



[Action Laos](#)

PROJECT LAOS 2025

Construction of Elementary School refectory



[Action France](#)

Envisaged in partnership with the Luang Prabang
Education and Sports Office



Oui Ensemble, born of our experience piloting a project in LAOS under the aegis of the association **UFL** (à l'Unisson France Laos), is a project designed to make a contribution to the building of an inclusive and sustainable future by making the best use of funds for solidarity development. Indeed, despite the key role played by the associative ecosystem in complementing public authorities in the social and economic fabric, the survival of associations is threatened by challenges in terms of financial and volunteer human resources, internal management and regulations.

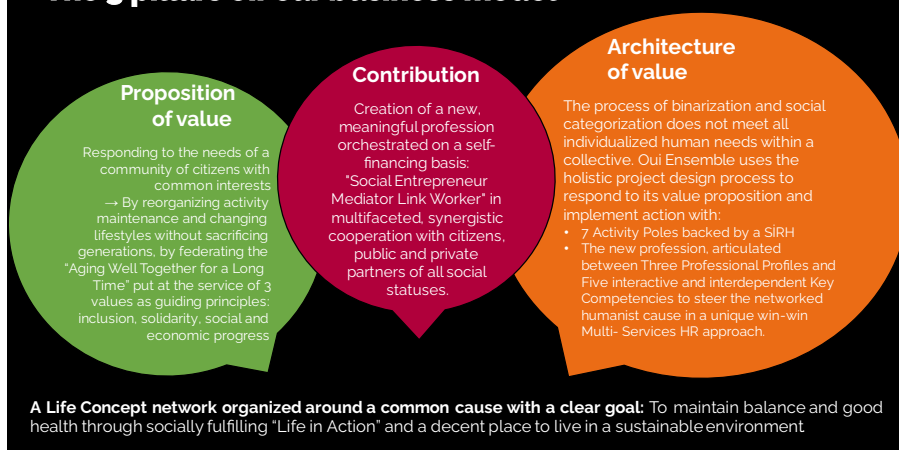
Clear-sighted, open to the world and armed with a bold imagination, we were driven to experiment with a new solution that could be duplicated by creating a different form of local, national and international cooperation between a developed and a developing country. Our aim is to federate cooperation rather than competition, by pooling resources to achieve better results. All the more so as the decline in the working population (inversion of the age pyramid linked to aging populations) and in resources, sounds the death knell for a profound reconfiguration of our societies and their foundations.

**Youth needs us,
and we need them!**

Oui Ensemble is a project orchestrated around a humanist concept of life, with a business model articulated around 3 pillars and a financial plan that is not an end in itself, as it is part of our solution for ourselves and for others.

2025 is the year of alignment on the same path/voice between the teams in France and Laos.

The 3 pillars of our business model



LAOS: [See Activities 2024](#) and [Orientations 2025](#)

Hongkham, **UFL** project manager in charge of setting up and managing the LAOS project in the Xiengthong district of Luang Prabang, and head of this elementary school and its bilingual Lao-French classes, works as part of a team with Bounmy and [Michel DELAFON](#)'s French-language teaching project.

First activity 2025 – Laos action

Building a refectory under the aegis of the **UFL** Association

A healthy diet, with no pesticides or GMOs, and no antibiotics or growth hormones injected into livestock, offers numerous advantages in reducing certain health problems, including hormonal disorders and cancer. Adopting a healthy diet combined with sporting activities is therefore beneficial to children's growth and health.

That's why Hongkham decided to experiment with a school refectory with a nutritional educational objective.

We will also be raising awareness of the lack of rigor in the domestic use of plastics, as Micro-Nano-Plastics (MNP) have been detected in almost every organ of the human body.

Florent Lavabre, **Oui Ensemble** Social Entrepreneur based in Luang Prabang, is a **UFL** delegate with responsibility for ensuring compliance of activities related to our humanist cause, and he puts himself at the service of Hongkham's expectations.

As soon as we have visibility on the construction of the refectory, Serge project GREEN VIENTIANE and a nutritionist will liaise with Hongkham to train local professionals.



In the expectation that **ACTiON FRANCE** will be self-financing with its innovative Social and Solidarity Economy vision, which will enable us to support **LAOS**, a developing country, we continue to appeal for donations.

