

Welcome

to your
Volunteering project
with

Les Ateliers

Castres, France

Who are we?

The center "Les Ateliers» is located in a renovated factory of 4000m².



It combines:

- offices,
- co-working space,
- shops,
- restaurant
- *an up-cycling / recycling workshop*
- and organise events



This gathering of structures within this same site reinforces, the possible synergies and their visibility. On a daily basis around 100 of people involve in **Les Ateliers**, in between the people working in the co-working or the office spaces, their targets (for the trainings, activities etc.), the restaurant and shop costumers.

We also host various workshops: yoga, tap dancing, meditation, etc...

We propose a **cultural** offer every Thursdays and Fridays:

Concerts, debates, shows, slam sessions, citizen café, sign language evening, etc....

The cluster promotes new ways of organizing work and encourages cooperation strategies for sustainable economic projects in the South Tarn region.

The cooperative «Les Ateliers" has 2 main activities: 1- federate and promote the economic development of structures with a social, environmental or territorial purpose: animation of membership, professional animation and organization of working groups by sector, commercial intelligence, development of common offers of services and training, gathering of skills, hosting creative public activities, communication and representation. To generate new activities and new sustainable jobs: development of a restaurant of local products (45 covers per service and 7 services per week), support for the creation and development of a store run by 40 producers, shared sales in the cluster, development of recycling of furniture offer, and weekly cultural programming.

The team of **Les Ateliers**

Marcin Wolak (your tutor for the missions in the Recyclerie)

Hélène Marthaler (your tutor for the missions related to the cultural and public)

Pierre Gout (your mentor)

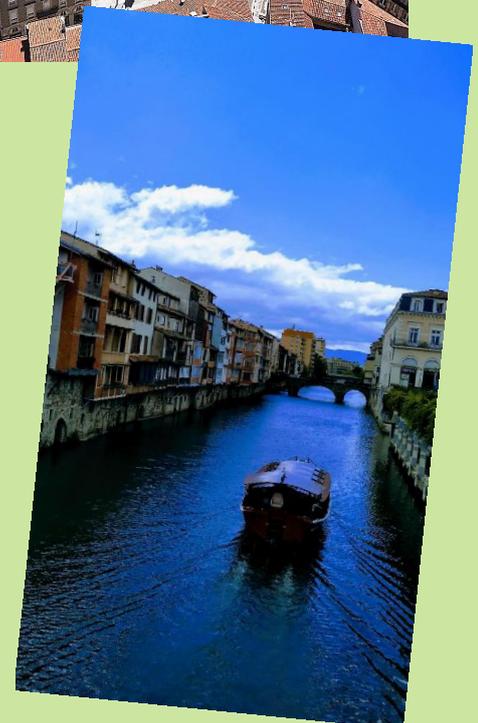


Les Ateliers and the city of Castres

Castres is a city of about 4000m² in Tarn, Occitanie, and about 40000 inhabitants south of France.

If you ask french people about Castres they would probably mention the rugby team, Castres Olympique, the cute center known as the “Venise of Tarn”, and the implantation of a bit french pharmaceutical company: Fabre.

We would like to mention that it is a student city, has a big swimming pool and a lot of sport amenities. Host a nice food market on Saturdays mornings and is very close to all type of nature.



Volunteering at **Les Ateliers**

We planned for you **2 main types** of missions:

- support in the **Recyclerie**
- support for the **welcoming of people and the cultural events**

In the **Recyclerie** we create wooden and metal furniture and objects, giving a second life to furniture and objects. We are open to public from wednesday to friday and every second saturday. Together with **Marcin** you will have the opportunity to get involved in the Recyclerie life, for exemple:

- sending, cutting, fixing, re-creating wooden objects
- welcoming people and guiding the through our big place
- on some saturdays support people that are coming to work on their own creations
- design your own projects
- Present the **Recyclerie** and its values to the groups that visit the place

Support for the welcoming of people and the cultural events

We organize and host a variety of events: concerts, debates, slam sessions, workshops, burger evening.

Together with The restaurant team you will have the opportunity to get involved, for example:

- welcome the artists and support their installation
- welcome the public and help with the service
- guide people through the venue

We plan for you to work 5 days a week, but in any case you will always get 2 days off in a row). We will define you exact timetable and the task division with you, upon your arrival, based on your interests and our current needs. A week w

Free time and french immersion

We are in a beautiful region of France: OCCITANIE. There is a good network of buses, trains that will allow you to visit around.

+ Castres is a sport town so there are plenty of activities for you here.

There are volunteers in other projects in Castres, we will give you their contact.

An association gives free french class..

For the rest: come and see!!

Organising your arrival in Castres:

Address of the projet : **Les Ateliers**, 22 rue Mériqonde,
81100 Castres Contact: ceslesateliers@gmail.com

We ask you to arrive at the train or bus station in Castres. After you have informed the tutor of your arrival time, a person from Les Ateliers will come to pick you up at the station to bring you then to your living place. Please KEEP YOU TRAVEL TICKETS with you !

PLANE

The airports with the best train connections are:

- Paris: <http://www.aeroportsdeparis.fr/adp/fr-fr/Passagers/Accueil/>
- Toulouse Blagnac: <http://www.toulouse.aeroport.fr/>

All airports have a shuttle service to the main train stations of the respective cities. From there you can continue your journey to the meeting point.

For people landing in Toulouse Blagnac Airport, you can get a shuttle to reach Toulouse city center or Toulouse Matabiau train station. The Flybus Airport Shuttle leaves every 20 minutes from Blagnac airport to Toulouse city center, from 5.30 am to 00.15 am. The travel lasts about 20 minutes. Get informed on the following website:

<http://www.toulouse.aeroport.fr/en/passengers/go/access-airport/airport-shuttle>

TRAIN

In France, all train conactions are handled by this service: www.voyages-sncf.com. The website exists in many languages. BEWARE, train tickets can be very expensive, the sooner you buy them the cheaper prices you can get.

Common connexions from Paris to Castres is:

PARIS MONTPARNASSE 1 et 2 > TOULOUSE MATABIAU > CASTRES.

The last part from toulouse to Castres is either by train of by a bus service provided by sncf, be carefull of what is written on your ticket.

Car-sharing

www.blablacar.com In France carsharing is very common and highly secure. Very cheap!

Don't forget to bring

- Good **shoes** and **clothes** adapted to manual work
(Beware that the Recyclerie is rather cold in winter, and hot in summer!)
- A **swimming suit** if you like for the big swimming pool and the many lakes around
- A **copy** of your valuable **documents** (identity card, passport, visa) that you sent to your mailbox
(In case you lose the papers, this mail with documents can be very useful!)
- A language **dictionary**!

We wish you a very nice trip, and hope to meet you soon

You want to know more ? You have questions ?
Feel free to contact us !

ceslesateliers@gmail.com

<https://www.facebook.com/LesAteliersCentreEtic>



