

IN(F)OLONTAIRE

2025

april n.3



In(f)olontaire Bretagne, Le Magazine made by and for volunteers.

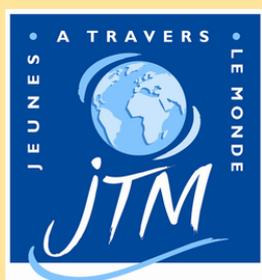


Project created by Livia Spalt, Greta Alfonsetti, Sine Bjerregaard, Patrícia Gonçalves, Patrícia Cóias, and Giorgia Pelagatti.

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**THE THEME OF
THE MONTH:
STARS**

WHY STARS

For the simple reason of staying true to our origins, we're not going to let go of the elements of nature, and this month's theme is: Stars. Stars, as we all know them, are large celestial bodies of various types and colours that the naked eye will never be able to follow the years of history that characterise them. Their luminous bodies light up all our nights and give us reasons to believe certain things, such as that Capricorns are the best kind of people.

We also call people who are relevant in the world stars, such as Simon Cowell who invented One Direction and changed the music industry, or Lady Gaga who released *Bad Romance* and became an LGBT+ icon. That's why we thought the stars deserved to be recognised in our magazine.



IF YOU SAW A SHOOTING STAR, WHAT WOULD YOU WISH FOR ?

based on a survey, done on our Instagram : infolontaire.magazine

- Livia



A STAR IS BORN



Did you know?
A Star Is Born (2018) is the 4th film based on the same story. The other versions were released in 1937, 1954, and 1976.

“A Star Is Born” is a 2018 musical romantic drama starring Lady Gaga and Bradley Cooper, who also directed and produced it.

MOVIE REVIEW

a STAR IS BORN

PATRÍCIA G

Good movie, storyline, chemistry and songs!

7.5/10

GIORGIA

The chemistry between Gaga and Cooper and the wonderful songs make this movie worth watching.

7.5/10

SINE

The actors truly deliver strong emotions in their performances. I would watch anything with Gaga.

8/10

GRETA

From the depths to the "shallow", a love story that echoes in every note.

9/10

LIVIA

A raw lovestory with many ups and downs. The music really pulls you in and lets you feel the emotions.

7/10

PATRÍCIA C

It's a good movie but it can make some hearts break.

7.5/10

✦ CONSTELLATIONS & MYTHS ✦

For thousands of years, human beings have looked up at the sky to seek answers. The stars have often inspired and influenced the mythology of numerous civilisations. In this specific case, we are going to deal with the Northern Hemisphere, and specifically the Greek-Roman Mythology.

Let's discover together what's (one of the versions) the myth behind some of the most famous constellations!

1. URSA MAJOR (AND MINOR)



Zeus, god of the sky and the thunder, fell in love with the nymph Callisto and had a child with her, Arcas. Jealous and tired of her husband's infidelity, the goddess of marriage and family, Hera, transformed Callisto into a *bear*.

Years later, during a hunt, Arcas met her mother Callisto in her bear form. He was just on the verge of killing her when Zeus decided to intervene.

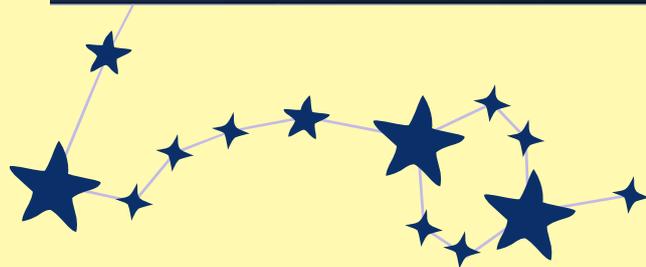
The god placed both mother and son in the sky, and they became the *Ursa Major* and *Ursa Minor*.

2. ORION

The story of Orion has many variations, but in most of them he is a giant man regarded as the best hunter that has ever existed.