**We are appealing for donations for this project
which amounts to €28,749**

PLEASE MAKE YOUR DONATION PAYABLE TO **UFL**

if you are subject to French legislation, your donation may qualify for a tax reduction of 66%
of the amount paid, up to a limit of 20% of taxable income

Contacts

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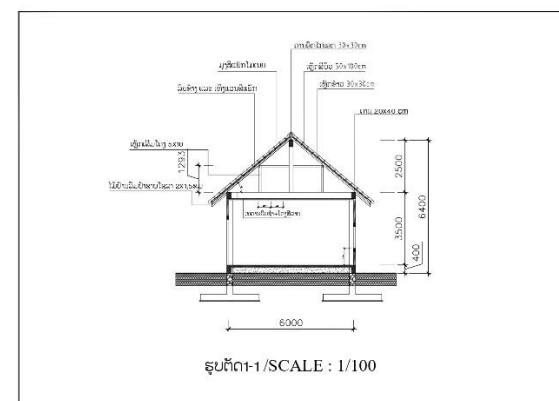
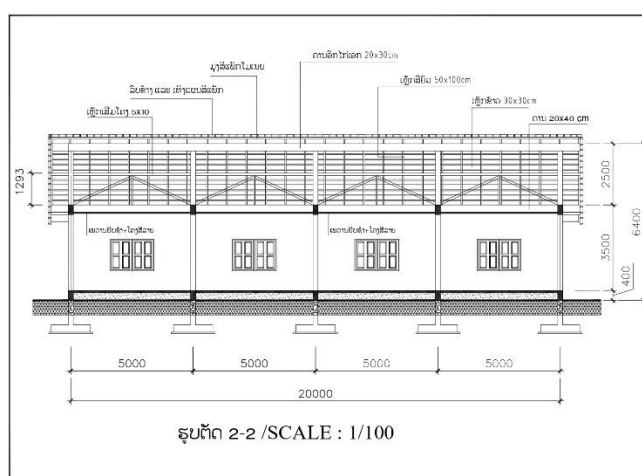
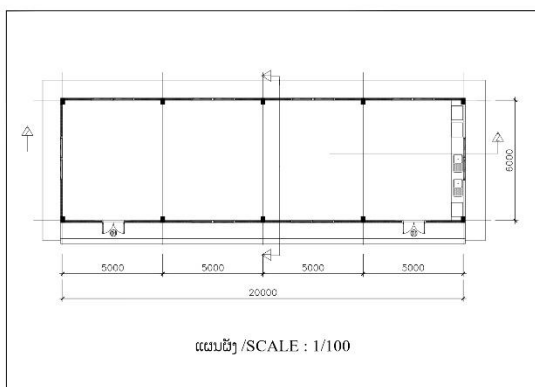
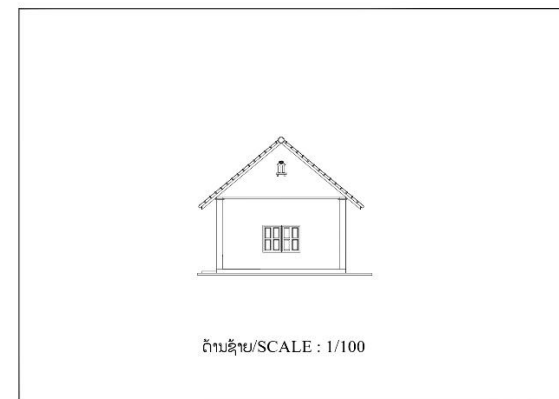
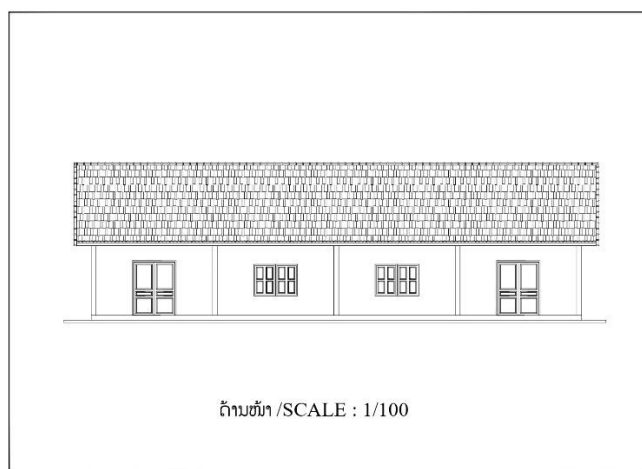
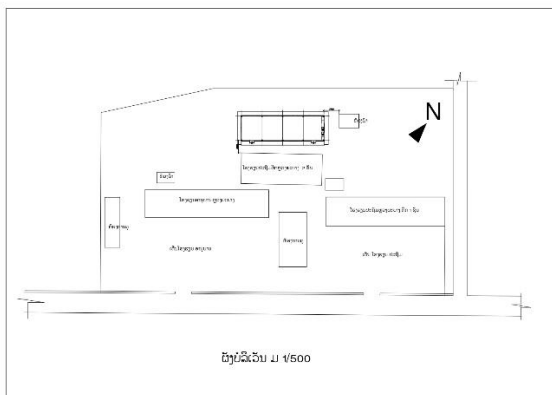
Yannick GOUY Secretary **UFL** -Tel. (33) 6 64 10 68 20- yannick.gouy@yahoo.fr

