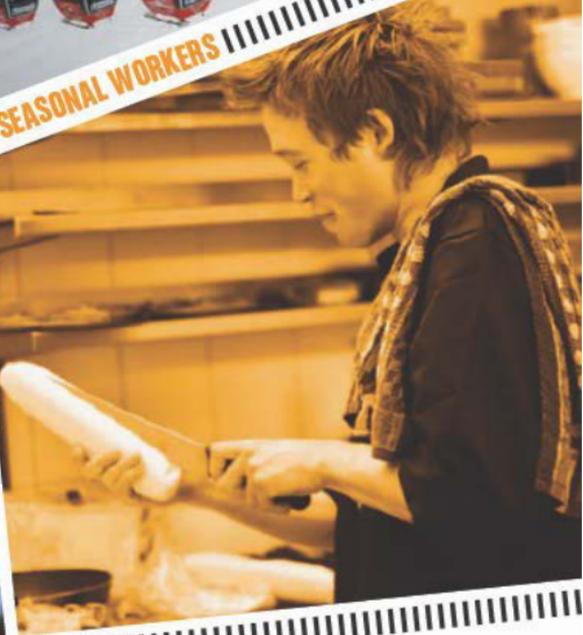




GUIDE FOR SEASONAL WORKERS



WINTER/SUMMER 2010-2011

**HAVE
A GREAT
SEASON**

Pays du Mont-Blanc - Arve Valley



Hello and welcome!

652,000 tourist beds

2nd most popular department for tourism in France

From Mont Blanc and the Aravis mountains to the shores of Lake Léman and Lake Annecy, Haute-Savoie offers an idyllic setting for numerous seasonal employees. These workers help ensure enjoyable holidays for tourists from all over the globe.

With the current economic climate showing signs of improvement, tourism remains the number one job creation sector in Haute Savoie, showing expansion in the hospitality and ski lift industries. Tourism is an industry that can't be relocated overseas, and thus represents a vital asset for the future.

Since 2007, the public authorities (national government, Regional Councils, and General Councils), elected officials, labour and management groups, and all players involved in social issues (C.A.F., C.P.A.M., M.S.A., subsidized housing, occupational health services) have mobilized to promote seasonal employment as a priority for the department, notably including it in a goals charter.

With this framework in mind, and to ensure that seasonal workers « have a good season », the regions of Pays du Mont Blanc and Chablais have mobilized to welcome these employees by means of the Chamonix « Espace Saisonnier » (centre for seasonal workers) and the Chablais « Point Accueil Saisonnier » (information desk for seasonal workers). On a larger scale, Haute-Savoie strives to inform seasonal workers more thoroughly by publishing this guide.

Here, employees and employers will find answers to a variety of questions that may concern them, including training, employment, working conditions, health, and housing.

In order for seasonal tourism to be the driving force behind a local economy, seasonal workers must be as well informed as possible.

Such is the goal of this guide.

And have a great season, everyone!

Alain Solliet

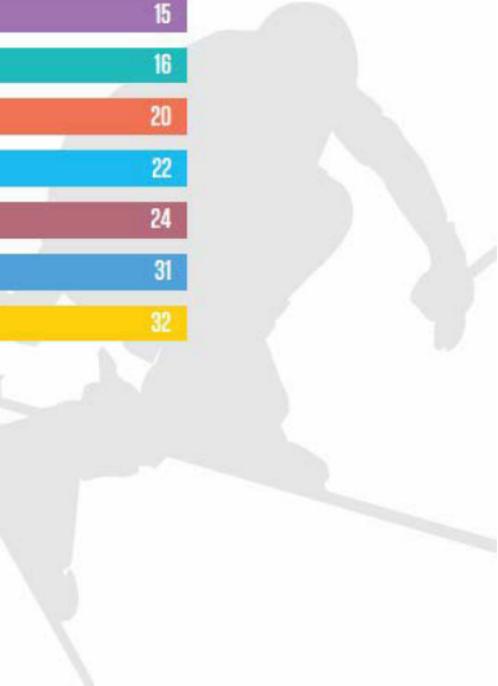
President of the Maison de
L'Emploi-Espace Saisonnier
PAYS DU MONT BLANC

Jean-Luc Videlaïne

Prefect of Haute-Savoie



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Espace Saisonnier & Point Accueil Saisonnier for the Department of Haute-Savoie

Employer or salaried worker, job seeker or already employed, this guide is for you!

It has been created to help you find quick and accurate answers to all your questions and concerns related to seasonal employment: jobs/training, housing, employment law, health, day-to-day life, etc.

We're here all year long, don't hesitate to stop by!

Contact: Point Accueil Saisonnier
(information desk for seasonal workers)

« Le France » 2 Avenue de la Gare
74200 THONON LES BAINS

Tel. +33 (0)6 43 37 70 62

Contact: Espace Saisonnier Chamonix
(information centre for seasonal workers)

100 rue Paul Verlaine
74130 BONNEVILLE

Tel. +33(0)6 08 30 96 34

SERVICES

- Help for those seeking employment
- Information provided in collaboration with partner organisations
- Internet zone (Cyber base) for those looking for work, training courses, etc
- Help writing your CV & covering letters
- Job interview preparation
- Organisation of events for seasonal workers (information meetings, summer job fairs, welcome evenings, healthcare days, special events, forums, etc.)

QUESTIONSAISON

questionSaison is an information service for seasonal workers and their employers. It covers work-related subjects such as employment rights, training, housing, health, etc. Created by the Rhône-Alpes Region, in collaboration with seasonal employment partners such as the various Espace Saisonniers and Point Accueil Saisonnier, questionSaison is here to guide you to the right person to talk to!



More information: www.questionsaison.fr

Tel (shared cost call): 0810 69 00 50

NATIONAL SEASONAL EMPLOYMENT OBSERVER (ONS)

For all you need to know about the Espace Saisonniers (centers for seasonal workers) in France:



www.saisonnalite.org



Espace Saisonnier, Pays du Mont-Blanc

CHAMONIX

94 promenade du Fori
74400 CHAMONIX
+33 (0)4 50 53 12 24

OPENING HOURS

Tuesday 9am-midday/ 1pm-6pm

Thursday 1pm-7pm

Friday 9am-1pm

MEGEVE

Mairie de Megève / CCAS
28 place de l'Eglise
74120 MEGÈVE

OPENING HOURS

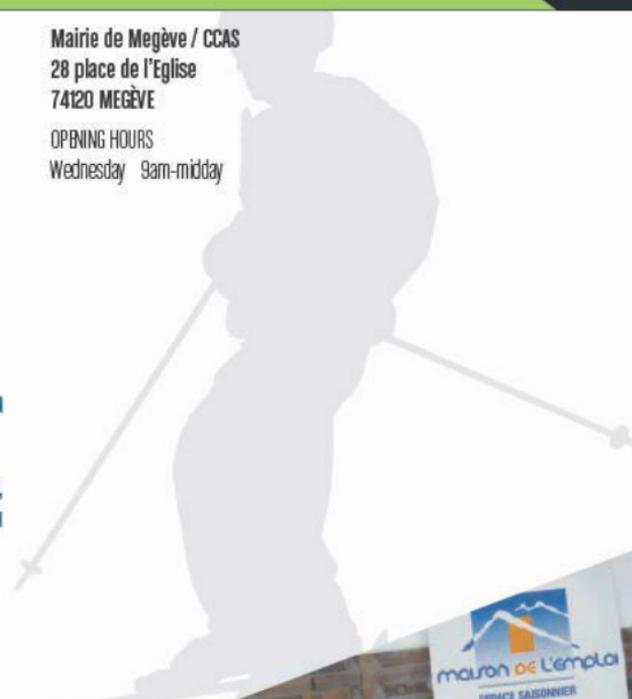
Wednesday 9am-midday



To make it easier to get in touch,
here are other means by which you
can contact us:

- By email at:
saison@maison-emploi.com
- By telephone at the Bonneville
Maison d'Emploi:
+33 (0)4 50 97 29 50

www.maison-emploi.com



Jobs

WHERE CAN I GO TO FIND WORK?

Pôle emploi (job centre)

- **Freely available information** on job offers, companies, training schemes/opportunities, employment legislation, professional (re)training.
- **Personalised advice** from counsellors on a whole range of job-related issues encountered by seasonal workers.

From the end of the season onwards, information is available on job opportunities for the inter-season period, training, as well as for VAE (validation of knowledge acquired by experience) accreditation for seasonal workers wishing to gain a second job.

- **Service for employers** offering case-by-case assistance at every stage of recruitment: analysis of position to be filled and creation of job description; search for potential candidates; selection and proposal of suitable candidates. Advertising job offers across the country, access to seasonal workers' applications made online via website, www.pole-emploi.fr

For more info: visit www.pole-emploi.fr or call 39 49 (in France)

Espace Saisonnier and Point Accueil Saisonnier (information centres for seasonal workers)

Information centres that can help you and offer advice for your job search: creation of CV/covering letters, free internet access (for job seekers only) etc.

For more info: see page 4

Mission Locale Jeunes (youth development) Faucigny Mont Blanc

The Faucigny Mont-Blanc youth development scheme helps and advises young people between the ages of 16 and 25 to look for work, offering vocational guidance and information on training, accommodation, and health and mobility issues...

For more info visit: www.missionlocale.fr



More than 2000 job offers over 2 days!

USEFUL TO KNOW

Job week

Organised by the Pôle emploi and partner organisations:

A must when it comes to preparing your season, the job week is your opportunity to meet employers from the Pays du Mont-Blanc (Mont-Blanc region) face to face.

Don't forget to bring your CV and covering letter to ensure you get that contract for the winter!

- Morzine: Tuesday 19 October 2010
- Cluses: Wednesday 20 October 2010

For more info visit: www.1semainepourlemploi.fr

PLURIACTIVITY - YEAR-ROUND WORK

PERIPL

(centre for exchange of resources and information on seasonal work and pluriactivity)

The centre offers information on seasonal work and « pluriactivity », or the work pattern of a person carrying out several different kinds of paid work over a year. It provides practical and legal information on all aspects of seasonal work.

For more info:

Tel. +33 (0)4 50 66 47 47 - Email: info@peripl.org - www.peripl.org

PLURIACTIVITY – YEAR-ROUND WORK

GEIQ BTP Pays De Savoie - Ain

The GEIQ BTP PAYS DE SAVOIE - AIN brings together 420 craftsmen and women and business people from across Savoie, Haute Savoie and Ain, representing all trades involved in Construction and Public Works. Its mission is to recruit, train and guide new employees suitable for retraining in the Construction and Public Works sector.

- « Tailor-made » course of action according to your profile and plans,
- Possibility of also retaining summer work,
- Alternating programme of employment & training, adapted to suit your abilities and the needs of the marketplace,
- Individual guidance to help you evolve and manage the changing seasons of work,
- Sitting of exams, if necessary.

For more info visit: www.geiqbtp.fr



NOTE Each winter season the GEIQ BTP organises a group information session in the Espace Saisonnier (see GEIQ).

RESO 73-74

A pool of employers specialised in making personnel available for the hotel, restaurant, and tourism industries.

For more info visit: www.resoemploi.fr



WORKING ABROAD

EURES

(European Employment Services)

Provides information on job offers and the free circulation of workers within the European Economic Area.

For more info visit: <http://eures.europa.eu> or contact an advisor at the Pôle emploi.

Club TELI

(Travail Etudes et Loisirs Internationaux)

The Club TELI gives you access to job offers, courses, volunteering opportunities and au pair places abroad. For 40 Euros a year you have access to all the Club's offers as well as numerous special deals across the world.

For more info visit: www.teli.asso.fr

EURALP

EURALP prepares people and supports them while they are working, attending language classes and studying in Europe, North America and the southern hemisphere. It provides support with applications and other administrative matters as well as financial help (grants).

For more info: visit www.euralp.org or email euralp@wanadoo.fr





Housing

WHO CAN I CONTACT TO FIND ACCOMMODATION?

Seasonal accommodation provided by local/town councils

Some town councils provide accommodation specifically for seasonal workers with contracts. Ask at your local Mairie (town hall) for more information.

Private rentals

Mairies and/or tourist offices often have public notice boards and lists of private accommodation providers.

Some centres for seasonal workers also have advertisements submitted by individuals providing accommodation.

TEMPORARY ACCOMMODATION

There are several organisations that can provide you with temporary accommodation. Ask at your local Mairie and/or the Espace Saisonnier and Point Accueil Saisonnier for more information.



NEED EMERGENCY ACCOMMODATION? CALL THE 115

Dial 115 for the contact details of the nearest place offering emergency shelter.

Where to look?

TIP Plan ahead when it comes to looking for work, and for your first season prioritise jobs that provide accommodation for employees!

CHAMONIX Valley

Private providers - www.chamonix-mont-blanc.fr
Heading 'social et santé/logement social/hébergement saisonniers »

FJT - Foyer de Jeunes Travailleurs « La Marmotte »
(residence for young workers)
131 montée J. Balmat - Tel: +33 (0)4 50 53 20 13

Maison des Cimes (57 small flats with/without kitchen for seasonal workers)
1537 route des Praz - Tel: +33 (0)4 50 53 31 52

Relais Chatelard Servoz
Tel: +33 (0)4 50 47 21 62 or +33 (0)6 03 00 84 85

Campsites (summer)
Contact the Mairie for information and bookings
Tel: +33 (0)4 50 53 11 13

Gîtes d'étapes (hostel-style accommodation)
You will find a list of gîtes d'étapes at the tourist office as well as the Espace Saisonnier

Auberge de Jeunesse (youth hostel)
www.fuej.org/Chamonix-Mont-Blanc

CHABLAIS

FJT / CIS - Foyer de Jeunes Travailleurs
(lodging for young workers)
Avenue de Neuvecelle - 74500 Evian
Tel. +33 (0)4 50 75 35 87

Mairie de Morzine (residence « le Savoie »)
Tel. +33 (0)4 50 79 04 33

Mairie de Châtel (residence « le Champlan - Abondance »)
Tel. +33 (0)4 50 73 23 98

Gîtes d'étapes (hostel-style accommodation)
You will find a list of gîtes d'étapes at the tourist office as well as the Espace Saisonnier

For caravans

Camping de la Baume (winter)
Communauté de commune de la Vallée d'Aulps
Tel. +33 (0)4 50 72 15 15

Mairie de Châtel
Tel. +33 (0)4 50 73 23 98

SPREAD THE WORD

Loans for the construction of housing for seasonal workers!