In one story, Orion bragged about being able to kill every animal on Earth. Therefore, Gaia, the goddess who personify of Earth, sent a scorpion to kill him.

And that is why the constellation of the *Scorpion* and *Orion* are never in the sky at the same time.



3. DRACO



In one version, the constellation of the *Draco* is the one-hundred headed dragon called Ladon.

Ladon was charged to guard the golden apples of the Hesperides for the goddess Hera. Eating the apples led to eternal youth and prosperity.

When Hera gave Hercules the labour of stealing her golden apples, she was hoping the hero would be killed by Ladon.

However, Hercules killed the dragon with a poisonous arrow, and Hera put Ladon on the sky to reward him for his loyalty.

4. CYGNUS



The *Cygnus* would be none other than Zeus, who often assumed the disguise of a swan to seduce women.

The most famous story concerns Leda, the queen of Sparta, seduced by Zeus-Swan during her wedding night. After nine months, Leda gave birth to the twins Castor and Pollux (*Gemini* constellation)

In another story, Zeus-Swan seduced and then raped Nemesis, the goddess of revenge. She then gave birth to a white egg, from which Helen - the trigger of the War of Troy - was born.

5. CASSIOPEIA

Cassiopeia, queen of Aethiopia, affirmed that her daughter, Andromeda, was more beautiful than the Nereids - the sea nymphs.

She therefore angered Poseidon, god of the sea, who sent his sea monster Cetus into the kingdom. The monster made the life in Aethiopia impossible, and the Oracle declared that Cetus would leave only if Andromeda was offered to the sea monster as a sacrifice.

It was the hero Perseus to save the chained Andromeda from certain death.



- Georgia



INTERNATIONAL



INTERVIEW OF THE MONTH

RISING STARS

In the general news stream we may not always hear about the stars on the rise as long as they haven't yet made it big. In the next piece, submissions from Croatia, Belgium, Denmark, and Spain will try to give you a little insight into names that are on the rise in these countries.

You might even find a new favorite artist.

- Sine

RISING STARS

- Iñigo Quintero -

One of the newest rising stars in Spain is Iñigo Quintero, a young singer who became famous very quickly.

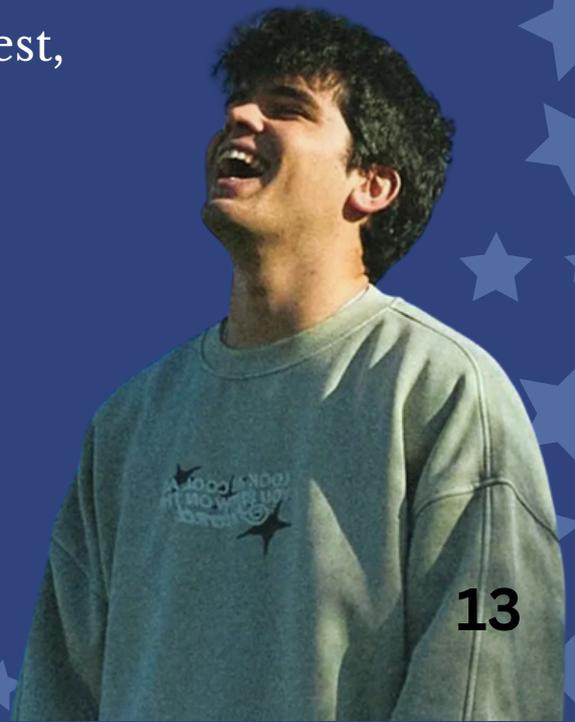
His song "Si No Estás" went viral in 2023 and became the number one song on Spotify's Global Chart. That made him the first Spanish solo artist to ever do that. In 2024, he released his first EP called "Es Solo Música" and went on tour across Europe, playing in cities like Madrid, Paris, and London. He also performed at big music festivals during the summer.

Because of his fast success, he was nominated for Best New Artist at the Latin Grammy Awards.

Iñigo's music is emotional and honest, and many young people feel connected to his songs.