Estimation Project Construction Refectory Primary School Luang Prabang

		Labor force		Materials and Equipment		Sub-Total	Total by trade
1	Earthworks	₭33 360 000	€1,363	₭296 650 000	€12,120	€14,993	€15,876
2	Structural work	₭36 955 000	€1,510				
				Control and Management UFL →		€883	
3	Masonry	₭27 030 000	€1,104	₭10 425 000	€426	€1,530	€1,620
				Control and Management UFL →		€90	
4	Roof	₭44 800 000	€1,830	₭129 020 000	€5,271	€7,102	€7,520
				Control and Management UFL →		€418	
5	Joinery	₭3 000 000	€123	₭33 346 000	€1,362	€1,485	€1,572
				Control and Management UFL →		87 €	
6	Paint	₭10 620 000	€434	₭13 930 000	€569	€1,003	€1,062
				Control and Management UFL →		€59	
7	Electricity	₭2 160 000	€88	₭23 200 000	€948	€1,036	€1,097
				Control and Management UFL →		€61	
Construction of refectory		₭157 925 000	€6,452	₭506 571 000	€20,697	€27,149	
May 2025 Exchange rate 1€ = in Kip ₭24 476							
TOTAL COST PROJECT CONTROL AND MANAGEMENT UFL							€28,748

Please make your donation payable to UFL (à l'Unisson France Laos):

- By cheque, Address: Somphon UPRAVAN n°62 Route Nationale 80480 DURY
- By bank transfer (RiB enclosed)



