

EUROPEAN VOLUNTARY SERVICE  
2023-2024

# MÈRE SOFIA FOUNDATION, LAUSANNE - SWITZERLAND

(French speaking area)

Project Duration: 12 months

Their website: [www.meresofia.ch](http://www.meresofia.ch)



**movetia** Austausch und Mobilität  
Echanges et mobilité  
Scambi e mobilità  
Exchange and mobility

**ICYE** International Cultural Youth Exchange  
Internationaler Jugend- und Kulturaustausch  
Echange Culturel International de Jeunes



Schweizerische Eidgenossenschaft  
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Confederazione Svizzera  
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Supported by the Swiss Confederation.

# GENERAL INFORMATION ABOUT THE EUROPEAN VOLUNTARY SERVICE (EVS)

The European Voluntary Service (EVS) is an exchange programme financed by the Swiss government and not the EU because Switzerland is not member of the Erasmus+ programm. It is open to young people between 18 and 30.

The volunteer will work about between 32-38 hours per week for 12 months. They will receive a certificate of participation at the end of the volunteering period.

The European Voluntary Service programme is managed by the Swiss Agency for Exchange and Mobility, Movetia.


The scholarship covers the following benefits:

- Travel expenses (400CHF)
- Board and lodging
- Pocket money (250 CHF/month)
- Language support
- Liability, health and accident insurance



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The foundation Mère Sofia based in Lausanne is a welfare organization which helps the most impoverished. They have different departments that aid people in need. The volunteer will work mainly at the soup kitchen and may also support the itinerant social service.

The EVS volunteer will have the opportunity to have an insight in one or two of these departments during their EVS, depending of their interest and French knowledge.

The EVS volunteer will mainly work at the soup kitchen. In addition to providing food assistance for free every single day of the year, the welfare organization's goal is to welcome each person without discrimination and allow a social contact with a group.

### VOLUNTEER'S TASKS

- Preparation of the meals and help in the kitchen
- Collaboration with voluntary co-workers
- Distribution of the meals
- Logistical help and maintenance work
- Social support during the evening.

When the volunteer has improved their French knowledge, they can support the itinerant social service. The tasks will be:

- Psychological support for people with social and financial insecurity
- Support for the itinerant social service

### REQUIREMENTS

- Age 18-30
- Motivation to be in contact with people in precarious situations, like practical work
- To be empathic and open minded
- To be able to coordinate a group and to collaborate with the team
- Basic knowledge of French language is welcomed

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**INTERESTED?**

**[Application form, deadline and other information](#)**

**Questions?** Contact us at [astrid.tuerler@icye.ch](mailto:astrid.tuerler@icye.ch)