He's definitely someone to watch on Spain's music scene.

- Hana, Spain



RISING STARS

- Grše -

I can mention Grše (Grgo Šipek) he was born in 1995, and he's from the area of Split. One of the biggest artists in the rap culture in the whole Balkan area currently. I personally like him a lot and him in person already. He made a very steep career within a few years. One of his biggest hits is from 2023 "Mama Mia" which is played in every club/ every bar since then, even worldwide in non-Croatian speaking countries.

From the outside he looks dangerous and like a very cliché rap artist but I really respect the values of his, and how he represents his own country with a lot of respect to his own fans as well.

Can't wait to see him live again this summer.

- Roko, Croatia



RISING STARS

- Emma Sehested Høeg-

Emma Sehested Høeg isn't so much a rising star, as she has gained recognition as an actual superstar in Denmark. I still thought she was worth mentioning as she has gained success and popularity relatively recently. She is most known as an actress in series such as "Orkestret" (The orchestra), Killjoy (No translation needed), "Skyld" (Guilt), and many more. Her background is in theatre and attended "The Danish School of Stage Art". As a result of her attendance there, she founded the theatre "How to Kill a Dog", which is a theatre collective who seeks to kill the dog in each of us that has the need to be liked.

She is non apologetic and shameless in everything she does, and I think she is an absolute icon. She has gained succes as a singer and debuted with the album; I Know All The Words But I Can't Say Goodbye in 2024. Though she is no longer a star on the rise in Denmark, I think she is worth keeping an eye out for on the international scene.

- Sine, Denmark



RISING STARS

- Thierry Neuville -

The person I want to talk about is Thierry Neuville. He is 38 and comes from eastbelgium! So the German-speaking part of Belgium and also my region 😊
He won the world rally Championship in 2024. This was a really big deal for my Region! I think it's amazing what he accomplished, because it's really hard to get into the rally business. It's the first time we hear about someone from eastbelgium who has achieved something worldwide.

He showed the world that there is a German-speaking part in Belgium, and that you can become anything you want even if you come from such a small village that nobody knows. It made me proud of the people from my Region.

- Elisa, Belgium



N'avoir que l'existence

L'éclaircissement subtil, bleuâtre, d'une suite de couchers de soleil ne cesse de me marquer, d'autant plus les belles étoiles qui les suivent. Un soir, j'ai pris la route d'un bar. J'adore mon vélo, j'y suis allé. J'étais follement ému sous les étoiles qui m'incarnaient par leurs bras omniprésents. L'appréhension m'est également venue, soit d'appartenir à une réalité plus vaste que celle d'être un vivant au milieu de nulle part, soit d'accepter que j'existais. Je n'avais que ça. Les bras des étoiles s'arrêtaient de me câliner ayant vu l'existence que j'ai décidé de prendre en compte. Aux étoiles que je n'ai pas pu voir à Istanbul,

- Cihan Goktas

French Expression of the Month

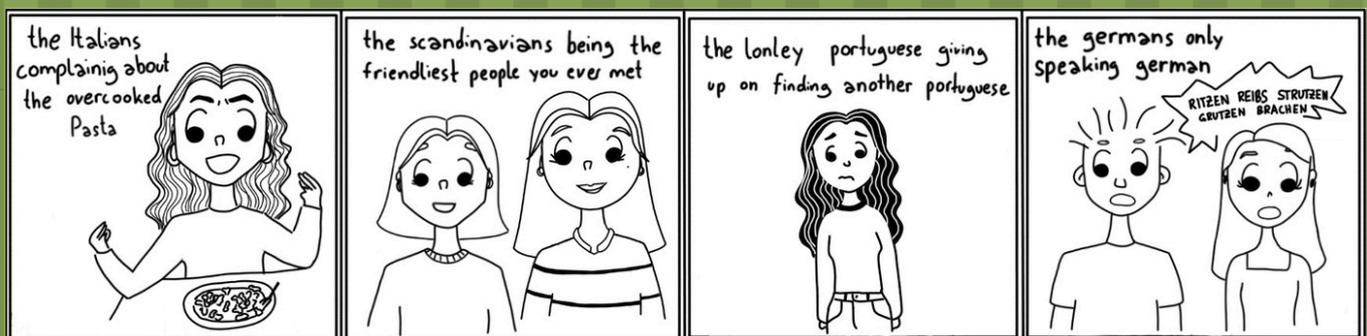
« avoir des étoiles plein les yeux ! »



