

Participation conditions and modalities

How to participate?

- Send your resume and a cover letter (in English or French);
- If you are pre-selected, we will propose you an interview in our office or by phone;
- You will receive a validation letter;
- Then, you will have two weeks for definitely apply in sending your complete dossier, the application form, the deposit, etc...;
- We will meet you during an individual interview for finalising your departure;
- You will participate to a departure's preparation meeting with other interns at the organisation's headquarters.

Participation conditions

- The minimum age is 18;
- A **good level in English** is required¹ in order to be able to follow the theoretical training and to be able to communicate during the field work;
- Each internship is a **specialised internship combining theoretical and practical work**. It is therefore an efficient way for education and complementary training, but above all it is a life-changing internship. The student will be exposed to a new way of life and will learn more about himself and other;
- SOLIDARITÉ can propose internship themes to students who hope for but internship topics proposed by the students themselves, depending on their studies and their wishes are favoured and encouraged;
- The goal for the student is to **become independent** in the preparation and the achievement of his internship. Hence, once the theoretical training finished, the students complete their internship in immersion: on the field, they will have to get a high capacity of adaptation and a self-running work, assisted by their supervisor;
- All the interns must **write an internship report** in the form of an experiences'.... That will be handed out to SOLIDARITÉ organisation. The language of writing is advised to be in English; it allows us to share it with our partners.

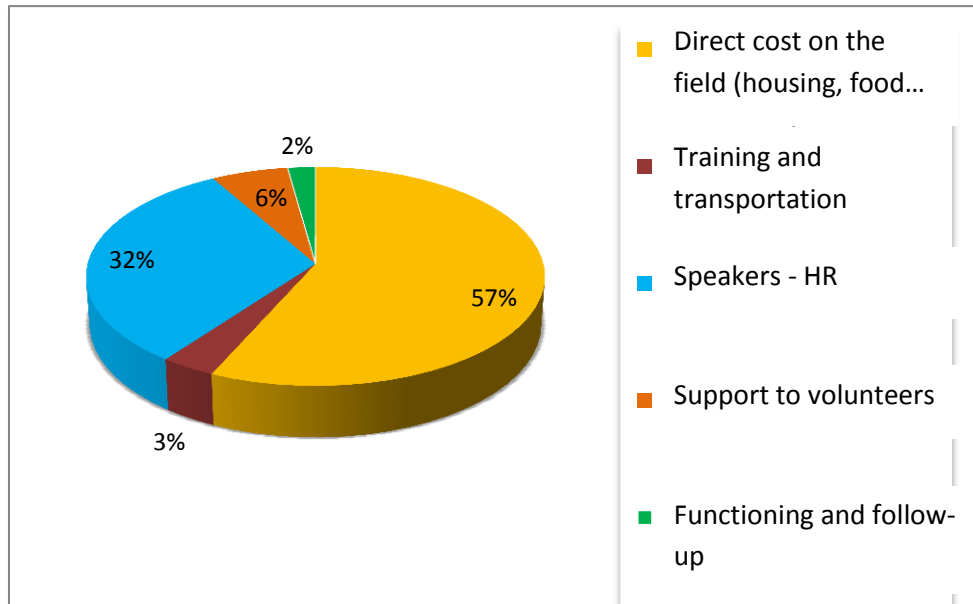
Internships' rate

¹ C1 level of the CEFR advised

Cost of the theory internship: €76 per day

The internship's total cost is €1140² for 15 days of training. Our organisation is non-lucrative. Hence, this cost covers not only the costs directly linked to your presence in the host country but also the structure of the Catamaran Centre.

Distribution of the internship costs



This rate includes:

- The application and administration costs
- The training costs: theory, practice, visits, yoga, etc.
- The housing
- The meals (breakfast, lunch, dinner)
- The transportation (visits of projects) during the training

This rate does not include:

- The trip's preparation costs (plane tickets, vaccines, visa, insurance, etc.)
- The travels (outside of the training) non-organised by the Catamaran Centre
- The personal consumption
- The possible hospital or health costs (enquire to your insurer)³

² This rate includes: application and administrative costs – training cost – housing – meals (breakfast, lunch, dinner) – transportations during the training. Beware; the transportation from the international airport of your arrival to your final destination is not included.

³ Do you have a Visa card? Buy your plane tickets and automatically benefit from repatriation insurance. Ask for the modalities of this insurance to your bank.

The immersion: from 2 to 6 months

From your choice, you will afterwards integrate the team of one of our partners, alone or in duo, for an immersion of 2 to 6 months in the local conditions, village-community.

COST OF THE IMMERSION INTERNSHIP: minimum €10/day (to give exclusively to the partner, SOLIDARITE does not take any fee)

The rate includes:

- A simple housing in a dormitory in the local conditions
- Vegetarian meals, villager base (breakfast, lunch, dinner)

The rate does not include:

- The travels
- The possible visits
- The personal consumptions
- The possible hospital or health costs (ask for details to your insurer)⁴

Further information

SOLIDARITE – 0033 (0)1.48.78.33.26 – Clotilde Bato

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⁴ Do you have a Visa card? Buy your plane tickets and automatically benefit from repatriation insurance. Ask for the modalities of this insurance to your bank.