

INFOSHEET 2016

CBF03 Montautour From July 11th to July 31st

Number of volunteers: 14 international volunteers + 8 local young people from 18 to 30 years old

Project information:

The town of Montautour has a very rich and remarkable construction heritage. The city center is protected as Historical Monument. Restoration works started a few years ago. Today, there is still one major part of this heritage which needs to be renovated to finalize the project. In order to help the town, Compagnons Bâisseurs is supporting this project. The local authority called Vitré Communauté decided to support it by organising an international workcamp. There is large amount of work to be done.

Workcamp will take place for the third consecutive year! The local partners want to use the workcamp to encourage local youth to move and commit themselves to the project. It will be the opportunity for you to meet the young people of Montautour: they will happily show you their region and their culture.

Work:

'Parish enclosure' is a translation of the French term 'enclos paroissial'. It refers to a wall that was build all around a parish church that we found especially in Brittany and date back to the 16th and 17th centuries. You will renovate a stone wall with lime mortar according to traditional masonry in order to rebuild the parish enclosure in Montautour city center.

Accommodation: In tents, weather permitting (if not it will be in one building)

Don't forget to bring an air mattress and a warm sleeping bag!

Location:

Montautour is a lovely town located around 60km of Rennes, in a green landscape region of Brittany. It is situated only 1h from the sea and its famous Mont Saint Michel: Wonder of the Western world!



✉ Camp Address:

Centre bourg
35210 Montautour

Meeting point :

At the train station of Vitré, from 9 a.m. on Monday, 11th of July.

How to reach the meeting point :

➤ **By train:** arrival at the Vitré train station (from Paris or other cities). You might have to change train on the way. You can make a train ticket reservation on the S.N.C.F website www.voyages-sncf.com.

What to bring specifically :

- Sleeping bag and mattress
- Working clothes, gloves and shoes
- Warm clothes
- Raincoat
- European Health Insurance Card (people from EU)
- Hat
- Swimming suit, sunscreen
- Recipes and/or cooking books
- Everything that could be used during leisure times of the group (tapes/CD's, games, musical instruments...).
- Student ID



If you have any problem the day of your arrival, contact the regional organisation:

Compagnons Bâisseurs Bretagne

22, rue de la Donelière
35000 RENNES

Tel : 0033.2 99 02 60 60

Fax : 0033.2 99 02 60 70

Mobile : Régis : 0033.6 33 19 89 00

r.harel@compagnonsbatisseurs.eu

GENERAL INFORMATION

WHO ARE CB FRANCE ?

"Compagnons Bâisseurs" is an NGO which was founded in Belgium about fifty years ago (1957) ; its aim was to help a population that had been hard hit by the effects of World War II, to reconstruct those homes destroyed during the conflict. From the very beginning up until today, "Compagnons Bâisseurs" has been putting the principle of solidarity into practice in the form of work camps, as well as promoting peace and better understanding between people from all over the world.

Compagnons bâtisseurs is now composed of a network of a national organization and 10 regional organizations in France (Auvergne, Bretagne, Centre, Provence, Languedoc Roussillon, Rhône-Alpes, Ile-de-France, Nord-pas-de-Calais, La Réunion and Aquitaine). It carries out 4 activities throughout the year which are:

➤ **Technical, financial and social help supplied to families or people in need**, those often marginalised from society and to organizations dedicated to collective interest projects, regarding the improvement of housing.

➤ **Professional integration** into building trades through construction site, training course... The aim is to help people with social or professional difficulties to re-enter the job market.

➤ **Medium or long-term voluntary services** occupied with building (from renovation to construction). Volunteers - men and women over 18 of different nationalities – participate in construction sites to improve the housing of families or people in need. During the summer, volunteers are offered work as group leaders on international summer work camps.

➤ **Summer work camps**. They are made up of construction and renovation of buildings such as castles or social centres, as well as environmental protection work such as rehabilitation of sites of national heritage.

If you want to know more about our actions, you will be able to ask the work camp leaders or the regional coordinators.

WHAT IS A WORK CAMP?

A voluntary commitment, with a local community, carried out through the completion of a concrete work project useful to the community requiring approximately 32 hours per week.

We will not ask you to give more than you can physically do. But we rely on your good will in order to achieve the practical aim of the project.

All camps have generally 2 group leader who act as co-ordinators between the responsible of the project and the team of volunteers. They also help the volunteers to carry out the work.

They will also help you to carry out the work.

A work camp also means **an intensive group experience** with **intercultural exchanges** bringing together young people from different social backgrounds and different countries. Teams are mixed and international.