- Greta

means: To be amazed

the people you meet at seminars:



- Livia

H O R O S C O P E S

based on science
(definieltly not just made up)

ARIES

Dear Aries, I know you are the *best leader* ever, but you cannot decide everything in your projet collectif, it is called *collective* for a reason. In the second week of May the right star alignment will allow you to improve your team working skills!

TAURUS

You *stubborn stubborn* Taurus, this month will be the perfect opportunity to stop fighting with your housemates and spending more time with your friends. The stars recommend you to enjoy the open air and profit from the Brittany sun.

GEMINI

Gemini, queen (*gender neutral*) of indecisiveness, I regret to tell you that May will be a hard month because you'll have to make some important decisions. The stars recommend May 26th as the perfect day to ponder.

CANCER

My dear Cancer, after a month of April full of emotions, I'm glad to tell you that during May you will cry *only* on Tuesdays mornings. You can start planning your volunteering schedule around it.

LEO

Leo, sweetheart, I know that being a volunteer is not always easy for you, for your personality, and for your (sometimes unwieldy) ego. May will be the ideal month to salute your achievements, and be proud of yourself – stay *humble*, though.

VIRGO

Darling, don't let your perfectionism become your prison. The month of May will be the perfect opportunity to *step out of your comfort zone*: visit the volunteers you met at the seminars, travel around France, fall in love in Paris! The stars command it.

LIBRA

Honey, I know that finding balance and compromise is your area of expertise. However, there are certain volunteering situations in which even you, Libra, are not able to bring peace. During the next month, the stars want you to find balance within *yourself*.

SCORPIO

My *dear dear* Scorpio, romanticising your own life is not an excuse for seducing and leading on multiple people! During May, you will see things more clearly and decide which person is the *most perfect* to share a crêpe with.

SAGITTARIUS

Being extremely friendly and fun to be around, I am not surprised that you attracted many people in your volunteering experience. However, dear Sagittarius, in order to create meaningful relationships, you need to be more responsible and more trustworthy. You can work on that in May!

CAPRICORN

Capricorn, you really are the best leader your friends could ask for. However, in order to be a true leader you need to overcome your trust issues, babe. The spring will bring you more clarity, and on May 16th an *unexpected person* will earn your trust.

AQUARIUS

Dear Aquarius, congrats! You've reached the last months of your volunteering project. If you're still here, it means that you didn't let your restlessness win. As a prize, you can spend the month of May planning your next adventure (or *escape*). Which country are you going to visit *next*?

PISCES

Darling, I feel you, I really do, living in France is not easy, but you've gotta get a grip on your mood swings. This month, the stars will give you the necessary strength not to fall into despair every 27 minutes. *Be strong*, Pisces, be strong.

- Giorgia

RECOMMEND A PLACE IN BRETAGNE

PLANETARIUM



Watching the stars in the sky can be considered a banal activity for us, but we don't even realise how incredible those little bright spots are.

If you want to do something and the sky is grey or raining, in Rennes, at the l'Espace des Sciences on the Champs Libres, you can learn a little more about the history of the sky and the stars that live above our heads.