« Action Logement » finances the purchase, construction, and renovation of rental housing destined for seasonal workers on modest incomes. Loans target employers wanting to purchase housing for their seasonal workers.

The French state, in the form of the DDT (departmental body with responsibility for town planning), advises property owners in the creation of housing for seasonal workers.

For more information visit: www.amalia.fr



HOUSING SUPPORT

Just like any other tenant, you can contact specialist housing support organisations to find out more about your rights and responsibilities.

Mission Locale Jeune (youth development)

If you are aged between 16 and 25, and depending on your situation, the MLJ can help you with securing accommodation (support, paperwork, budget). For more info: www.missionlocale.fr

ADIL - Association Départementale Informations sur le Logement (housing information)

The ADIL advises on the different forms of rental agreements as well as all kinds of legal, financial and tax issues. ADIL staff in Chamonix > 4th monday of every month, from 10am to midday at the Mairie
For more info visit: www.adil.org/74

AMALLIA / formerly CILSE - Comité Interprofessionnel du Logement Social et de son Environnement (social housing)

- > Avance LOCA PASS[®]: interest free loan for deposit of 1 or 2 months rent
- > Garantie LOCA PASS[®]: AMALLIA acts as guarantor for rent and shared bills (water etc) for 18 months in case of default by the tenant. Only for available for rental accommodation in the social housing sector.
- > GRL[®] (rental risks guarantee): Insurance (to be bought by the lessor) that covers the risks associated with renting in the private sector. See the website www.grl.fr.
For more info visit: www.amallia.fr

CAF (social security benefits for families)

Allowances available for primary residence for people paying rent or who are repaying a loan.
Administrative staff in Chamonix > Last wednesday of every month: 9am-midday and 1:30pm- 4:30pm at the Maison pour Tous. For more info visit: www.caf.fr - Tel: +33 (0)8 20 25 74 10

MSA - Mutualité Sociale Agricole (social security programme for farmers)

For more information concerning people who contribute to the MSA.
For more info: www.msa.fr

Pôle Médico-Social (social services)

Information, guidance and help in drawing up applications with a view to exercising your housing rights.
For more info contact the Espace Saisonnier.

Nouveau

Travailleurs saisonniers



Assurances santé et habitation

“ Où que je sois,
je suis toujours bien assuré. ”

Renseignez-vous auprès
d'un conseiller Macif
ou sur www.macif.fr

▶ N°Cristal 09 69 39 49 19

APPEL NON SURTAXE



RHÔNE-ALPES

*Les contrats santé sont gérés par Macif Mutualité, Carré Haussmann, 22-28 rue Joubert 75435 Paris cedex 9 -
Mutuelle régie par le Livre II du Code de la mutualité adhérente à la FNMF RNM : 779 558 501*

IN CASE OF CONFLICT

To learn about your rights and any legal action you might want to take, you can contact:

The Espace Saisonnier

An advisor can provide you with basic information, good advice and can guide you towards the relevant services (see page 4).

Industrial tribunal (Conseil de Prud'hommes)

Not an advisory service; they only handle cases directly.

Conseil de Prud'hommes de Bonneville: + 33 (0)4 50 97 14 10

Departmental union contacts:

Local union contacts:

CFDT **Anancy** +33 (0)4 50 67 91 70
Email: ud@cfdt74.fr
Staffed: monday to friday, 9am-midday
and 2pm-6pm
Departmental secretary +33 (0)6 26 37 35 07

Bonneville +33 (0)4 50 97 15 48
Staffed: tuesdays 9am-11:30am and
3pm-4:30pm; fridays 2pm-6pm
Cluses +33 (0)9 52 43 28 40
Staffed: wednesdays and fridays 2pm-5pm
Thonon +33 (0)4 50 70 16 20

CFTC **Cran Gevrier** +33 (0)4 50 57 54 57
Email: ud74cftc@wanadoo.fr
Staffed Mondays, Tuesdays, Thursdays and Fridays
from 8am to midday - Closed Wednesdays

Bonneville +33 (0)4 50 97 89 12
Email: cftc74@orange.fr
Staffed Wednesdays from 4pm to 6pm

CFE **Cran Gevrier** +33 (0)4 50 67 40 12
CGC Email: ud74@cfecgc.fr

Pays du Mont Blanc (Passy)
+33 (0)4 50 78 18 42
Michel Dambra +33 (0)6 11 53 70 35

CGT **Anancy** +33 (0)4 50 67 91 64
Email: cgt.Haute Savoie@wanadoo.fr
Open every day

Cluses +33 (0)4 50 98 59 14
Email: c.g.t.cluses-ul@wanadoo.fr
Pays du Mont Blanc (Passy)
+33 (0)4 50 93 60 34
Staffed: Saturday mornings
Email: ulcgtpmb74@wanadoo.fr
Thonon les Bains +33 (0)4 50 71 79 78
Email: cgtchablais.ul@wanadoo.fr
Email: ul-thonon.thonon2@wanadoo.fr

FO **Cran Gevrier** +33 (0)4 50 67 40 15
Email: udfo74@force-ouvriere.fr
Open from Monday to Friday, 8:30am-midday
and 2pm-5:30pm

FAQs

How do you define a « CDD saisonnier » (fixed-term seasonal contract)?

- > No job insecurity payment at the end of the contract
- > Contracts can only be terminated:
 - With the agreement of both the employee and the employer
 - In the case of serious professional misconduct
 - In the case of force majeure
 - If the employee can provide proof of an offer of a CDI (contract for permanent employment), any notice period to be respected

Should I get paid overtime or get time off in lieu if I work extra hours?

An employee who works longer hours than those he or she is contracted to work can be awarded compensatory time/time off in lieu or can be paid for this work, depending on the good will of the employer and the kind of work undertaken by the business.

France's code du travail (employment law) requires employers to keep records of contracted working hours, including a summary of the hours actually worked by each employee.

Should the accommodation provided by my employer meet certain criteria?

Yes. It must meet certain minimum requirements concerning surface area, volume, and facilities and fixtures (windows, ventilation, etc.). A seasonal worker does not have to vacate his or her accommodation during any periods of suspension of his or her contract (eg. sick leave).

