NOTEBOOK

For a new start



PCI
Appel à projets
PROMOTION DE LA CITOYENNETÉ ET DE L'INTERCULTURALITÉ
2025

FÉDÉRATION WALLONIE-BRUXELLES

Solidarité Femmes

EMERGENCIES, LISTENING, SUPPORT

the essential numbers

ÉCOUTE VIOLENCES CONJUGALES

0800 30 030



SOLIDARITÉ FEMMES

064 21 33 03

100

MEDICAL EMERGENCIES AND FIREFIGHTERS

101

EMERGENCY POLICE

112

ASSAULT OR ACCIDENT

ALL OVER EUROPE

EMERGENCIES, LISTENING, SUPPORT

the essential numbers

ANTI-POISON CENTER
070 245 245

NIGHT MEDICAL GUARD
1733
TO SEE A DOCTOR IN THE EVENING, AT NIGHT, ON THE WEEKEND

ALL NIGHT DRUGSTORE
0900 10 500

TÉLÉ-ACCUEIL
107
24/7
NEED TO TALK? (IN FRENCH)

ÉCOUTE ENFANTS
103
FOR CHILDREN

MY ESSENTIAL NUMBERS:

FOOD

understand dates



HONEY NEVER EXPIRES



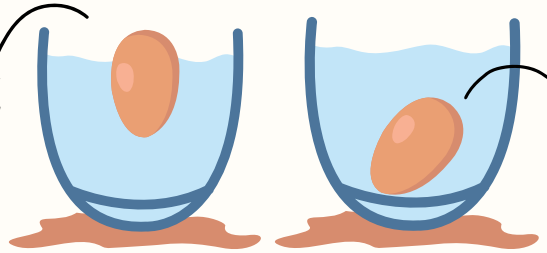
“À CONSOMMER JUSQU’AU...” (DLC)

DEADLINE DATE : HEALTH RISKS MAY ARISE AFTER THIS DATE.



TRICK!

TO THROW AWAY



CAN BE CONSUMED

UNLESS

“À CONSOMMER DE PRÉFÉRENCE AVANT...”

= JUST BEST BEFORE



+ 2 YEARS



SEVERAL YEARS



+ 3 MONTHS

IN THE FREEZER



- MINCED MEAT : 2 MONTHS
- BREAD AND PREPARED MEALS : 3 MONTHS
- BEEF, CHICKEN, VEGETABLES: 12 MONTHS

AT THE SUPERMARKET

Pitfalls to avoid



OFFERS: BE CAREFUL

Special OFFER

A USELESS PROMOTION IS NOT A SAVING. IF IT'S NOT ON THE LIST, IT'S AN EXPENSE.

THE PRICE PER KILO/LITRE

THE ONLY TRUE INDICATOR. THE PRICE PER UNIT IS SOMETIMES MISLEADING!

TIMING

DO YOUR SHOPPING IN THE EVENING (7-8PM) FOR ANTI-WASTE DISCOUNTS (-50%).

LOOK DOWN

THE CHEAPEST PRODUCTS ARE OFTEN LOCATED AT THE BOTTOM OF THE SHELF

WORLD CUISINE SECTION

SPICES AND COCONUT MILK ARE OFTEN UP TO 80% CHEAPER THERE.



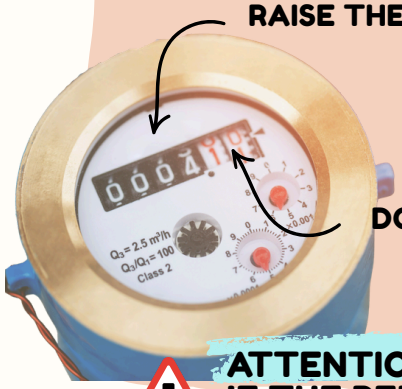
SAVING WATER AND ENERGY EVERY SINGLE DAY



- [ ] OPT FOR SHOWERS (60 L) RATHER THAN BATHS (150-200 L)
- [ ] TURN OFF THE WATER WHILE BRUSHING YOUR TEETH
- [ ] LAUNDRY: FILL THE MACHINE COMPLETELY. USE THE ECO MODE (30°C).
- [ ] FIX LEAKS QUICKLY: A DRIPPING TAP = 120 LITERS WASTED PER DAY
- [ ] GARDEN: COLLECT RAINWATER FOR WATERING

MANAGING YOUR METERS: WATER, GAS, ELECTRICITY

GOLDEN RULE:
RECORD ONLY THE FIGURES ON A BLACK BACKGROUND (ACTUAL CONSUMPTION). DO NOT RECORD THE RED FIGURES.