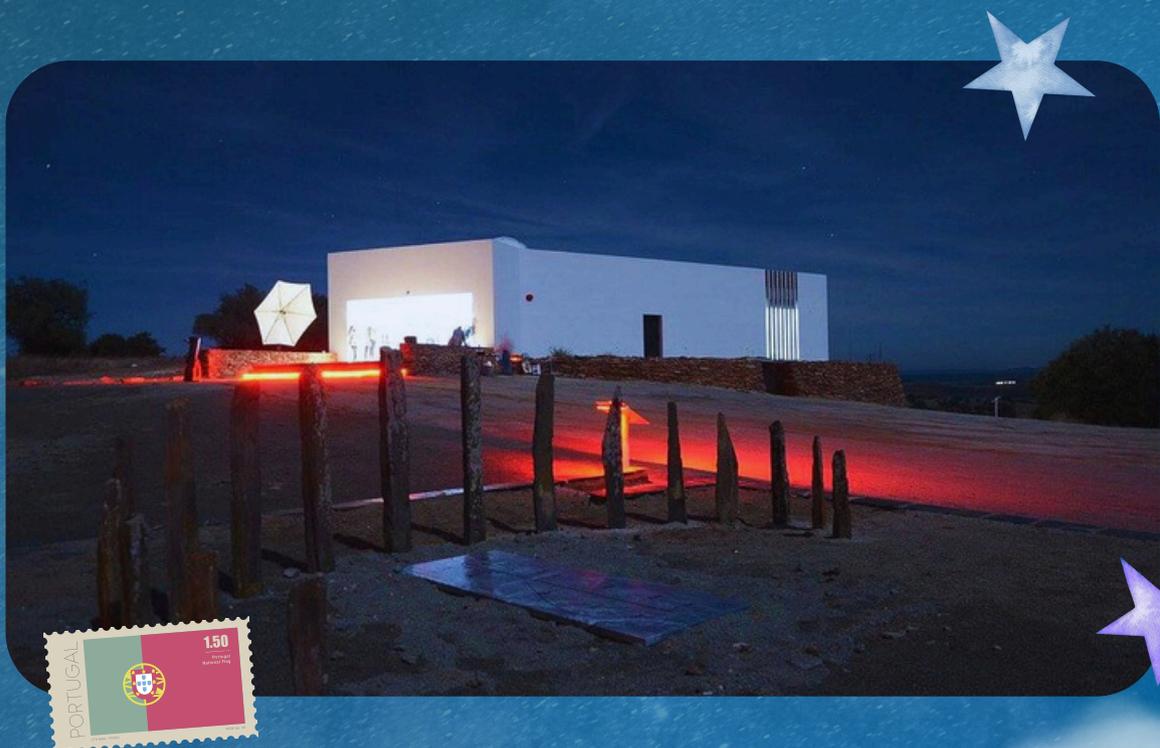
The session takes one hour and the prices are affordable.
Of course, it's all in French but the animator speaks slowly, so don't worry.

RECOMMEND A PLACE IN EUROPE

Observatório do Lago Alqueva (OLA)

A planetarium is always a good option, but imagine having someone tell you the story of the stars while literally looking up at the sky.

In Portugal, at the Observatório do Lago Alqueva in Monsaraz, you can observe the stars in the sky in real time and listen to explanations from an expert on the subject.



This observatory is located in a perfect spot because the sky is clear, there are no houses, no people, just you (and the group), the stars and someone explaining everything you need to know. You also have the chance to see the stars through real telescopes and enjoy the wonders of nature. Oh, and the sessions can be in English, Portugal is inclusive!

– Patrícia C. & Patrícia C.

La Bretagne

Capital city : Rennes

Inhabitants Bretagne : 3 Million

Inhabitants Rennes : 230 000

Used languages : French and Breton

4 départements : le Finistère, le Morbihan, l'Ille-et-Vilaine, les Côtes d'Armor



Brittany might now be part of France, but that wasn't always the case. The history goes far back in time. It started about 2500 years ago, when celtic people lived in Britany but got conquered by the Romans, who called the region Armorica, translated "seaside". After the Romans got weaker and left, different celts from Britain moved to Armorica. And the Area got the name that we know nowadays : Brittany. During the Middle ages, it became its own duchy and stayed independent until the pressure of France eventually became to strong. In the end, Britany became part of France when the last heir Anne de Bretagne married two french kings.