A work camp means: exchanges, meetings, a good mood and above all... an unforgettable experience!

- **Keep in mind that we expect your participation for all the duration of the work camp.**

BEFORE THE WORKCAMP

TRAVELLING TO FRANCE

Compagnons Bâtisseurs is willing to get involve in ecology. Let's try not to harm the environment with our behaviour. Let's not only think about the price while planning a trip, but also about nature and our impact on it. Many airports are often located outside or far away from big cities, so travellers must join the city centre and pay another transport for it. Not only is it a big cost for environment, but also for travellers' purse and time. So before planning a trip, let's check our ecological footprint! You may check **Footprint calculators** on www.wwf.org and in French on www.agir21.org.

Transports in France are mainly connected to Paris, the French capital.

By plane

From your country to Paris airports (it is also possible to join French big cities by plane).

There are two international airports in Paris:

- **Roissy Charles de Gaulle**. Tel: 01 48 62 12 12 / 01 48 62 22 80
- **Orly**. Tel: 01 49 75 52 52 / 01 49 75 15 15

For more information and a plan of Paris CDG and Orly Airport: www.aeroportdeparis.fr

To join Paris train stations from airports, take the RER (Paris regional train) and the metro. For a map of the RER and Metro network, see www.ratp.fr

By train

Joining France by train is possible, especially for person living on the European territory. For more information, see the following websites: www.raileurope.com and www.eurostar.com.

By coach

To come by coach, have a look at the website www.eurolines.com.

By road

Prepare your travel by road with www.mappy.fr et www.viamichelin.fr.

WHAT TO BRING



- Warm sleeping bag and mattress
- Swimming suit
- Working clothes, gloves and shoes
- Light and warm clothes, and a raincoat: *the weather is sometimes very changing around here!*
- European Health Insurance Card (people from EU)
- Telephone card
- Flashlight
- Alarm
- Everything that could be used during leisure times (tapes/CD's, games, musical instruments...)
- Start preparing your cooking recipes for the group.
- Bring something representative of your identity and culture.
- Student ID

DURING THE WORKCAMP

ACCOMODATION – *is not the same in all our work camps, but it is generally in tents (which are provided). Read the info sheet carefully! If it's written don't forget to bring a sleeping bag and a mattress.*

MEALS & GROUP LIFE- *Cooking, cleaning, shopping,...group organisation will be done by volunteers themselves. You and your group will have a budget for meals. All the volunteers in turn will be involved in meal preparation and trips to the supermarket for supplies. Here's your chance to develop your cooking talents! **Bring typical recipes from your country!***

LEISURE TIME- *All the group has a small budget for leisure activities. You will decide the program with the whole group and the responsible of the work camp, in accordance with the budget available.*

PEDAGOGY- *An **experience in participative management** in which each person fully participate through discussions, in decision-making, organisation, and implementation of the group's work camp. Together you will come to decisions on meals, leisure activities and the work itself.*

LANGUAGES- *During the work camps, **French and English** languages are usually spoken. In some camps another language could be used depending on the participants' nationalities.*

ARRIVAL- *Dates mentions on the info sheet are the date of arrival and departure from the work camp site. Thank you for reading carefully what is said on your work camp info sheet. The first evening is usually used to get in touch with each other and become more familiar with the project.*

- **It's important to arrive on time at the meeting point. If you are running late, call the group leaders at the work camp or at the regional Compagnons Bâtisseurs office.**

INSURANCE- Each participant is insured by our organisation for Civil Liability and Corporal Accidents. It comes in addition to your usual social insurance.

This insurance does not cover your travel to/from the work camp neither in case of illness. Such insurance doesn't cover theft or the loss of persona belongings. The use of a private motor vehicle is out of our insurance guarantee.

WHAT YOU SHOULD EXPECT:	WHAT YOU SHOULD <u>NOT</u> EXPECT :
<ul style="list-style-type: none"> • To bring energy. You will work around 32 hours per week in the work camp (sometimes on physical works). Of course all this in a good mood and high spirit.... • Not only to participate in activities but to initiate them (decide, plan, organise!) • To explore the local region of your work camp... • To have many gastronomic experiences • To plan and cook the meals of the group... • To have a small budget for the leisure activities of the group... • An interesting and enriching group living experience... • To share your culture with others... • To expect the un-expectable! 	<ul style="list-style-type: none"> • To participate only in leisure activities • That camp leaders organise everything for you... • To explore <u>ALL</u> of France • To keep your usual eating habits... • To have your meals ready for you... • To benefit from expensive activities or visits too far away from the work camp place. • To always do your own business... • To live only according to your culture... • Not to learn anything new!