For more info consult DIRECCTE documentation « les règles légales » (available in French from the Espace Saisonnier)

USEFUL TO KNOW

Work facilitators are there to listen to you:

An experiment in local conflict resolution, before labour disputes occur, is taking place in Chamonix. Thus, whether you are a seasonal worker or an employer, you are welcome to contact our team of two facilitators (1 member representing the employee, 1 member representing the employer) based in the Espace Saisonnier. The team can help you work through individual disputes arising from working a seasonal contract, whatever the category of business involved.

Contact the Espace Saisonnier in Chamonix to make an appointment: +33 (0)4 50 53 12 24



Legal Services

WHERE CAN I GET ANSWERS TO MY LEGAL QUESTIONS?

3939 ALLO SERVICE PUBLIC

Whatever your situation, by calling 3939 you can get an answer to, or guidance on, a request for legal information in less than three minutes.

Antenne de justice (legal advice centre)

Public service providing information on legal rights and guidance. The centres in Cluses and Thonon have various staff members offering guidance and advice about legal proceedings.

For more info, Cluses - +33 (0)4 50 96 84 63

Free consultation with a lawyer

Having obtained a bon d'orientation (guidance ticket), you can have a free 20-minute consultation with a lawyer. Contact your local Mairie or the Antenne de Justice in Cluses or Thonon.

For more info, Cluses - +33 (0)4 50 96 84 63

Conciliateur de justice (legal mediator)

A volunteer named by the Cour d'Appel (court of appeal). The role of the mediator is to facilitate and record an amicable settlement of the conflicts put before him or her.

Use of a mediator is free and can avoid the need to go to trial. For more info contact the relevant Mairies

Délégué du médiateur de la République (ombudsman)

Advices on questions relating to disputes between individuals and the French state.

For more info, call: +33 (0)4 50 96 84 63

ASSIJES - Association d'Intervention Judiciaire et Sociale (legal and social intervention)

Service helping victims: reception, listening, information, guidance. Does not replace lawyers. Appointment required. For more info visit: assijes@orange.fr

CIDFF - Centre d'information sur le droit des femmes et des familles (women's and family rights)

The CIDFF Rhône advises, guides and supports members of the public, primarily women and families, in exercising their rights, the fight against violence against women, parenting support, work, professional training, starting up a business, health, etc. It also offers legal information provided by a lawyer.

For more info visit: www.infofemmes-rhonealpes.fr

Training



WHO SHOULD I CONTACT FOR TRAINING?

||||||| Pôle Emploi (job centre)

If you would like to develop professionally, have more than one job during the year or you need information about training, the Pôle emploi can advise you on training opportunities, centres, and possible sources of funding.

For more info visit: www.pole-emploi.fr

||||||| Mission Locale Jeunes (youth development)

If you're between the ages of 16 and 25, the Mission Local Jeunes can help you plan your training and analyse the financial feasibility and practical constraints. You'll receive help for the administrative aspects of your project throughout your training.

For more info visit: Mission Locale in Cluses - Tel: +33 04 50 89 72 30 - www.missionlocale.fr

Staff on hand to help at the Maison pour Tous in Chamonix every thursday morning by appointment.

||||||| Espace Saisonnier / Point Accueil Saisonnier

Irrespective of your situation, you'll find basic information here on offers of training and existing opportunities, and can be put in touch with the relevant professionals able to help you further (see page 4).

||||||| Maison de l'Information et de la Formation - MIFE (centre for information & training)

This centre can help you consider training possibilities, your professional future, and possible career directions. Free assistance for any type of career objective. Staff at the Bonneville MDE (employment centre) tuesday mornings by appointment call +33 (0)4 50 97 29 50

For more info visit: www.mife74.org

||||||| Website offering advice for all aspects of your working life in the Rhône-Alpes

Find out more about different professions. Find training courses and other career development strategies. Create your job and set up your business. For more info visit: www.rhonealpes-orientation.org

CIF / BDC / VAE:

What are these? Where can I find out about them?

BDC - Bilan de Compétence (skills assessment)?

A skills assessment will help you to focus on how you see your career developing and to evaluate your skills, professional competencies, and motivation and interests.

> CIBC: cibc74-bonneville@waradoo.fr

VAE - Validation des Acquis d'Expérience (Validation of Knowledge Acquired by Experience)?

> In the Rhône-Alpes region, seasonal workers can benefit from free project assistance.

For more information, visit: www.vae-saisonnier.fr

CIF - Congé Individuel de Formation (personal training leave)?

> For information on your rights and training opportunities while on leave, contact:

Fongecif Haute Savoie antenne74@cifrhonealpes.com

SPECIFIC TRAINING PROGRAMMES

Hotel business (catering/cooking, service, reception, management, etc.)

> Job security for seasonal workers (FAFIH)

If you can prove you have worked for at least one season (minimum 4 months) in the hotel/restaurant trade, you are entitled to 21 hours of training, provided your funding request is accepted by the FAFIH.

More information: www.fafih.com, www.saisonniers-hotel-resto.fr, GRETA Arve Faucigny & GRETA Lac

GEIQ BTP

A specialist in jobs and training in construction and public works for the past 10 years, the GEIQ BTP Pays de Savoie-Ain helps young people and adults to join these trades. Each project is a « bespoke scheme » drawn up in accordance with the wishes and abilities of the employee. The aim of the GEIQ and its partner organisations is for participants to come away with a professional/vocational diploma or other recognised professional qualification (see page 8).

For more info visit: www.geiqbtp.fr

USEFUL TO KNOW

Funding

Each employer pays money into an OPCA, or state-registered training fund. These bodies provide funding for all or part of an accredited training scheme. Ask your employer and/or at the Espace Saisonnier for more information on your entitlements and any available training opportunities.

For more info visit the Espace Saisonnier - saison@maison-emploi.com



Health

RESOURCES FOR YOUNG PEOPLE

Mission Locale Jeunes Faucigny Mont-Blanc

The team is on hand to listen to young people between the ages of 16 and 25 with any kind of health problems and issues. Don't hesitate to contact us and talk to an advisor, who will be able to guide you and set up help adapted to your needs and your integration into the workplace.

For more info call: +33 (0)4 50 89 72 30, sites in Bonneville, Cluses and Sallanches

SANTÉ AU TRAVAIL (OCCUPATIONAL HEALTH SERVICES)

The aim of occupation health services is to prevent any deterioration in the health of employees caused by their work. They primarily monitor employees' health, hygiene conditions at work and the risks associated with the working environment. Santé au Travail professionals are happy to answer any questions you might have. For more info: Sallanches - +33 (0)4 50 58 38 99

CONTRACEPTION

Centre de planification (family planning centre)

Provides medical consultations, information relating to contraception, and post-termination consultations, etc. Free emergency contraception. Pregnancy testing.

Open: tuesday 9am-5:30pm, wednesday 9am-6pm

For more info call the Hôpitaux du Mont-Blanc +33 (0)4 50 47 30 19

PMI - Protection Maternelle Infantile (mother and childhood protection)

You can make appointments with local midwives, who can visit you in the resort.

