

## Typical volunteering week

### Monday

08.30 - 10.00 : wake up and breakfast  
10.00 - 11.30 : accompany a resident to a medical appointment  
12.00 - 13.30 : Lunch  
14.30 - 19.00 : Freetime  
19.00 - 20.30 : cook and have dinner

### Tuesday :

08.30 - 10.00 : wake up and breakfast  
10.00 - 11.30 : Freetime  
12.00 - 13.30 : cook and have Lunch  
14.30 - 16.00 : Manual activity with a group of resident  
19.00 - 20.30 : cook and have dinner  
21.00 - 22.30 : evening with the shares home : board game, vidéo, TV, ....

### Wednesday :

OFF

### Thursday :

08.30 - 10.00 : wake up and breakfast  
10.00 - 11.30 : Shopping for the shared home  
12.00 - 13.30 : Lunch  
14.30 - 19.00 : Freetime  
19.00 - 20.30 : cook and have dinner

### Friday :

08.30 - 10.00 : wake up and breakfast  
10.00 - 11.30 : Presence in the shared home with residents  
12.00 - 13.30 : cook and have Lunch  
14.30 - 16.00 : Team meeting  
19.00 - 20.30 : cook and have dinner  
21.00 - 22.30 : evening with the shares home : board game, vidéo, TV, ....

Saturday and Sunday can be worked if necessary. At least, one weekend of 3 days each month is free.