

A conscientious objector's day

Bedtime at 11pm

We finish work at 8pm as it is starting to get dark. We have a quick meal and it's nearly time for bed

After a break at 4pm we start working again, moving stones and earth. The wind has started to pick up and it's very cold.

After lunch we continue loading bricks and mixing cement.

I get up at 5am to start work at 6am. I have my breakfast and get ready for work.

We start the day by loading the train trucks with stone to go up to the lake.

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We have a short break at 10am, it's started to rain and we have no shelter.

1pm is lunch time, the food isn't very good and I always wish there was more.