THE DETAIL OF EXPENSES FOR LABOR FORCE

ໂຄງການກໍ່ສ້າງ ຫໍອາຫານໂຮງຮຽນປະຖົມສົມບູນ ຫຼວງພະບາງ ຂະໜາດ 6 x 20 ແມັດ						
Project Construction Refectory Primary School Luang Prabang - Saikai 6 x 20 meters						
May 2025 Exchange rates					K24 476	
ລ/ດ	ລາຍການແຮງງານ	ຫົວໜ່ວຍ	ຈໍານວນ	ລາຄາຕໍ່ຫົວໜ່ວຍ	ລາຄາລວມ	TOTAL PRICE
N	Labor details	Unit	Volume	Unit price	Total price	
I	ວຽກດິນ Earthworks				K33 360 000	1 363 €
1	ຕີຜັງຈັບລະດັບ - Upgrade	ມ2	240	10 000	K2 400 000	€98
2	ຂຸດຂຸມຕົ້ນເສົາຮາກຖານ Digging a hole for the foundation	ມ3	60	200 000	K12 000 000	€490
3	ຖິ້ມດິນຄືນຮາກຖານພ້ອມຕໍ່າແໜ້ນ Fill the foundations with soil and firmly pack down.	ມ3	40	100 000	K4 000 000	€163
4	ຂຸດຂຸມເທກັນເປື້ອນກ້ອງຄານຄໍດິນກໍ່ຜາ 20ຊມ Dig a hole and pour in the soil. Build 20 cm walls.	ມ3	43,6	200 000	K8 720 000	€356
5	ຖິ້ມດິນອີກພື້ນສູງ 40ຊມ ພ້ອມຫຼົດນໍ້າຕໍ່າແໜ້ນ Backfill to a height of 40 cm. Water thoroughly.	ມ3	48	100 000	K4 800 000	€196
6	ຖິ້ມຊາຍພື້ນພ້ອມຫຼົດນໍ້າຕໍ່າແໜ້ນກ້ອງຄານດິນ ແລະ ຕົ້ນເສົາ Fill the ground with sand and water. Firmly pack the ground and the base of the posts.	ມ3	12	120 000	K1 440 000	€59
II	ວຽກເບຕົງ Travaux de bétonnage				K36 955 000	€1 510
1	ເບຕົງກັນເປື້ອນຕົ້ນເສົາ ແລະ ຄານຄໍດິນ Making a concrete barrier for pillars and foundation beams	ມ3	2	650 000	K1 300 000	€53
2	ເບຕົງເສີມເຫຼັກຮາກຖານ Reinforcing concrete foundations	ມ3	12	800 000	K9 600 000	€392
3	ເບຕົງເສີມເຫຼັກເສົາຕໍ່າ Building reinforced concrete pillars	ມ3	0,6	800 000	K480 000	€20
4	ເບຕົງເສີມເຫຼັກຄານຄໍດິນ Building reinforced concrete slabs	ມ3	4,2	800 000	K3 360 000	€137
5	ເບຕົງເສີມເຫຼັກເສົາ Building reinforced concrete pillars	ມ3	1,9	800 000	K1 520 000	€62
6	ເບຕົງເສີມເຫຼັກຄານຫຼັງຄາ, ດັ່ງ ແລະ ຄານອີກໄກ່ Concrete roof trusses, reinforced concrete powders and rafters	ມ3	6,8	950 000	K6 460 000	€264
7	ເບຕົງພື້ນ ແລະ ຂັ້ນໄດ e=10cm Concrete floors and stairs	ມ3	12	800 000	K9 600 000	€392
8	ເບຕົງກັນເປື້ອນອ້ອມຮອບອາຄານ e=10cm Create an earth fill around the building	ມ3	5,6	600 000	K3 360 000	€137
9	ເບຕົງເສີມເຫຼັກຄານເອ້ນ Pouring reinforced concrete	ມ3	1,5	850 000	K1 275 000	€52
III	ວຽກກໍ່ ແລະ ໂບກ Brick and mortar work				K27 030 000	€1 104
1	ກໍ່ຜາຫີນແຂງ e=20cm ກ້ອງຄານຄໍດິນ Build a solid stone wall e=20cm below ground level	ມ2	58	150 000	K8 700 000	€355
2	ກໍ່ຜາດິນຈີ່ e=10cm ຜາອາຄານ ແລະ ສີໜ້າ Build a brick wall e=10cm for the walls and facades of the building	ມ2	147	30 000	K4 410 000	€180
3	ໂບກຜາອາຄານ, ແລະ ສີໜ້າ Coating walls and facades	ມ2	294	30 000	K8 820 000	€360
4	ຕິດລ່ຽມເສົາ - Column to wall connections	ມຍ	50	30 000	K1 500 000	€61
5	ໂບກເສົາ - Coating the posts	ມ2	20	30 000	K600 000	€25