But the connection to France did not mean that the breton culture and language became extinct. Eventhough France did not accept breton as an official language, some people still speak it, you can find it on signs and they teach it in certain universities and schools.

Just as the language is still alive, many breton traditions are as well. Like the fest noz, the most known celebration of brittany. People dance, make music, eat and drink traditionally. Often they wear their traditional clothes, which is known for the white high hat, but there are many different versions in colour, form and fabric.

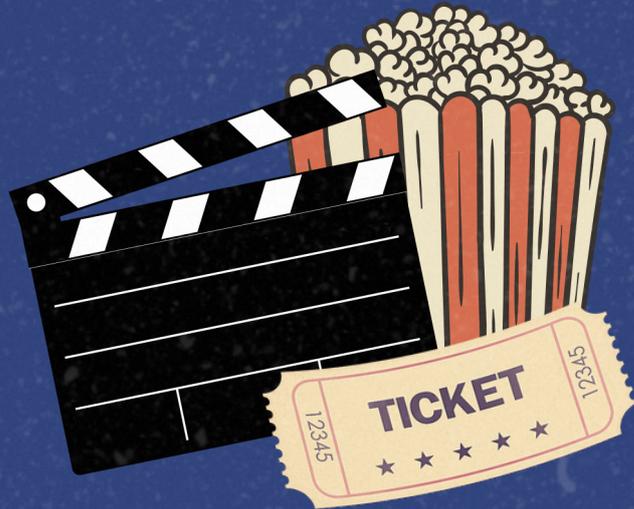
If you live in Brittany, you for sure know the famous galettes and crepes. The origin of the galette is strongly connected to sarrasin, a kind of grain which was imported from Asia. For the farmers the sarrasin was a blessing, it grew well and you didn't have to pay taxes, because you couldn't bake bread out of it. Instead they invented the galette, which they prepared with simple ingredients on a hot stone over the fire. Nowadays, you usually eat the galette with ham, cheese and eggs. The crêpe on the other hand is sweet and its doe is based on a different flour, usually it's eaten with caramel, chocolate or simply sugar.

Not only is Brittany known for their delicious Galettes and Crepes, they also share the specialty cidre with their neighbors Normandy. Cidre is an alcoholic drink, to put it simple it's like fermented apple juice. In the past, people couldn't trust on drinking water, because it caused diseases and was therefore dangerous. That's why they decided to drink cidre, which was drank out of mugs called Bolée. Today it's different, we drink cidre because it tastes good and usually out of glasses. Although, in some traditional creperies they still serve it in Bolées.



- Livia

MOVIE RECOMENDATIONS



Starstruck, Michael Grossman (2010)



One of my favourite Disney movies! I will always have a special spot for this one. I watch it again and again and i still love it as much as i did the first time.

I know a lot of people didn't like it, but I love a good cliché where a pop star and a normal girl meet, but because **she's not like others girls** she doesn't know who he is, nor does she care.

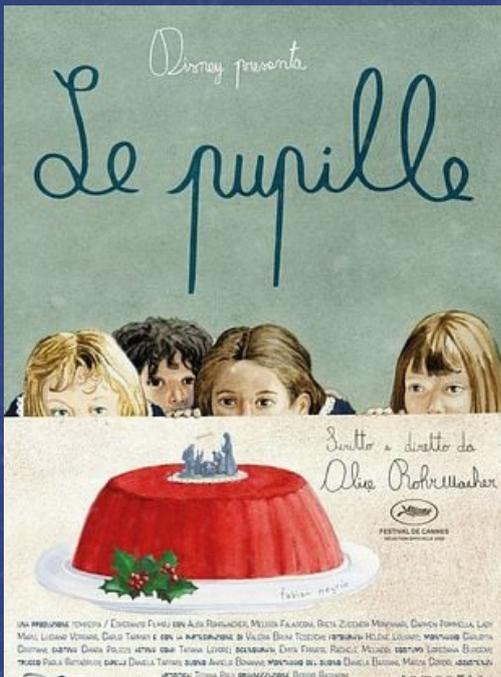
I think it's a very cute and light film that's worth seeing, and one of the things that i love the most are the songs!!!! I still have them on my playlist.