For more info call the PMI +33 (0)4 50 98 60 68

MENTAL HEALTH

Centre Médico Psychologique (mental health clinic)

Nurse available in Sallanches every day from 9am to 5pm

For more info contact: inaire@ch-epsm74.fr

PREVENTATIVE HEALTH

Mutualité Française de Haute Savoie (cooperative of private health insurers)

This preventative health service intervenes on behalf of a variety of populations (youth in re-integration, the public in general) concerning different themes (addiction, nutrition, social entitlements etc.). One of its major concerns is the health of seasonal workers, on the local, departmental, and regional levels. The MFHS unites approximately one hundred insurers. It operates a dental clinic, a vision centre, and an in-home nursing service.

For more info: www.mutualite74.fr

Education Santé Haute-Savoie (health education)

This is a regional and inter-departmental body providing free documentation, methodological advice and project management resources in the area of health. Professionals will visit a company at the request of an employer, primarily concerning tobacco use and nutrition.

For more info visit: www.education-sante-ra.org

Sécurité solaire (health in the sun)

Sécurité Solaire is an association that advises on good practice in the sun, notably how to avoid pathologies associated with overexposure to ultraviolet (UV) rays, through a programme called « Vivre avec le soleil » (living with the sun).

For more info visit:

www.soleil.info/uv-meteo/



ADDICTIVE BEHAVIOUR

Consultations concerning addiction

Consultations with representatives from social services available at Sallanches hospital; call +33 (0)4 50 47 30 89 to make an appointment - tuesday mornings, wednesday & thursday afternoons.

Centre de cure ambulatoire en Alcoologie ANPAA

(ambulatory care for alcoholism)

The centre caters for any person who thinks he or she might have a problem with their alcohol or tobacco consumption. It offers ambulatory care, group activities (discussion groups, relaxation therapy, outings, etc) and follow-up care in collaboration with social and health professionals.

For more info visit: [ANPAA Cluses](#)

Association Oppelia - Le Thianty residential centre

The association combines care (apartments facilitating the co-ordination of therapy and a residential therapy centre) with prevention (sexually transmitted/blood-borne infections). It also co-ordinates prevention and risk-reduction programmes among seasonal workers in the department.

For more info visit: www.oppelia.fr

Association « Le Lac d'argent »

(centre offering specialist care for drug addicts and their families)

- > Multidisciplinary support: nurses, doctors, social workers, psychologists
- > Programme of ambulatory care (Methadone and Subutex)
- > Consultation with family members and close friends
- > Continuous evaluation of consumption
- > Risk-reduction and prevention

For more info email: lac-d-argent@wanadoo.fr

USEFUL TO KNOW

Centre de Dépistage Anonyme et Gratuit

(Hôpitaux du Mont-Blanc)

Screening centre providing 100% anonymous, confidential and free medical consultations.

Consultations and advice on prevention (STIs, HIV), the first three Wednesdays of every month from 1pm to 7pm, Sallanches. Chamonix Screening service: last wednesday of every month between 2pm and 6pm. > Results available in 48 hours.

For info and appointments call: +33 (0)4 50 47 30 49



AIDS INFO SERVICE

Freephone number

(from landline): 0800 840 800

www.sida-info-service.org

HEALTH INSURANCE

I must be covered by the Caisse Primaire d'Assurance Maladie (local health insurance fund) or the Mutualité Sociale Agricole (farmers mutual insurance system). I must have my Carte Vitale (health service card) or my attestation (proof of insurance) with me at all times. I can update my card at any pharmacy in the department. I show my card every time I consult a healthcare professional.

CPAM (state health insurance fund)

You can approach the Espace Saisonnier to contact the CPAM directly in the case of particular problems or housing/financial emergencies associated with health insurance.

For more info visit: www.ameli.fr; Tel: 36 46

CMU - Couverture Maladie Universelle (universal health care cover)

This basic cover is designed for people with no health insurance or who have lost their insurance; depending on one's financial means it can also include complementary health insurance cover (i.e. that not provided by state cover). If I don't qualify I can submit a request for financial aid to acquire a complementary cover. For more info contact: www.ameli.fr or call 36 46, or the Pôle Médico-Social du Conseil Général on +33 (0)4 50 91 27 609

Social Services



SOCIAL AND FAMILY QUESTIONS?

Mairie / CCAS

Community action centres respond to questions associated with day-to-day difficulties. They deal with the management of toddlers' groups, applications for legal aid, requests for emergency housing and applications for RMI (benefit payments) for those not claiming unemployment benefits.

Pôle Médico Social (social work)

Social workers from the departmental council can support you in issues relating to health, housing, and financial or family problems. You must make an appointment to meet the social workers. The Protection Maternelle Infantile (PMI) service can help and guide you when it comes to issues related to motherhood and children (health and childcare).

For more info: Chamonix - Tel. +33 (0)4 50 53 23 42

CAF/ MSA

The CAF (social security benefits for families) provides various services depending on your income and family situation: Are you expecting a baby? Are you looking for childcare? Are you having difficulty paying for your housing? Are you financially insecure? The CAF is there to support you.

For more info visit: www.caf.fr

Staff on duty on the last Wednesday of every month: 9am to midday and 1:30pm to 4:30pm at the Maison pour Tous, 94 promenade de Fori, Chamonix Mont Blanc.

The MSA offers the same services as the CAF, but for those people who contribute to the agricultural workers' health insurance fund.

For more info visit: www.msa.fr



**Radio
Mont Blanc**

sur...

97.4 et **96.5** FM

la radio de la vallée de Chamonix

Information locale, agenda, météo

7 RENDEZ-VOUS

7h25 - 8h25 - 12h25 - 14h00 - 17h25 - 18h25 - 19H00

www.radiomontblanc.fr

Day-to-Day Life Chamonix Valley



CARTE SAISONNIÈRE

Your carte saisonnière is available from the Espace Saisonnier.

This card allows you to use the local transport system for free (bus & train network) and also offers reduced rates at the town's sports facilities - swimming pool, ice rink, etc - as well as in certain shops*.

Allocation of carte saisonnière - conditions

> Carte saisonnière issued on presentation of an employment contract.

> Valid throughout the season.

Price: 2 €

*List of reduced rates and benefits available from the Espace Saisonnier.





TRANSPORT IN CHAMONIX

Chamonix Bus

The Chamonix bus network serves the whole of the Chamonix valley, from Servoz to Le Tour and gives access to the valley's ski lifts.

Les Mulets

These are free minibuses serving the town of Chamonix.

Train Mont-Blanc Express

The SNCF railway line serves all the villages between Saint Gervais/Le Fayet, Vallorcine and Martigny (Switzerland). This tourist train provides a unique and comfortable way of exploring the Chamonix and Trient valleys.

Car sharing

Driving to Chamonix... and you've got some spare seats...?

You don't have a car... and you're looking for a ride...?

Check out the tourist office website: www.chamonix.com

Website for the Conseil Général de Haute Savoie: www.covoiturage.cg74.fr

ACTIVITIES AND EVENTS

Tourist Offices

The valley's tourist offices are there to give you all the information you need about the town. Sit outside the Chamonix office, even when it's closed, and make use of the free WiFi internet access 24 hours a day. You will also find brochures on activities and events as well as maps of the town, etc.

