

Volunteer Welcome Pack



Welcome to Mauléon-Licharre

pistes solidaires

Ongi Etorri, Welcome !

Dearest volunteers,

We wish you all the best for your stay here and during your time here in the Basque Country. Here we are in a very singular and particular territory by the history and geography. Very close to Spain, we give a great place to the Basque culture. You will notice it by yourself, sometimes the signs are in both languages and some people might speak to you in Basque.

Let's get into the subject, Mauléon is located in the inner Basque Country, in the Soule region. Capital of this province, the city is also the capital of the espadrille. It is a typical shoe of the Basque Country, it is a richness of craftsmanship that has adapted to the contemporary world by modernizing it. Mauléon is a dynamic city around sport: rugby, pelota, hiking, horse riding, you will surely find something for you. You are going to live in a small town which offers the possibility to move around thanks to your minibus! (don't forget your licence ;)).

You are as close to the mountains as to the Atlantic Ocean but also to Spain. Take advantage of this green to hurtle down the Pyrenees and have fun discovering this singular region. If you are still volunteering during the summer, be sure that you will have your days and evenings (rather evenings) well filled. Here we eat a lot (beware vegetarians or vegan, it is not the ideal region) of meat and cheese accompanied by wine. Basque gastronomy is worth discovering (go and taste a good axoa or a taloa, you will tell us about it!).

We hope you enjoy this place as much as we do. Enjoy it, as much as you can !

10 things to do and to see absolutely !

1



Going up to La Rhune

Reach his altitude of 905 m! At the top, after crossing the path of a few pottoks (wild horses) and sheep, enjoy a panoramic view of the Pyrenees chain on one side and the Ocean on the other side.

2



Walking the "Sentier du littoral"

From Bidart to Hendaye via Saint-Jean-de-Luz and Ciboure, the coastal path offers grandiose panoramas. The Pyrenees on one side, beaches, strikes and cliffs on the Atlantic side. On foot or by bike!

3



The famous Côte des Basques

This mythical place of Biarritz is famous for the ballet of surfers. It's good to swim at low tide, go for a walk or just enjoy the panorama. Surrounded by cliffs, the beach offers a view of the mountains on one side and the emblematic Villa Belza on the opposite side.

4

The cellars of Jurançon

Take a tour of the cellars of this sweet and mellow white wine. It is a typical product of our region. Take part in a free visit and a tasting. To be consumed with moderation!



5



The road of the most beautiful villages of France Ainhoa, La Bastide Clairence, Saint-Jean-Pied-de-Port, Navarrenx and Sare, these five villages labelled "Most beautiful villages in France" in the Basque Country and Béarn, which you won't forget!

10 things to do and to see absolutely !

6



Take part in the Bayonne festivities !

This gathering is a very important event in the cultural life of Bayonne. For more than 80 years, we have been joining together for 5 days to celebrate dressed in red and white, with a red belt and a scarf. It's very important!

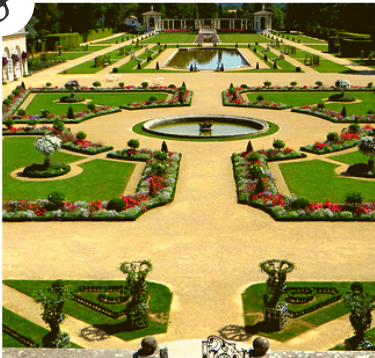
7



Go skiing in the Pyrenees

Even if our ski resorts are not the best known in France, they have the merit of being quite crowded and pleasant in high season. Gourette is the most accessible station by transport or by car.

8



The "Arnaga Villa"

Edmond Rostand's neo-Basque house in Cambo-les-Bains is the lair of the famous poet and author of "Cyrano de Bergerac". You will enjoy strolling through the French and English gardens.

The Boulevard des Pyrénées in Pau

1.8km long, it overlooks terraced gardens that link the upper and lower towns of Pau by the paths of the King and offers a magnificent view of the Pyrenees.

