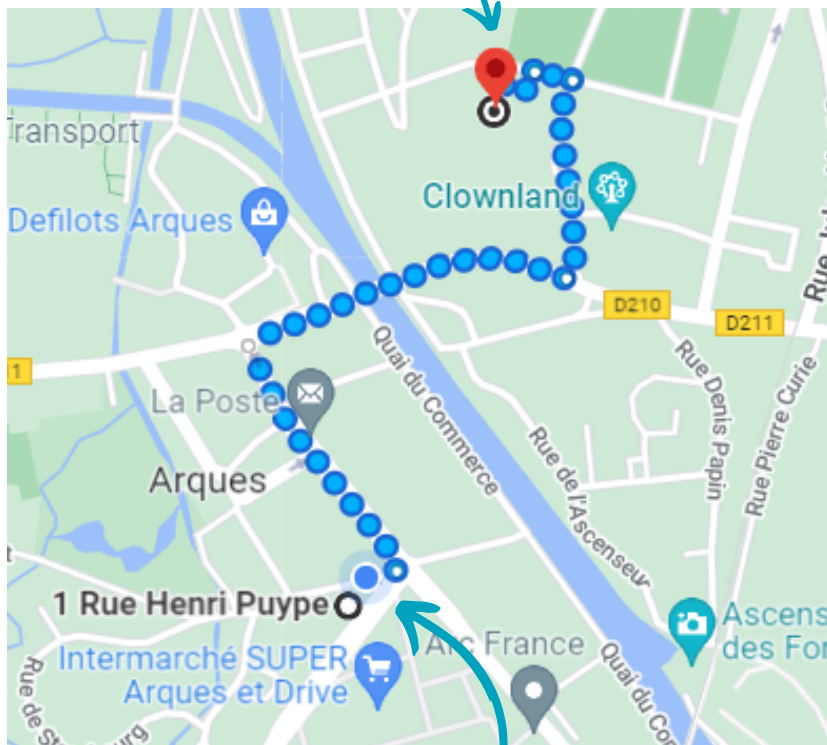


Volunteers will share a lovely house which is located within 10 minutes walk from the association.

If you want your parents to send you a bag of goodies, this is the address:

1 Rue Henri Puype, 62510 Arques, France

Community



volunteers'
house

WI-Fi

washing machine

furniture

microwave

pots & pans

coffee machine

plates & cutlery

towels

bed sheets

vacuum cleaner

fridge

stove & oven

PRIVATE BEDROOM



SHARED KITCHEN



SHARED BATHROOM



Keep calm, keep clean & enjoy your stay!

PRACTICAL INFORMATION

Food

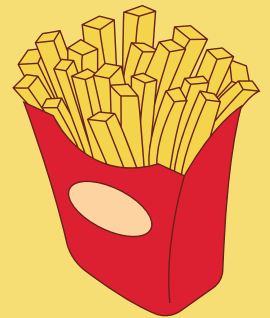
Each volunteer will receive a monthly food allowance (\cong 200€ / month).

Since the kitchen is fully equipped, volunteers can prepare their meals at home. There is a supermarket right in front of the house.

At the same time, since the association keeps a permaculture garden and we have good crops each year, volunteers can also benefit from the fresh fruits and vegetables that we grow. Moreover, they can also benefit from our weekly cooking workshops.

Don't miss on trying the local cuisine:

- **Frites** - in the North of France fries are excellent (We don't call them French Fries for nothing!)
- **Moules et frites** - for seafood lovers
- **Welsh** - Your challenge is to eat it and guess what is made of!
- **Waffles** - or Gaufres, as they are known in France



Pocket money

The pocket money will allow volunteers to cover their basic needs and/or use it for free time activities (\cong 180€ / month).



Considering that the cost of living in Arques is relatively low compared with that of other metropolitan French areas, the pocket money that the volunteer receives is enough to cover his/her outings with friends and colleagues, for shopping sessions (Lille and Calais are well known for their malls) as well as for occasional trips.

PRACTICAL INFORMATION

Practical arrangements

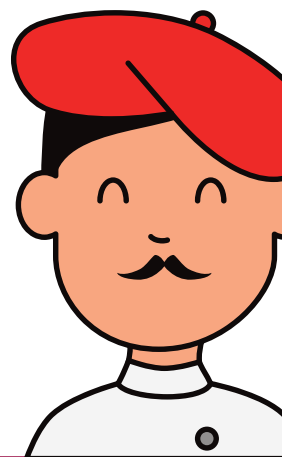
- A bus subscription as well as a train discount card will be provided to volunteers.
- Regarding health issues, volunteers will have a CIGNA health insurance which will cover their medical expenses in case of need. However, creating a European Health Card before departure is also strongly recommended.
- The association will provide help with opening a French bank account (which will be used for transferring the food allowance and the pocket money).
- The main language used during this project will be French. In France (and within the hosting organization) lots of people only speak French. To help practice their French, volunteers will also have access to OLS, an online linguistic tool developed by the European Commission.
- Volunteers will receive a Youthpass, a formal EU certificate which testifies what they have learned during this experience.

Meeting the locals

When it comes to meeting the locals, everyone does it their own way. What's important to keep in mind is that this is your chance to challenge stereotypes and have a real French cultural experience.

Take it one step at a time & have fun!

Croissant
Voilà!
Baguette
Fromage
Bonjour
Ça va?



TRAVELLING



Historical center of Saint-Omer
Notre Dame Cathedral -Saint Omer
Abbaye Saint Bertin's remains



The Audomarois marshes
Visit of the Romellaëre ponds



LILLE



Stroll through the streets of old Lille

Visit Notre Dame de la Treille

Eat some wonderful food from Fred's

Taste the waffles of Meert

Cross the Grand-Place

Visit the Palace of Fine Arts

Admire the Vieille Bourse and its book market.





CONTACTS

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EMERGENCY CONTACTS



WELCOME TO ARQUES !



FOR MORE INFORMATION

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<https://community-asso.org>