6	ຂັດມັນພື້ນອາຄານ - Building flooring	ມ2	120	25 000	₭3 000 000	€123
IV ວຽກຫຸ້ງຄາ Tile roofing work					₭44 800 000	€1 830
1	ຕິດຕັ້ງໂຄງຫຸ້ງຄາເຫຼັກ ພ້ອມມຸງດ້ວຍສີແຜ່ກໂມເນຍ Installing a double-sided steel roof structure	ມ2	220	120 000	₭26 400 000	€1 079
2	ຕິດຕັ້ງບ້ານລົມ-ບ້ານຊາຍ ໄມ້ເຊີຣາ Installing Sherrawood fascia boards	ມຍ	65	120 000	₭7 800 000	€319
3	ຕິດຕັ້ງເພດານ ຫຍິບຊ້າ ໂຄງ C-line ດ້ານນອກ Installing an exterior steel structure	ມ2	120	80 000	₭9 600 000	€392
4	ຕິດຕັ້ງບົວສີໜ້າ - Sanding off concrete drips	ອັນ	2	500 000	₭1 000 000	€41
V ວຽກວົງກັບບານປະຕູ Window and door joinery					₭3 000 000	€123
1	ຕິດຕັ້ງວົງປະຕູ D1=120x200cm Installing the doors	ວົງ	2	200 000	₭400 000	€16
2	ຕິດຕັ້ງວົງປ່ອງຢ້ຽມ W1=180x120cm Installing windows	ວົງ	8	200 000	₭1 600 000	€65
3	ຕິດຕັ້ງບ່ອນລ້າງຖ້ວຍປ່ອງ (ພ້ອມອຸປະກອນ) Installing a sink	ຊຸດ	1	1 000 000	₭1 000 000	€41
VI ວຽກສີ Painting work					₭10 620 000	€434
1	ທາສີນ້ຳ U90(ລາວ) ຝາກໍ່ທັງໝົດ Paint all the walls	ມ2	294	20 000	₭5 880 000	€240
2	ທາສີນ້ຳ U90(ລາວ) ເພດານ - Painting the floor	ມ2	120	20 000	₭2 400 000	€98
3	ທາສີນ້ຳມັນໃສ່ວົງກັບປະຕູ Painting doors	ວົງ	2	20 000	₭40 000	€2
4	ທາສີນ້ຳມັນໃສ່ວົງກັບປ່ອງຢ້ຽມ Painting windows	ວົງ	8	20 000	₭160 000	€7
5	ທາສີນ້ຳມັນກັນເປື້ອນພາຍໃນ ແລະ ນອກອາຄານ ສູງ30ລມ Paint a 30cm strip at the base of the walls with a dirt-repellent/waterproof paint	ມຍ	104	10 000	₭1 040 000	€42
6	ທາສີໄມ້ມອບເພດານ - Painting the ceiling	ມຍ	110	10 000	₭1 100 000	€45
VII ວຽກໄຟຟ້າ Travaux d'électricité Electrical work					₭2 160 000	€88
1	ຕິດຕັ້ງດອກໄຟນິອອນ 40w ຄົບຊຸດ Panasonic Install 40w neon lights (Panasonic brand)	ດອກ	9	80 000	₭720 000	€29
2	ຕິດຕັ້ງບັກສຽບ 2 ຮູ Installing sockets	ອັນ	6	60 000	₭360 000	€15
3	ສະວິກປິດ-ເປີດດອກໄຟ ແລະ ຜັດລົມ Install switches and fan power supplies	ອັນ	6	60 000	₭360 000	€15
4	ແບັກເກີ 60 A -Circuit breaker	ອັນ	2	60 000	₭120 000	€5
5	ຕິດຕັ້ງກະດານໄຟ pastic ຂະໜາດ 20x30cm Installing a 20x30 cm electrical panel	ອັນ	2	60 000	₭120 000	€5
6	ຕິດຕັ້ງຜັດລົມເພດານຍີ່ຫໍ້ Hatari Install fans (Hatari brand)	ອັນ	6	80 000	₭480 000	€20
ລາຄາລວມທັງໝົດ PRÏX TOTAL					₭157 925 000	€6 452

THE DETAIL OF EXPENDITURE ON MATÉRIALS AND EQUIPMENT

ໂຄງການກໍ່ສ້າງ ຫໍອາຫານໂຮງຮຽນປະຖົມສົມບູນ ຫຼວງພະບາງ ຂະໜາດ 6 x 20 ແມັດ
Project Construction Refectory Primary School Luang Prabang - Saikai 6 x 20 meters