9



10



Don't forget the Landes !

It's the department next door to you. It is home to towns like Capbreton and Hossegor. Very famous for their wild beaches and surfing competitions!

General information

Mauléon, capital of Soule is divided into two parts, on each side of the river Saison, on one side the Bastide and the fortress, on the other Licharre, the old town.

Created at the beginning of the 13th century, and attached to the English crown until the middle of the 15th century, the city will always remain deeply Catholic despite the progress of Protestantism in Béarnais during the wars of religion.

Mauléon owes its economic development in the 19th century to the manufacture of espadrilles, of which the town still provides the major part of the national production today!



© Jean-Louis Belhartz

Weather

You must absolutely know that the weather in the Basque Country is very capricious. It can rain in the morning and in the afternoon it can be 35 degrees. We therefore advise you to bring your k-way, your umbrella but also your sunglasses, swimsuits and sunscreen.

| Jan. | Fév. | Mars | Avr. | Mai | Juin | Juil. | Août | Sep. | Oct. | Nov. | Déc. |
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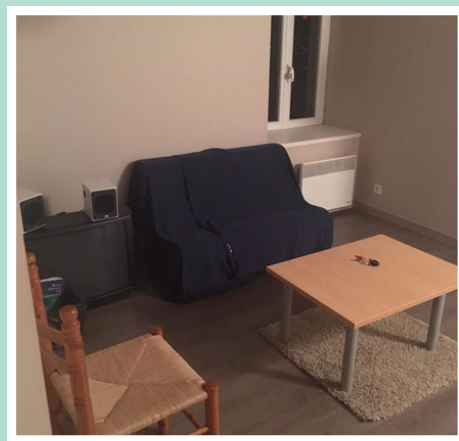
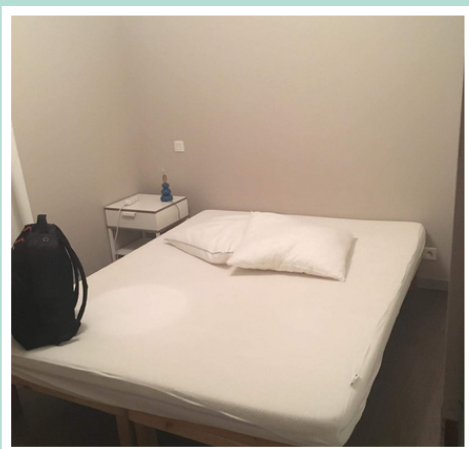
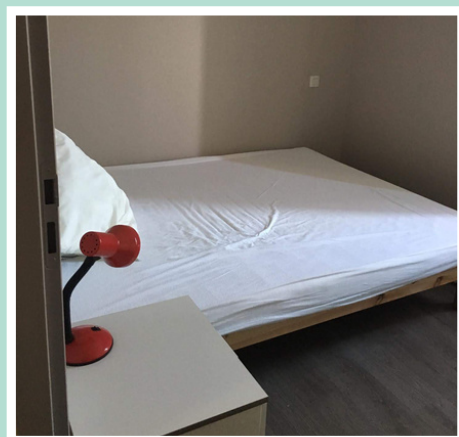
| | janv | fév | mars | avril | mai | juin | juil | août | sept | oct. | nov. | déc. |
|------------------|------|-----|------|-------|-----|------|------|------|------|------|------|------|
| Température mini | 2° | 3° | 5° | 7° | 11° | 14° | 15° | 16° | 12° | 9° | 5° | 2° |
| Température maxi | 12° | 13° | 16° | 17° | 22° | 25° | 27° | 27° | 24° | 20° | 14° | 12° |

Your new house!

The apartment is composed of 2 bedrooms, a bathroom, a toilet, a dining/living room, a kitchen. There is also a washing machine and internet. The apartment is located inside the high school.



