

## Welcome to your Volunteering project with Les Ateliers Castres, France

### Who are we ?

The center "Les Ateliers " is located in a renovated factory of 4000m<sup>2</sup> .

It combines:

- offices,
- co-working space,
- a restaurant,
- a upcycling/ recycling workshop
- and organise some events.



This gathering of structures within this same site reinforces the possible synergies and their visibility. On a daily basis around a 100 of people evolve in Les Ateliers, in between the people working in the co working or the offices spaces, their targets ( for the trainings, activities,etc..), the restaurant and shop costumers. We also host various workshops: yoga, tap dancing,meditation, etc...

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,
- 2- generate new activities and new sustainable jobs: development of a restaurant of local products (45 covers per service and 7 services per week), development of recycling of furniture offer, and

weekly cultural programming (work in progress).

### The team of Les Ateliers

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

Mathilde Nouvel ( your tutor for the missions related to the restaurant)

Sabiane Douheret ( the coordinator)

Laetitia Barbry( Your mentor – not a staff from Les Ateliers)

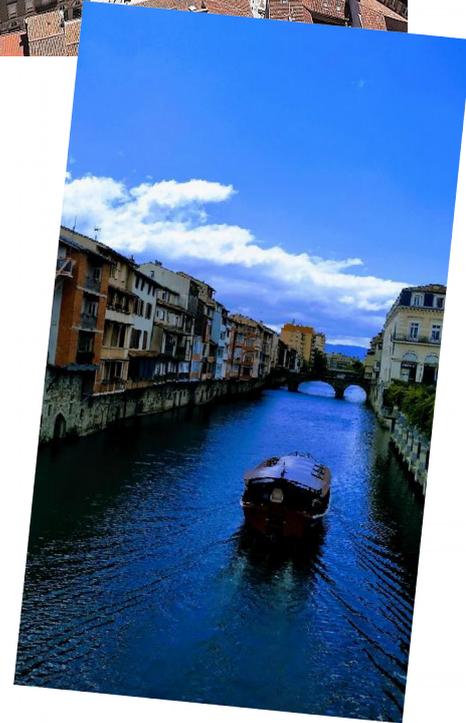


## Les Ateliers and the city of Castres

Castres is a city of about 40000 inhabitants 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 big 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 restaurant and the future cultural events

-\*Support in the Recyclerie

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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 example:

- sending, cutting, fixing, re-creating wooden objects
- welcoming people and guiding them 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 restaurant and the future cultural events.

- cutting/ frying/ cooking , together with Mathilde and the team evolving around the restaurant you will support in the cooking and the life around the kitchen. The majority of the products come from local farmers which is an important feature of our restaurant. We organise Burger nights among other events.

-Welcoming the artists and our guests: we organize events ( burger nights, slam sessions, concerts, DJ set) on a regular ( sometimes weekly) basis. You will be involved in the hosting part ( welcoming the artists, the public, promoting the event, etc...)

- For most of these events there is a sound system in place. Together with Nico and Bastien you could learn and be involved in the technical installation of the concerts.

We plan for you to work 5 days a week with 2 days off ( sometime you might work on saturday 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.

### **Free time and french immersion**

Up to you! For the french language we are in contact with a local organisation that run classes for foreigners.

### **Organising your arrival in Castres**

**Address of the projet : Les Ateliers, 22 rue Mériqonde, 81100 Castres**

**Contact: [ceslesateliers@gmail.com](mailto: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 ! If you can't , we will organise 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 connexions are handled by this service : [www.voyages-sncf.com](http://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 or by a bus service provided by sncf, be careful of what is written on your ticket.

• **Car-sharing :**

[www.blablacar.com](http://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 and to work in the Kitchen (be aware 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 !**

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

<https://www.instagram.com/larecycleriesateliers/?hl=fr>

**Les Ateliers**  
ENTREPRENDRE & CONSOMMER LOCAL