

(DE)CONSTRUCTION

Destroy, transform and build a new future

A volunteering project financed by the European Solidarity Corps programme of the European Commission.

Created and coordinated by Initiative et Développement Citoyen, Lastours.

Volunteering Team

Online meeting: june 10th

Mobility dates: 45 jours (June 25th - August 8th 2024)

Place: Camping Le Belvédère, Lastours, France

Number of volunteers: 20 (4 from France)

Countries: All European countries

We see the world and we found different crises: environmental, social, health, political... And it seems that they will never stop and that we can't do anything about it. BUT WE CAN DO SOMETHING! And for that we need to break our old structures and open our hearts to new and better ways of living together in harmony. We need to "unlearn" to make some space for new ideas and habits, that are more ethical with the environment and at the same time, that give us real well-being. It is possible, we need to learn and encourage ourselves to shift our priorities and our energy to what really matters in life.

This project will be a symbolic practical experience, with hands in action and learning through experience but also a moment of introspection for everyone, in order to discover and analyze their feelings about climate change and the Anthropocene. We will literally DESTROY and bring down some structures at our land, to BUILD new ones at a new ecological space that we are creating, and that you will be part of this creation.

Physical tasks, new friendships, learnings, skills development and the opportunity to have a concrete positive experience of teamwork. All by living in a resilient and green way!

OBJECTIVES:

Raise awareness about the impact of our habits and our footprint.

Have a real learning experience about resilience, while working in an intercultural team.

Set the bases and build a new ecological place, using recovered materials.

Know how to work with tools and how to do basic wood constructions.

Develop different practical skills for a more autonomous life (and also on video and photo).

LEARNING AND IMPACTS

- Better knowledge of current environmental diagnostics.
- Understanding through your own experience the concept of resilience.
- Pragmatic knowledge about homemade products, reuse and recycling, which can lead to eco-entrepreneurship or new projects / initiatives.
- More environmental awareness and open-mindedness.
- Development of adaptability and a positive attitude in different situations that may be complicated.
- More creativity by reusing and making things on your own, instead of buying in the first place.
- Recognition of the positive benefits of open and non-judgmental cross-cultural teamwork.
- Skills development to improve employability.
- Sharing experiences and know-how. Be part of the agents of positive change!
- Creation of material that could support social and environmental causes (specifically for volunteers working in communication).
- Improvement in communication in English/French.

6 weeks to put our hands in action!

WEEK 1: On Arrival Training and group dynamic

- Activities of teambuilding and ice-breaking.
- Introduction to the lifestyle of the campsite and common activities (values, philosophy, animals, garden, waste management, common tasks, ninja time...).
- Workshops about resilience, impact of the humanity and climate change.
- Individual meetings with the tutor.
- Group meetings and distribution of tasks.
- Support in English and French (if necessary).

Once a week:

- A team meeting with the tutor and/or the activity manager to plan the week and the tasks. Also they will share their feelings and there will be a discussion about the impact of their actions.
- A day to take care of the cooking for the group and at the same time, create some content for social media.
- A morning of cleaning and arrangements of common areas.
- An afternoon of reflection and evaluation of the week, with teambuilding and expression activities. (every two weeks)
- A yoga and/or meditation session.

Farm life everyday!

The volunteers will learn about the basics of rural and minimal life, discover them in the campsite and how they can apply them in their daily life. Some activities that they will learn and that they will do daily: work in different composts, restructuring of soil, sorting of waste, maintenance of animals and improvement of their spaces (just for the ones that are really interested), natural gardening, homemade preparations, cleaning of common spaces...

WEEK 2: The taste of nature

The first thing to dismantle in our daily lives to get out of our system is to not eat industrial products and reduce meat consumption. By sharing the value of natural ingredients for our health and that of the world, we will encourage volunteers to discover the delicious nutritional potential of SIMPLE, local and seasonal dishes. We will do workshops about homemade bread, sauces, pancakes, cereals, fermentations... and the impact of the food in our planet. Also, they will learn how to manage a kitchen to avoid food waste and how to keep and store food.

WEEK 3, 4 and 5: We destroy, we move, we change, we built (together!)

These three weeks will be the core of our project, and we will work on tasks outside and make a lot of physical effort! It's the time to grab the tools and starting bringing down the greenhouse, chicken houses, animal parks, huts, etc... and create them again in a new land, with a new perspective, following the permaculture principles of design.

Volunteers will use different tools and take care of different building projects, depending on their interests and skills. There are plenty of things that need to be done, so there will be space for everybody to develop different skills and to choose where they will like to contribute more.

MAIN ACTIVITIES:

- Bring down the recycled greenhouse and build it in the new land.
- Creation and improvement of the parks for the animals.
- Moving! We will rent a big truck to move all the stuff from the campsite to the new land.
- Gardening, installation of watering systems, planting of trees and plants, weeding.

WEEK 6: Dissemination actions and evaluation

On sunday 28th of July and/or sunday 04th of August, we will participate in the popular VIDE-GRENIERS in the surrounding villages, so we can "sell and troc" some of the things we found in the moving. Plus, volunteers will share short ecological and cultural animations with the public!

Also, this is the week of finalizing the project, evaluation and recognition of learning for the Youthpass. We will do activities on the reflection of the project and the actions and commitments for the future.

Volunteers profile

We are looking for 20 youngsters aged 18 to 30 who want to have a new life experience, with lots of challenges and learning! We are planning to host 4 youngsters from 5 different countries, including France. We have two profiles: 18 will be dedicated to the physical activities, and 2 will be dedicated to the communication and social media. Some of the characteristics and values we look for are:

Volunteers for the action:

Love for nature, desire to do physical activities and live in the middle of nature for 45 days!

Interest in learning more about sustainability and the current environmental context.

Open to work with animals, compost, wood and other materials.

Volunteers for social media:

Interest, some experience and/or knowledge of communication strategies, social media, photography and video.

Innovation, creativity and artistic vision to create amazing content!

Eager to document this experience!

Values:

open-mindedness, responsibility, adaptability, environmental awareness, work team, desire to get out of your comfort zone, desire for new experiences and encounters, personal development, tolerance, reciprocity.

Opportunities and Benefits

By being part of the (DE)Construction project, you will have the opportunity to live an active experience that will allow you a change of mind and a strengthening to better adapt in life. Other benefits of this program are:

- Financial support from ESC: insurance (Henner), trip covered (budget depends on the city of origin), accommodation and food are included + 329 euros of pocket money (for the 47 days).
- Reinforced tutoring: individual and group meetings to express and share on any problem or personal project. Support and follow-up throughout the project.
- Experience a minimalist lifestyle close to nature with young people from other countries.
- Development of manual skills and empowerment to create oneself (autonomy!).
- Have diverse experiences and participate in activities around sustainable living and ecology.
- Intercultural events: share the culture and the best cuisine of your country, and learn more about other cultures.
- Language café (English/French): to improve speaking skills.
- Connection with the local community: to share the project and the means to be more sustainable.
- Improved skills and abilities to be more employable in the labor market.
- Youthpass certificate: to recognize your own learning process and have a certificate to validate the skills acquired during the project.
- Be part of a community of agents of change (let's create a better world together!).

We are all part of the solution!
Do you want to be part of our project?

Send us your CV and motivation letter
(subject: ESC - IDC - Deconstruction):

Alicia Vargas: contact@lesjardiniersdelamobilite.fr
Site IDC: <https://initiativeetdeveloppementcitoyen.org>

FB: [@initiativeetdeveloppementcitoyen](https://www.facebook.com/initiativeetdeveloppementcitoyen)

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