Lycée Agricole et Rural Privé de Soule,
64130 MAULEON-LICHARRE



Health and Emergency



Hôpital François Mitterrand

Address : 4 Boulevard Hauterive, Pau
05 59 92 48 48



Centre médical Batasuna - Cabinet Abiatzeberri

Address : 10 avenue de Belzunce, Mauléon
05 59 28 07 85



SOS Médecins

Doctors 24h/24 and 7d/7
05 59 03 30 00

[Appointment online](#)



Planning familial des Pyrénées-Atlantiques (Family planning)

Useful for contraception, informations...

Address : Centre mutliservices, 14 rue des frères Barenne 64130
Mauléon

Wednesday from 14:30 to 17. Informations : [here](#)



Don de Sang (Blood donation)

A fixed house for blood donation exists in Pau. There are punctual collecting times in Mauléon and around, just have a look on the website.

Emergency Phone number

15 in France - 112 in Europe

Firemen: 18

Police: 17

Need a special medical appointment?

An appointment with the dentist or the ophthalmologist? You can find available appointments on the **Doctolib application**. It allows you to find available doctors and book the appointment directly on the [website](#) or the application.

Useful applications and websites



Citymapper

Citymapper

Essential for travel in large cities. In France, it's only available for the cities of Paris & Lyon. Citymapper is the combination of all possible and imaginable means of transport in a single app. It allows you to know how much transport costs (and the most advantageous), or how to get out from the metro quickly as possible (for the lazy team!) or even the best possible optimization of the journey (for the team, sleep is the most important thing!).



Maps.me

It's THE reference in terms of maps: unlike Google Maps, it is based on GPS and doesn't require a connection. Whether you are lost in the heart of a forest or in the mountains, the tool works without internet and will find you!



Reverso
Context

Reverso Context

It's a great tool for translating unfamiliar words or phrases that normal translators have trouble translating. Here, Reverso Context is based on the context of the sentence. The application offers games to memorize words and expressions. The service is available in 9 languages. To be explored!

leboncoin

Le Bon Coin

Are you the king of good deals? Le Boncoin is just what you need. You can buy, sell, put up alerts or have your orders delivered. It recycles!

Rome2rio

Rome2rio

Sometimes getting from point A to point B can be very complicated (especially in lost corners). Rome2rio can save you: the site combines all means of transport and allows you to find improbable buses or interesting flight connections. This can give you an overall range of how much your trip will cost.

Useful applications and websites



TooGoodtoGo

Too Good to Go is your ally in saving money and fighting food waste. The principle is simple: it allows you to discover shops around you that offer the unsold products of the day at very low prices. In addition, it allows you to discover your city a little better by going to get your surprise shopping baskets!

tricount



Lydia & Tricount

The combo of the two applications allows you to keep up to date with your payments with your friends or roommates. Tricount, offers you the possibility to enter your expenses between friends. Let's imagine, you go to a restaurant one pay, to a museum and another pay. Tricount will calculate who owes how much to whom, it's quite magical! The Lydia application allows you to make your reimbursement in a very simple way. As we always say, good counts make good friends ;) !



European Youth Card

The European Youth Card is a discount passport that can be used in 38 European countries. It gives you discounts on cultural places, shops, transport, restaurants and rentals. You can order it until you are 30 years old, it costs 10€. Good to know : use the application to have the geolocation of the good deals around you.



Google translation

The application is not really perfect in terms of translation, but it offers two quite interesting functionalities. The first one is the possibility to scan a text or take a picture, to get a translation without having to write or in the case of Chinese or Cyrillic alphabets (and we're happy about that!). The second one is the conversation mode that allows you to speak in your mother tongue, which translates into the desired language, and the person can also answer you in his or her own language.



Free prints

If you're a fan of photos and want to print them, it always costs a bit. The promise of Free prints is 45 free photo prints per month, which means just over 500 prints per year! You will only have to pay the shipping costs between €1.99 and €5.99 maximum.

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