For more info visit: www.chamonix.com

Chamonix's Richard Bozon Sports Centre

The sports centre is home to the swimming pool and ice rink and also offers a range of other activities, such as a climbing wall, gym, tennis courts, etc.

For more info call: +33 (0)4 50 53 09 07

Maison des Jeunes et de la Culture

The MJC organises a number of activities, events and courses throughout the year. Programmes are available from the Maison pour Tous. Prices depend on time of year (prorata).

For more info call: +33 (0)4 50 53 12 24

Office de Haute Montagne

A meeting point for climbers and hikers, the OHM has general and specific information on routes and conditions in the mountains. There is a permanent exhibition on mountain meteorology as well as real time forecasts.

For more info visit: www.ohm-chamonix.com

Libraries

The Chamonix multimedia library contains a large number of books and other works and also organises activities for children.

For more info visit: www.bibliomontblanc.com and <http://mediatheque.megeve.fr>

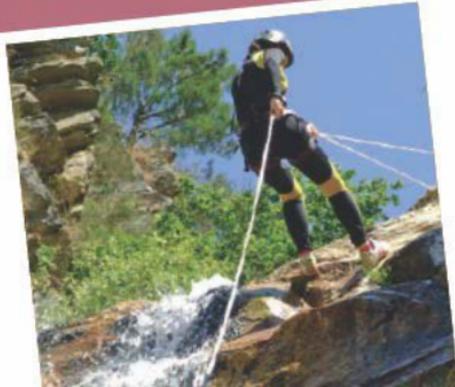


CHILDCARE

The Chamonix mairie manages a crèche and day care centre.

For more info call: +33 (0)4 50 53 96 15

You will also find a list of babysitters in the Pays du Mont Blanc PIJ (youth services) in Chamonix - +33 (0)4 50 53 12 24 - as well as the Sallanches PIJ +33 (0)4 50 47 87 23.



SKI AREAS AND SAFETY IN THE MOUNTAINS

Compagnie du Mont-Blanc

The Compagnie du Mont Blanc runs three of the valley's ski areas (Brévent-Flégère, Balme, Grands Montets) as well as its three other famous attractions (Montenvers-Mer de Glace, Aiguille du Midi, and the Tramway du Mont Blanc in Saint Gervais).

The Compagnie employs 205 permanent members of staff and up to 280 seasonal workers.

For more info visit: www.compagniedumontblanc.fr

Ski insurance

« Carte neige » (FFS) - Offered by the Club des Sports de Chamonix. Price = 65€ for the year. Requires a medical certificate.

For more info call: +33 (0)4 50 53 11 57

ACTIMUT - Sports insurance cover at reduced rates; 11€ for individuals and 21.50€ at family rate.

For more info call: +33 (0)4 50 38 62 63

Ski passes

Allocation of passes - conditions

The season pass is allocated in 2 parts:

- > You can claim the 1st part at the start of the season on presentation of an employment contract,
- > You can renew your pass on 1st March by showing proof of employment (payslip for the month of February).

PRICES*

« Chamonix le PASS » season pass = 400€
(pay extra to get an extension for the whole year)

Day pass: 30% off « Chamonix le PASS » and
« Chamonix Unlimited » passes

*2010 / 2011 rates

TAKE CARE! The ski patrollers work hard to ensure the marked ski areas are safe but safety in the mountains is also the responsibility of each individual skier. Make sure you know about mountain rescue cover and the cost of being rescued! Don't ski without.



GIFFRE, GRAND MASSIF and PAYS du Mt BLANC resorts

Some resorts don't have dedicated centres for seasonal workers but you can find help centres and information regarding seasonal work, accommodation, benefits, etc.

Below is a list of organisations that may be able to help you:

INFORMATION CENTRES & SERVICES OFFERED:

Giffre Valley

PRAZ DE LYS

- Pôle Médico-social (social services) in Taninges, to make appointment with social worker call +33 (0)4 50 34 27 77
- Apartments available for seasonal lets (town hall) Tel. +33 (0)4 50 34 20 22
- Pôle emploi (job centre) in Taninges - Tel. 39 49
- Mission Locale Jeunes (youth development) in Taninges - Tel. +33 (0)4 50 89 72 30

SAMOËNS

- Pôle Médico-social (social services) in Taninges, to make appointment with social worker call +33 (0)4 50 34 27 77
- Pôle Emploi (job centre) in Taninges. Tel. 39 49
- Mission Locale Jeunes (youth development) in Taninges - Tel. +33 (0)4 50 89 72 30

Grand Massif

LES CARROZ

- Pôle Médico-social (social services) in Taninges, to make appointment with social worker call +33 (0)4 50 34 27 77

FLAINE

- See Les Carroz

Mont-Blanc

MEGÈVE

- Centre Communal d'Action Sociale (social welfare centre) at town hall: Mme Socquet Tel. +33 (0)4 50 93 29 14
- Ski passes at special rates

COMBLOUX

- See Megève

ST GERVAIS

- Centre Communal d'Action Sociale (social welfare centre) - Tel. +33 (0)4 50 47 78 79

LES CONTAMINES MONTJOIE

- Centre Communal d'Action Sociale (social welfare centre) - Tel. +33 (0)4 50 47 00 20
- Association Sportive et Culturelle (sports & culture) > Ski passes at special rates

PASSY

- Pôle Médico social (social services), make appointment with social worker
- Mission Locale Jeunes (youth development scheme) Tel. +33 (0)4 50 89 72 30 to make appointment

CHAMONIX

- Espace Saisonnier (centre for seasonal workers), see page 3



After the season? A summer by the seaside? In the mountains?

IN THE ALPS

04

Point Accueil Saisonnier (04400 Barcelonnette)
Tel. +33 (0)4 92 80 71 30 - agiral@cbe-parpailon.com

05

Maison des Saisonniers du Briançonnais
(05240 La Salle Les Alpes) Tel. +33 (0)4 92 24 70 80
saisonniers@ccbrianconnais.fr

38

Espace Saisonnier des Deux Alpes
Tel. +33 (0)4 76 79 08 65
accueilsaisonnier.2alpes@wanadoo.fr

Maison des Services Publics et des Saisonniers
(38520 Bourg d'Oisans)
Tel. +33 (0)4 76 80 02 66 - geado@wanadoo.fr

Espace Saisonnier de Chamrousse
(38410 Chamrousse) Tel. +33 (0)4 76 03 11 08

73

Espace Saisonnier des Arcs
Tel. +33 (0)4 79 07 01 35
espace-saisonniers@bourgsaintmaurice.fr

Espace Emploi Formation de Courchevel
Tel. +33 (0)4 79 00 01 01
espace-emploi-courchevel@wanadoo.fr

Espace Saisonnier de La Plagne
Tel. +33 (0)4 79 09 20 85
saisonniers.laplagne@wanadoo.fr

Espace Saisonnier des Ménuires / Val-Thorens
Tel. +33 (0)4 79 00 23 20
saisonniers@mairiesmb.com

Espace Saisonnier de Tignes
Tel. +33 (0)4 79 40 09 89
espacesaisonniers@tignes.net

Espace Saisonnier de Val d'Isère
Tel. +33 (0)4 79 06 84 78 - vievaldis@wanadoo.fr

Les 24 relais saisons de Maurienne (les Karellis,
le Corbier, Valloire, la Toussuire, ...)