May 2025 Exchange rate: €1 = **₭24 476**

ລ/ດ N	ລາຍການວັດສະດຸ Materials and Equipment	ຫົວໜ່ວຍ Unit	ຈຳນວນ Volume	ລາຄາຕໍ່ຫົວໜ່ວຍ Unit price	ລາຄາລວມ Total price	Total price
1	ດິນຖີມ - Terre de remblai Fill soil	ມ3	48,00	200 000	₭9 600 000	€392
2	ຊາຍກໍ່ສ້າງ - Construction sand	ມ3	40,00	250 000	₭10 000 000	€409
3	ຊາຍລະອຽດ - Sand and gravel for concrete	ມ3	20,00	250 000	₭5 000 000	€204
4	ຊີມັງຂຽວສຳລັບກໍ່ໂບກກາກະທົງ Green brand cement	ໂຕນ	10,00	1 600 000	₭16 000 000	€654
5	ຊີມັງແດງສຳລັບເທໂຄງສ້າງກາກະທົງ Red-brand cement	ໂຕນ T	16,50	1 800 000	₭29 700 000	€1 213
6	ຫີນແຂງກໍ່ຮອງຮັບຄານດິນ Backfill stones	ມ3 m3	30,00	250 000	₭7 500 000	€306
7	ຫີນແຮ່ -Gravel	ມ3	50,00	250 000	₭12 500 000	€511
8	ໄມ້ແບບ 2x20x400cm - Formwork boards	ມ3	14,00	5 500 000	₭77 000 000	€3 146
9	ໄມ້ຄ້າແບບ - Formwork wood	ລຳ tige	180,00	35 000	₭6 300 000	€257
10	ໂຄງເພດານ C-line. L=4m Aluminum C-sections	ເຮັ້ນ	150,00	35 000	₭5 250 000	€214
11	ເຫຼັກຕະບູ 8 - Nails 8	ກິໂລ	20,00	35 000	₭700 000	€29
12	ເຫຼັກຕະບູ 6 - Clous 6	ກິໂລ	30,00	35 000	₭1 050 000	€43
13	ເຫຼັກເຮັ້ນ Ø16mm - Concrete reinforcing bar	ເຮັ້ນ	2,00	18 000 000	₭36 000 000	€1 471
14	ເຫຼັກເຮັ້ນ Ø12-14mm - Concrete iron	ເຮັ້ນ	3,50	18 000 000	₭63 000 000	€2 574
15	ເຫຼັກເຮັ້ນ Ø6mm - Concrete iron	ເຮັ້ນ	0,50	18 000 000	₭9 000 000	€368
16	ລວດມັດເຫຼັກ - Tying wire	ກິໂລ kg	230,00	35 000	₭8 050 000	€329
17	ດິນຈີ່ຂະໜາດ 10*10*20 cm - Bricks	ກ້ອນ	6 950,00	1 500	₭10 425 000	€426
18	ເຫຼັກໄຕໂອ 50x100x2mm@600cm Welded wire mesh	ເຮັ້ນ fil	64,00	600 000	₭38 400 000	€1 569
19	ເຫຼັກໄຕໂອ 40x40x1.8mm@600cm Welded mesh	ເຮັ້ນ	130,00	210 000	₭27 300 000	€1 115
20	ທູບຈອດ - Welding rods	ກັບ	4,00	90 000	₭360 000	€15
21	ສີແຜ່ກ - Tiles	ແຜ່ນ	2 640,00	15 000	₭39 600 000	€1 618
22	ຫຼັບສີແຜ່ກເທິງ ແລະ ຂ້າງ Ridge and roof tiles	ອັນ	136,00	60 000	₭8 160 000	€333
23	ແຜ່ນຫຍິບຊ້າ 1.2x1.2m Exterior plasterboard	ແຜ່ນ	85,00	120 000	₭10 200 000	€417
24	ກີບວ່ອກແຜ່ນຫຍິບຊ້າ - Plywood block	ກັບ	10,00	50 000	₭500 000	€20
25	ຕະບູ ຕອກຄອນກຣີດ - Concrete nails	ກັບ	10,00	30 000	₭300 000	€12
26	ລວດຂີດມັດໂຄງເພດານ C-Line (ລວດໄລ) Structure link wire	ກິໂລ	50,00	60 000	₭3 000 000	€123
27	ກີ້ຜ້າ (ເທບຕິດຮອຍຕໍ່ຂອງເພດານ) Adhesive tape and joint strips	ກີ້	20,00	10 000	₭200 000	€8
28	ຜິງຫຍິບຊ້າ (ໃຊ້ປັ້ຮອຍຕໍ່)ເປົ້າ 25 ກິໂລ 25kg bags of plaster (for drywall)	ກິໂລ	3,00	250 000	₭750 000	€31
29	ເດມິນຕັດເຫຼັກ -Steel cutting discs	ແຜ່ນ	10,00	25 000	₭250 000	€10
30	ໄມ້ບ້ານລົມ-ບ້ານຊາຍເຊີລາ 1.8x20x400cm Sherrawood boards (imitation wood fiber cement)	ແຜ່ນ	18,00	120 000	₭2 160 000	€88
31	ນິ້ອດຈັບປ້ານລົມ-ປ້ານຊາຍ - Screws	ກັບ	5,00	50 000	₭250 000	€10
32	ວົງກົບ, ບານປະຕູ D1=120x200cm - Doors	ຊຸດ	2,00	3 500 000	₭7 000 000	€286

