

Welcome to your Volunteering project with the Café Plùm, Lautrec, France.



Who are we ?

The café Plùm is an atypical place that brings together a café restaurant, an independent local bookstore and a performance stage.

Café plùm brings together the SCIC (cooperative society of collective interest) Café plùm for commercial activity and the Ma Case association responsible for the cultural and artistic project.

We are 11 employees who each work in their respective area of activity. At our side, the administrators of the association and many volunteers involved in the implementation as well as the sustainability of the project.



Café Plùm court



the bookshop



A concert in the court



inside view



kitchen team

Café Plùm offers a rich multidisciplinary program according to four axes that intersect over the proposals:

- world arts and cultures
- new forms of contemporary expression
- the book world
- the world of ideas

Thus three to four times a week the place offers concerts but also theater, storytelling, dance, circus, puppets.

Lautrec city



Lautrec is a small medieval village of 1800 inhabitants, it is classified among “the most beautiful villages of France”. Former viscounty, it is the cradle of the Toulouse Lautrec family, of which the painter is the illustrious descendant. A rural area, it owes its fame to the certified production of pink garlic from Lautrec. It is a friendly, lively, and attractive village offering many events such as the bread festival, the garlic festival, song festivals, comic book festival, garage sales, Lautrec tool, Cognition

brushes....

Your accommodation

You will have your own room in a house in Lautrec itself.

During the first weeks of your arrival you will be hosted at one of the members of the project's house, so as to ease your settling down in our project. After this period you will move into a flat or house of Lautrec (your own bedroom, shared facilities).
Lautrec has the basic commodities shop and a good bus system for local cities.



Volunteering and the Cafe Plùm

We have planned several types of missions for you, for each of this mission you will work alongside a staff member and local volunteers.

-Kitchen department: preparation of dishes, dressing of plates, washing up, reception and storage of orders, etc... We cook with local products, always open to new ideas on how to spice up our menu!

-Service department: preparing the room, welcoming customers, sending plates, dipping glasses, cleaning the room, etc. A lot of chatting with our customers, ...

-Bookstore division: storage, collection, etc. Alongside the bookseller and the local volunteers you will make sure the place is welcoming and the books looked after.

-Cultural center: Reception of artists, preparation of the artists' house, ticketing...again some manual jobs and loots of talking!

You will work 35 hours per week, with 2 consecutive days off per week. Days off will change depending on the cultural events planned.



Organising your arrival in Lautrec

Address of the projet : 12 rue de Lengouzy, 81440 Lautrec
mail :administration@cafeplum.org

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 Le Café Plùm will come to pick you up at the station to bring you then to your living place. Please **KEEP YOU TRAVEL TICKETS** with you ! If you can't , we will organize to pick you up in Toulouse.

-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 connections 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 careful of what is written on your ticket.

-CAR SHARING

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

Dont forget to bring:

- Good shoes and clothes adapted to work in the kitchen
- A swimming suit if you like for the big swimming pool of Castres and the many lakes and rivers 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 !