ATTENTION :
IF THE RED NUMBERS ARE SPINNING WHEN EVERYTHING IS OFF, THERE IS A LEAK.



SHOPPING

low cost



BRING CASH. AVOID USING YOUR BANK CARD TO STAY WITHIN YOUR BUDGET.

HELPFUL TIPS



À LA LOUVIÈRE :

SECOND HAND

QUALITY STORES AT LOW PRICES:
OXFAM, CROIX ROUGE, TERRE

IN LA LOUVIÈRE : LE VESTI BULLE, RUE HAMOIR 56

SOLIDARITY

CLOTHING DONATIONS :
SAINT VINCENT DE PAUL

FREE

THE “DONNERIES” :
SEE THE FACEBOOK GROUPS

MY BEST DEALS NEAR ME :

FINANCIAL SUPPORT

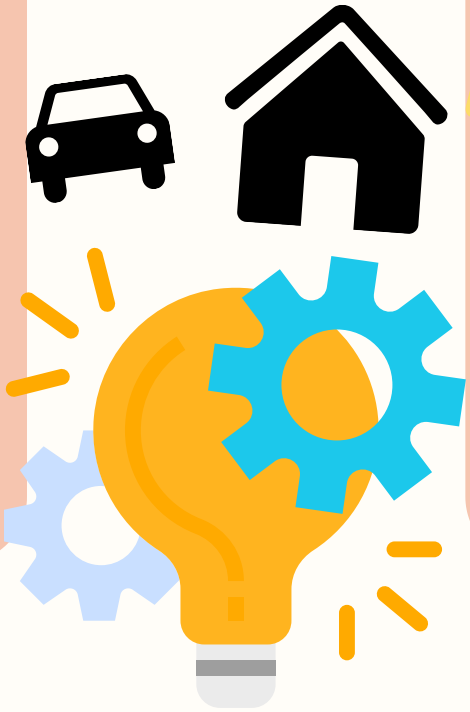
carry out your projects

MICROCREDIT PROFESSIONAL PROJECT AND MOBILITY

FOR WHOM ?
LOW INCOMES, UNEMPLOYED, OR PEOPLE REFUSED BY BANKS

FOR WHAT TO DO ?
DRIVER'S LICENSE, VEHICLE PURCHASE, PERSONAL PROJECT, SMALL BUSINESS

ORGANIZATION:
MICRO START, CRÉDAL



SOCIAL CREDIT (HOUSING)

FOR WHOM ?
MODEST FAMILIES

FOR WHAT TO DO ?
BUYING A HOME, RENOVATIONS, ENERGY-SAVING WORK

DETAILS:
FIXED RATES, REPAYMENTS SPREAD OVER UP TO 30 YEARS

ORGANIZE YOUR PAPERS

SHORT TIME



RECEIPTS (SMALL AMOUNTS), ELECTION NOTICES

PHONE/INTERNET BILLS, CHIMNEY SWEEPING CERTIFICATES, TRANSPORT BILLS, RESIGNATION/DISMISSAL LETTERS

HOSPITAL BILLS AND MEDICAL FEES, APPLIANCE WARRANTIES, TRAVEL AGENCY INVOICES

LONG TIME



RENT, BANK STATEMENTS, TAXES, UTILITY BILLS, PROOF OF UNEMPLOYMENT

RENOVATION/CONSTRUCTION INVOICES (ARCHITECT/CONTRACTOR)

DIPLOMAS, CIVIL STATUS DOCUMENTS (MARRIAGE, DIVORCE, ETC.), MEDICAL RECORDS, VACCINATION RECORDS

VARIOUS GOOD DEALS



CULTURE

ARTICLE 27 : TICKETS FOR SHOWS AND MOVIES FOR 1.25 EUROS.

MY REFERENT ARTICLE 27 :

MUSEUMS : FREE ON THE FIRST SUNDAY OF THE MONTH

MOBILITY

BIM STATUS GRANTS ACCESS TO A €12 ANNUAL SUBSCRIPTION ACROSS THE ENTIRE TEC NETWORK

SOME HEALTH INSURANCE COMPANIES CONTRIBUTE UP TO 150 EUROS TOWARDS THE PURCHASE OF A BICYCLE.