33	ວົງກົບ, ບານປ່ອງຢ້ຽມ w1=180x120cm - Window	ຊຸດ	8,00	2 500 000	₭20 000 000	€817
34	ບານພັບ4" ພ້ອມນິ້ວດຈັບ - Hinges 10cm	ຊຸດ	30,00	50 000	₭1 500 000	€61
35	ລ່ອກໄລກອນ - Latches	ອັນ	22,00	60 000	₭1 320 000	€54
36	ມືຈັບປ່ອງຢ້ຽມ - Window handle	ອັນ	8,00	20 000	₭160 000	€7
37	ກະແຈລຸກບິດ - Locks	ຊຸດ	2,00	350 000	₭700 000	€29
38	ຢ່ວງເກາະປ່ອງຢ້ຽມ - Window sill	ອັນ	16,00	16 000	₭256 000	€10
39	ສີນ້ຳ U90 ພາຍໃນ,ເພດານ - Interior painting	ຖັງ	10,00	350 000	₭3 500 000	€143
40	ສີນ້ຳ U90 ພາຍນອກ - Exterior paint	ຖັງ	6,00	450 000	₭2 700 000	€110
41	ສີນ້ຳມັນ - Oil painting	ປ່ອງ	6,00	300 000	₭1 800 000	€74
42	ສີວານິດ - Varnish	ປ່ອງ	8,00	300 000	₭2 400 000	€98
43	ສີກັນໝຽງ 18ລິດ/ຖັງ - Anti-rust paint 18 l	ຖັງ	2,00	950 000	₭1 900 000	€78
44	ແປງທາສີ - Brush	ອັນ	15,00	30 000	₭450 000	€18
45	ລູກກົ້ງ - Paint roller	ອັນ	6,00	30 000	₭180 000	€7
46	ກະດາດຊາຍການິກແອ່ນ - Sandpaper	ແຜ່ນ	50,00	20 000	₭1 000 000	€41
47	ສາຍແມ່ໄຟ 2x6	ມຍ	60,00	60 000	₭3 600 000	€147
Main power line						
48	ສາຍແມ່ໄຟ 2x2.5	ມຍ	140,00	30 000	₭4 200 000	€172
Main power line						
49	ສາຍໄຟ 2x1.5 - Electrical cable	ມຍ	280,00	20 000	₭5 600 000	€229
50	ດອກໄຟນິ້ອອນ 40W - Bulb	ຊຸດ	9,00	150 000	₭1 350 000	€55
51	ປັກສຽບ 2 ຮູ - Socket outlet	ຊຸດ	6,00	40 000	₭240 000	€10
52	ສະວິກບິດ - ເປີດດອກໄຟ - On/off switch	ອັນ	6,00	30 000	₭180 000	€7
53	ພັດລົມ - Hatiri fan	ອັນ	6,00	650 000,00	₭3 900 000	€159
54	ກະດານໄຟ Plastic ຂະໜາດ 20x30ລຸມ	ອັນ	2,00	80 000	₭160 000	€7
Electric board 20x30 cm						
55	ແປັກເກີ 60A - Circuit breaker	ອັນ	2,00	150 000	₭300 000	€12
56	ຟອງນ້ຳ - Sponge	ອັນ	40,00	10 000	₭400 000	€16
57	ທໍ່ ແລ່ນໄຟຟ້າ3/8 - Electric tube	ເສັ້ນ	50,00	25 000	₭1 250 000	€51
58	ລ່າງໄວເວ - Electrical trunking	ເສັ້ນ	4,00	80 000	₭320 000	€13
59	ອ່າງລ້າງຖ້ວຍ - Sinks	ຊຸດ	2,00	850 000	₭1 700 000	€69
ລວມວັດສະດຸ - Total price					₭506 571 000	€20 697