Tel. +33 (0)4 79 64 41 02 - saisonmaurienne@orange.fr

74

Points d'Accueil des Saisonniers (PAS) du
Chablais (Morzine, Avoriaz, Châtel)
Tel. +33 (0)4 50 81 69 88 - info@saison-chablais.fr

Espace Saisonnier du Pays du Mont-Blanc
Tel. +33 (0)4 50 53 12 24 - saison@maison-emploi.com



ON THE ATLANTIC COAST

17

Maison des Saisonniers et de l'Information
Jeunesse (17200 Royan)
Tel. +33 (0)5 46 06 60 70 - infos@mdsjj.org

33

Maison des Saisonniers du Bassin d'Arcachon
(33260 La Teste de Buch) Tel. 0 820 890 298
contact@saisonniers-bassin-arcachon.com

56

Maison de l'Emploi et des Saisonnalités du Pays
d'Auray (56400 Auray) Tel. +33 (0)2 97 59 60 23
saisonnalites.auray@orange.fr

ON THE MEDITERRANEAN COAST

30

Maison du Travail Saisonnier Terre de Camargue
(30220 Aigues Mortes) Tel. +33 (0)4 66 53 61 38
mts.ccterredecamargue@wanadoo.fr

34

Maison du Travail Saisonnier Hérault
Méditerranée (34300 Le Cap d'Agde)
Tel. +33 (0)4 67 32 82 80
accueil.mts@agglohm.org

IN THE PYRENEES

65

Bureau d'Information des Saisonniers
(65103 Lourdes Cedex) Tel. +33 (0)5 62 94 48 81
bureaudessaisonniers@orange.fr

GIPE / Guichet Initiatives Pluriactivité Emploi
(65170 Saint Lary Soulan)
Tel. +33 (0)5 62 40 08 14 - gipe65@perenne.org

66

Maison du Saisonnier en Pyrénées-Roussillon
(66000 Perpignan) Tel. +33 (0)4 68 35 34 34
webmaster@maison-du-saisonnier.com

ELSEWHERE IN FRANCE

2A

Maison de l'Emploi et des Saisonniers du Sud
de la Corse (20137 Porto Vecchio)
Tel. +33 (0)4 95 72 09 68
mde-sudcorse@orange.fr

07

Maison de la saisonnalité d'Ardèche Méridionale
(07150 Vallon Pont d'Arc)
Tel. +33 (0)4 75 88 17 44
maison.saisonnalite@wanadoo.fr

24

Espace des Saisonniers en Périgord Noir
(24200 Sarlat)
Tel. 0 800 800 379 (freephone number)
espace.saisonniers@mdepn.com

Directory



USEFUL CONTACT INFORMATION

ACTIMUT

2 rue du Commerce
74100 VILLE-LA-GRAND
Tel. +33 (0)4 50 38 62 63

ADIL

4 avenue de Chambéry
74000 ANNECY
Tel. +33 (0)4 50 45 79 72
Web: www.adil.org/74

AMALLIA

4 avenue de Chambéry
74000 ANNECY
Tel. +33 (0)4 50 52 80 09
Web: www.amallia.fr

ANPAA

10 avenue de la Gare
74300 CLUSES
Tel. +33 (0)4 50 98 16 39
Email: ccaa.cluses@wanadoo.fr

Antenne de Justice de Cluses

26 allée Ampère
74300 CLUSES
Tel. +33 (0)4 50 96 84 63

A.S.S.I.J.E.S - Aide aux Victimes

Service d'aide aux victimes
Antenne de Justice
26 allée Ampère
74300 CLUSES
Tel. +33 (0)4 50 96 84 64

Association Sécurité Soleil

3 rue Jean Varenne
75018 PARIS
Tel. 01 42 58 00 60
Email: p.cesarini@soleilinfo
Web: www.soleil.info

CAF

2 rue Emile Romanet
74987 ANNECY Cedex 9
Tel. 08 20 25 74 10

Centre Communal d'Action Sociale de Chamonix

Hôtel de ville
38 place de l'Église
74400 CHAMONIX
Tel. +33 (0)4 50 53 92 16

Centre Hospitalier du Pays du Mont-Blanc

380 rue Hôpital
74700 SALLANCHES
Tel. +33 (0)4 50 47 30 30
Email: hmb@ch-sallanches-chamonix.fr

Centre d'Information et d'Orientation

16 avenue Alpes
74300 CLUSES
Tel. +33 (0)4 50 98 78 88

Centre Interdisciplinaire de Bilan de Compétence - (CIBC)

120 rue Paul Verlaine
74130 BONNEVILLE
Tel. +33 (0)4 50 97 02 64

Centre Médico-Psychologique Services adultes

127 rue Dominique Cancelliéri
74700 SALLANCHES
Tel. +33 (0)4 50 47 89 18
Email: imaire@ch-epsm74.fr

Centre sportif Richard Bozon

214 avenue de la Plage
74400 CHAMONIX
Tel. +33 (0)4 50 53 09 07
Email: centresportif@chamonix.com
Web: sports.chamonix.com
Tel. Swimming pool: +33 (0)4 50 53 23 70
Tel. Ice rink: +33 (0)4 50 53 12 36

CFDT

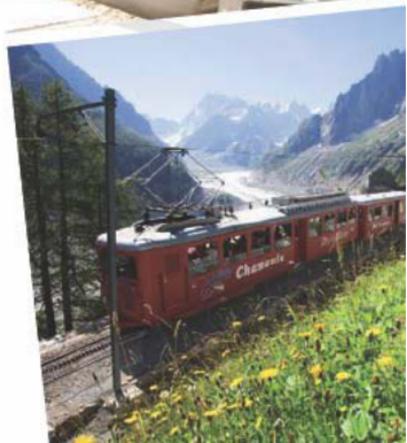
See page 11

CGT

See page 11

Chamonix bus

591 promenade Marie Paradis
74400 CHAMONIX-MONT-BLANC
Tel. +33 (0)4 50 53 05 55
Web: www.chamonix-bus.com



Centre d'information sur les droits des femmes
et des familles (CIDFF 74)

1 rue Louis Armand - 74000 ANNECY

Tel. +33 (0)4 50 09 52 40

cifdd74@cifdd74.fr

Circonscription d'action médico-sociale
de la Vallée de l'Arve

Secteur Haute Vallée Arve

Service PMI / Service Social

37A avenue du docteur J.Arnaud

74300 CLUSES

Tel. +33 (0)4 50 98 60 68

Club TELI (Travail Etudes et Loisirs Internationaux)

