

The Miremer Fig Trees Conservatory

INFORMATION

Workcamp Erasmus + from September 5th to September 16th, 2022

PRESENTATION

THE SITE



The fig tree conservatory is situated on the slopes of the lovely hill of Miremer at 3 km from the village of La Garde-Freinet. The orchard covers an area of 4000 m² and has 800 meters of linear dry stone walls forming 18 cultivation terraces. 138 fig trees were planted for conservation purposes between 2004 and 2008 in partnership with the *Conservatoire national botanique méditerranéen* of Porquerolles and the municipality of La Garde-Freinet.

THE ASSOCIATION

The *Conservatoire du Patrimoine du Freinet* was established in 1981 on the occasion of the archaeological excavation of the medieval village of *Fort-Freinet*. Since then, the association has widened the range of its activities creating a museum with exhibitions on the use and working of cork, chestnuts and silkworm breeding. It offers guided tours and educational activities, publishes a scientific journal and organizes work camps for the protection of the local cultural heritage.

The link to web site of the association: <http://www.conservatoiredufreinet.org/>.

CHARTER AND PHILOSOPHY OF THE VOLUNTEERS' WORK CAMP

The conception of this volunteers' work camp is in line with the ethics of the *Rempart* work camps, a union of 170 associations acting for preservation and development of the cultural heritage.

The moral objective is to take on a collective action, source of development and social link, while encouraging access to all without discrimination. It's also a cultural project that uses the local heritage as a backup for education and training of sometimes forgotten techniques and that aims to make citizens safeguard our common heritage and ensure its transmission to future generations.

Our work camps are open to all people, men, women, adults, without skills or qualification, of good physical health and with a real motivation to preserve and develop cultural heritage and to live in a group.

YOUR STAY: WORKSITE, LEISURE, ACCOMMODATION

WORK TASKS

The worksite focuses on the dry stone walls of the terraces which have suffered from time and on the general improvement of the paths and the plantation of the fig trees. Common tasks will alternate with individual activities or work in small groups. Everyone participates in turn in the restoration of the dry stone walls, a technique you will learn, in the cleaning of the walls covered by vegetation (sarsaparilla) and in the care of the fig trees.

STAFF

Work camp supervisor and technical leader: Laurent Boudinot

Technical supervisor and technical leader: Alain Bouvard

Activity leader: Laura Mirante

Kitchen Chef: Solange Mariotti

Languages spoken: French, Italian, Spanish and English

You will be taken in charge by technical supervisors every day on the worksite. On evenings and weekends, you'll refer to the activity leader. In case of a problem, site supervisor will be available at any time.

WORK ORGANIZATION

The worksite will be open on Monday, Tuesday, Thursday and Friday according to the following times:

- 7 am: breakfast
- 8 am: departure by car to the worksite
- 10.30-10.45 am: break
- 12.30 am: picnic
- 1.30 pm: resumption of work
- 3-3.45 pm: break
- 4.30 pm: return to the lodging (free time, shower, etc.)
- 7 pm: evening meal

LEISURE

Leisure days are Wednesday, Saturday and Sunday.

Depending on the weather conditions and the motivation of the group we suggest visits of places and sites of interest in the commune of La Garde-Freinet (the "*castrum*" of Fort-Freinet, the apiary of Blay, the windmill of Adrech, etc.) or in the region (Carthusian Monastery of *la Verne*, Abbey of *Thoronet*, etc.). We can also do walks in the Maures Mountains or on the seaside and enjoy the benefits of the beach.

MEALS AND ORGANIZATION OF COLLECTIVE LIFE

We pay particular attention to the quality of our food that we consume in a responsible manner by favoring the supply from local producers in short and organic circuits.

Two volunteers will be determined every day in turn to assist the chef prepare the meals and help accomplish maintenance tasks. The meals are taken in the lodging. A picnic will be prepared for lunchtime on the days spent on the worksite and for whole-day weekend outings.

People who are intolerant to certain foods or who must follow a strict diet are asked to let us know as soon as possible.

ACCOMMODATION

Accommodation in collective lodgings in a holiday village located close to the village of La Garde-Freinet. The lodgings consist of rooms for 2 to 6 persons, with bathrooms and toilets. Only blankets will be provided. Bring two pairs of sheets and towels.

HEALTH

It is recommended that participants be up to date with their vaccinations, in particular tetanus toxoid, and, for European people, to obtain the European Health Insurance Card.

TO KNOW MORE ABOUT THE REGION

Some links

- Tourist information of La Garde-Freinet: <https://la-garde-freinet-tourisme.fr/>
- Commune of La Garde-Freinet: <http://lgf83.fr/>
- Golfe de Saint-Tropez Tourisme Promotion Agency: <https://www.golfe-saint-tropez-information.com/>

IN PRACTICAL TERMS

ESSENTIAL AND NECESSARY ITEMS

- passport or identity document;
- several covid-19 protective masks, preferably washable;
- sturdy working clothes, including trousers ;
- security shoes (or at least hiking shoes) ;
- Leather gardening gloves
- a pair of bed sheets of 90cm or a sleeping bag;
- towel and toiletries;
- comfortable clothes for leisure and nature walks, and warm clothes for the evening;
- Rainwear and a windbreaker;
- hat and sun cream;
- Swim suit and towel ;
- A headlamp ;
- Cooking recipes from your country.

REGISTRATION FEES

2-weeks work camp: 30 Euros (to be paid via the [Rempart site](#)).

During the period of your stay your contribution includes: accommodation, transport, meals and activities.

Your contribution does not cover: the return journey, personal expenses, expenditure on health, repatriation costs, insurance in case of theft of your personal items.

ROAD MAP – ORGANIZATION

Arrival

Sunday September 4, 2022. Contact: Laurent BOUDINOT - + 33 (0)6 95 58 88 33

- By plane: Nice, Marseille or Toulon-Hyères airport; then bus or train to Les Arcs / Draguignan station (83460 Les Arcs). **Meet on 4/09/2022 in front of Les Arcs / Draguignan station at 4.30 p.m. : 43 ° 27'21.39 "N 6 ° 28'56.37" E.** Then transfer by car (30 minutes) provided by our association.
- By train: Railway Station Les Arcs/Draguignan ((83460 Les Arcs)
Meet on 4/09/2012 in front of the railway station Les Arcs / Draguignan at 4.30 pm: 43°27'21.39"N 6°28'56.37"E. Then transfer by car (30 minutes) provided by our association.
- By car: Motorway A8, exit A57, direction Toulon/La Garde-Freinet. Exit 13: Le Cannet-des-Maures, La Garde-Freinet. Direction La Garde-Freinet on RD558. **Meet on 4/09/2018 on the parking lot of the VVF holiday village at La Garde-Freinet: 43°18'43.94"N 6°28'23.46"E** - 215 Chemin de l'Adrech, Domaine de l'île en forêt, Quartier les Moulins, 83680 La Garde-Freinet.

Departure

Saturday September 17. Return by car to the railway station of Les Arcs/Draguignan provided by our association.

CONTACT

Person to contact before the beginning of the work camp:

Laurent Boudinot, work camp supervisor : + 33 (0)6 95 58 88 33 - cpatfreinet@orange.fr

Laura MIRANTE, Activity leader : + 33 (0)6 34 82 18 28



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