SPORTS AND HEALTH

ADEPS WALKS: EVERY SUNDAY IN NUMEROUS LOCATIONS IN WALLONIA AND BRUSSELS (FREE)

MUTUAL INSURANCE COMPANIES OFFER MANY ADVANTAGES:

- **REIMBURSEMENT OF A SPORTS SUBSCRIPTION**
- **INTERVENTIONS RELATED TO THE PURCHASE OF EYEGLASSES**
- **REIMBURSEMENT FOR YOUR CONTRACEPTION**
- **REIMBURSEMENT FOR YOUR MENSTRUAL PRODUCTS (MUTUALITÉ CHRÉTIENNE)**

MY GOOD DEALS:

COURSES TO LEARN FRENCH

IN LA LOUVIÈRE:

CIEP HAINAUT CENTRE

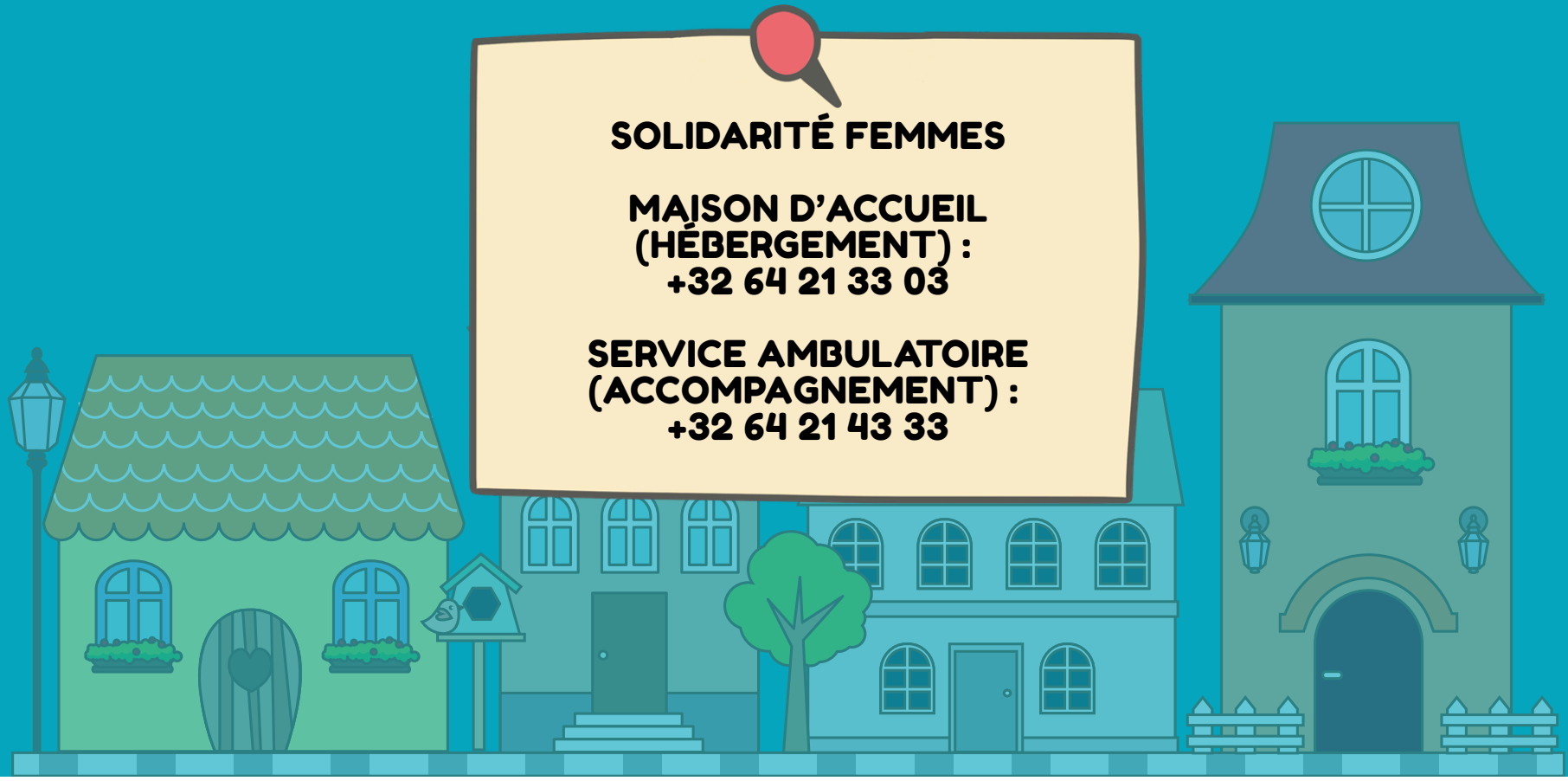
PLACE MAUGRÉTOUT, 17
TÉL : 0475/62.02.46

LIRE ET ÉCRIRE

PLACE COMMUNALE 2A
TÉL. : 064 31 18 80

NEAR MY HOME:

WE ARE HERE FOR YOU.
YOU ARE NOT ALONE.



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