2 chemin de Golemme - 74600 SEYNOD

Tel. +33 (0)4 50 52 26 58

Email: clubteli@wanadoo.fr

Web: www.teli.asso.fr

Compagnie du Mont-Blanc

35 place de la Mer de Glace - 74400 CHAMONIX

Tel. +33 (0)4 50 53 22 75

Conseil de Prud'hommes de Bonneville

Palais de Justice / rue du Carroz

BP 128

74136 BONNEVILLE CEDEX

Tel. +33 (0)4 50 97 14 10

CPAM (Caisse primaire d'assurance maladie)

Tel. 36 46

Direction Départementale Des Territoires
de la Haute Savoie (DDT)

15 rue Henry Bordeaux 74998 ANNECY CEDEX 9

Tel. +33 (0)4 50 33 78 00 / Fax: +33 (0)4 50 27 96 09

DIRRECTE Unité Territoriale 74

48 avenue de la République - BP 9001

74990 ANNECY CEDEX 9

Public employment information services:

0821 347 347 (0,12 €/mn)

Anancy information service: +33 (0)4 50 88 28 28

Email: dd-74.direction@travail.gouv.fr

Education Santé Haute-Savoie

14 avenue Berthollet

74000 ANNECY

Tel. +33 (0)4 50 45 20 74

Email: ades74@voila.fr

Web: www.education-sante-ra.org



Espace Saisonnier du Pays du Mont-Blanc

Maison pour Tous

94 promenade du Fori
74400 CHAMONIX
Tel. +33 (0)4 50 53 12 24

EURALP

Maison du parc et de la montagne

256 rue de la République
73000 CHAMBERY
Tel. +33 (0)4 79 68 97 61
Email: euralp@wanadoo.fr
Web: www.euralp.org

EURES

Web: <http://eures.europa.eu>

FONGECIF

192 avenue de Genève
74000 ANNECY
Tel. +33 (0)4 50 57 55 69

GEIQ BTP Pays de Savoie-Ain

15 rue Andromède
Parc Altaïs
74650 CHAMOND
Tel. +33 (0)4 50 45 69 18
Email: geiqbtp@wanadoo.fr

GRETA Arve Faucigny

210 quai du Parquet - BP 125
74134 BONNEVILLE Cedex
Tel. +33 (0)4 50 25 15 15

Lac d'argent

64 chemins Fins
74000 ANNECY
Tel. +33 (0)4 50 67 96 51

Oppelia - Le Thianty

8 bis avenue de Cran
74000 ANNECY
Tel. +33 (0)4 50 67 97 84
Web: www.prevaction.org
Email: thiantyprev@oppelia.fr

Mairie de Chamonix

38 place de l'Eglise
74400 CHAMONIX MONT BLANC
Tel. +33 (0)4 50 53 11 13
Web: www.chamonix.fr

Maison de l'Emploi de l'Arrondissement de Bonneville

100 rue Paul Vertaine
74130 BONNEVILLE
Tel. +33 (0)4 50 97 29 50
Email: info@maison-emploi.com
Web: www.maison-emploi.com

Maison de la jeunesse et de la culture (MJC)

Maison pour Tous
94 promenade Fori
74400 CHAMONIX-MONT-BLANC
Tel. +33 (0)4 50 53 12 24

Maison des syndicats

29, rue de la Crête
74960 CRAN-GEVRIER
Tel. +33 (0)4 50 67 91 71
Monday to Friday from 9am to midday
and from 2pm to 6pm

MIFE (Maison de l'Information sur la Formation et l'Emploi)

20 avenue de Thônes
74000 ANNECY
Tel. +33 (0)4 50 23 92 66
From Monday to Friday, 8:30am to midday and de 1:30pm to 5:30pm. Every Tuesday morning in Bonneville at the Maison de l'Emploi
Email: mife2@wanadoo.fr



Le code du travail

Mission Locale Jeunes Faucigny Mont-Blanc

27 rue Boccard
74700 SALLANCHES
Tel. +33 (0)4 50 89 72 30
Web: www.missionlocale.fr

Mutualité Française de Haute-Savoie

21 avenue de Cran
74000 ANNECY
Tel. +33 (0)4 50 57 10 10
Web: www.mutualite74.fr

Mutualité Sociale Agricole (MSA)

106 rue Guer
74700 SALLANCHES
Tel. +33 (0)4 50 93 77 32

PERIPL

1 place du 18 Juin 1940
74940 ANNECY-LE-VIEUX
Tel. +33 (0)4 50 66 47 47
Email: info@peripl.org
Web: www.peripl.org

Point Ecoute Jeunes

Tel. +33 (0)4 50 58 04 86

Pôle Emploi Chamoniix

27 avenue Savoy
74400 CHAMONIX
Tel. 39 49
Web: www.pole-emploi.fr

Pôle Emploi Sallanches

170 rue du Colonney
74700 SALLANCHES
Tel. 39 49
Email: ale.sallanches@anpe.fr

Pôle Médico-Social de Chamoniix

509 route des Pèlerins
74400 CHAMONIX
Tel. +33 (0)4 50 53 23 42

Pôle Médico-Social de Sallanches

118 Rue Guer
74700 SALLANCHES
Tel. +33 (0)4 50 91 27 60

Protection Maternelle Infantile de Chamoniix

509 route des Pèlerins
74400 CHAMONIX
Tel. +33 (0)4 50 53 23 42

Reso 73 - 74

52 rue de l'Ouche Buron - 44300 NANTES
Tel. +33 (0)2 51 84 04 58 / Fax: +33 (0)2 51 13 49 87
www.resoemploi.fr

Santé au travail

780 avenue André Lasquin
74700 SALLANCHES
Tel. +33 (0)4 50 58 38 99

Union Départementale des Offices de Tourisme de Haute-Savoie

Tel. +33 (0)4 50 45 45 73
Web: www.udotsi-hautesavoie.fr

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*Je pense à trier
mes déchets !*



Comment ?

Grâce à la signalétique sur chaque conteneur de collecte :



Où ?

Dans les nombreux conteneurs semi-enterrés ou aériens verts, jaunes et gris présents dans votre commune d'accueil.



Pour tout renseignement concernant les consignes contacter le

SITOM des Vallées du Mont-Blanc

Tel : 04 50 78 10 48

sitom2@wanadoo.fr

www.sitomvalleesmontblanc.fr



*Merci d'agir
pour
nos vallées !*



Ces consignes de tri

**sont valables sur le territoire du
SITOM des Vallées du Mont-Blanc,
c'est-à-dire sur les communes de :**

- Chamonix
- Cohennoz
- Combloux
- Cordon
- Crest-Voland
- Demi-Quartier
- Domancy
- Flumet
- La Giettaz
- Les Contamines
- Les Houches
- Megève
- Notre Dame de Bellecombe
- Passy
- Praz-sur-Arly
- Saint Gervais les bains
- Saint Nicolas la chapelle
- Sallanches
- Servoz
- Vallorcine

**Pour les autres communes,
renseignez-vous
auprès de votre mairie.**