If you never watched it, i think you should give it a try, because it will bring back good childhood memories

You can watch it on Disney+

- Patrícia G.

Le Pupille, Alice Rohrwacher (2022)



It was recently revealed that Alice Rohrwacher, an Italian director and screenwriter, will be the president of the camera d'or jury at this year's Cannes Film Festival.

If you are curious to discover her work but you do not want to commit to a full Italian art-house film, you can start with *Le Pupille*: it is a short movie (37 minutes) set in a strict Italian Catholic boarding school during World War II. The main character of the story is Serafina, a young girl sidelined by her schoolmates and scorned by the nuns.

I found it to be a delightful film. Not only Rohrwacher manage to make her young cast shine, but the colours, the compositions, and the costumes are a pleasure for the eyes.

You can watch this short film on Disney+

- Giorgia



lets share
TIPS AND TRICKS



Braided Star Cake

- Sine



NOTES

Makes 8 portions

SERVINGS: 8

WORKING TIME: 45 MIN

COOK AND RISE TIME: 120 MIN

INGREDIENTS

For the dough

20 grams of yeast
60 grams of butter
300 ml wholemilk
1 egg
50 grams of sugar
1 teaspoon of cardamom
half a teaspoon of salt
500 grams of flour

For the filling

75 grams of marzipan
100 grams of sugar
100 grams of softened butter
1 tablespoon of cinammon

additionally:

1 egg for egg wash

DIRECTIONS

Melt butter on low heat.

Dissolve the yeast in the milk, and then add the melted butter, the egg, sugar, cardamom, salt, and half of the flour.

Knead the dough for 5 minutes, until smooth.
(if you have a handmixer, use this)

Let the dough rise for an hour covered while you make the filling.

For the filling; mix together all the ingredients in a bowl.

divide the dough into four equally big pieces.

Roll them out seperately to a diameter of about 24centimeters.

Place one circle on a baking tray, and spread one third of the filling onto it. Repeat until all the layers are assembled, you should not put filling on the top layer. follow the instructions for the brading o the next page, and then let the star rise under a dishtowel for 30 minutes.

Brush the cake with egg, and bake for 17-20 minutes in a preheated oven at 175 degrees.

Follow these step by step instructions for the braiding



Star garland

Crochet pattern



Stars

- mr,
- 15 dc in mr, slip stitch in first stitch and fasten mr,
- chain 5
- skip 1st and sc (in the chain of 5)
- dc (in the chain of 5)



- trpl crochet (in the chain of 5)
- attach by skipping 2, and sl in the third
- repeat 4 times (from the chain 5)
- fasten off after final slip stitch, weave in the ends

- make however many stars you wish and arrange in the order you want
- make the hanging string (make a long chain with as much stitches as you want)
- pass the string through the top of the stars with the hook



Tip:

block your stars by wetting them, adjust how you want them to look and then let them dry like that.

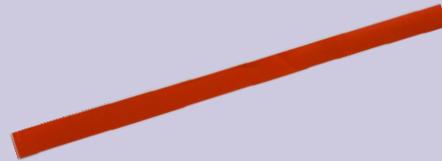


- Patrícia C.

Origami Stars

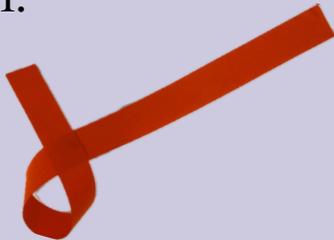
You need:

- 1 Paperstripe (~1cm thick)
- Motivation (:)

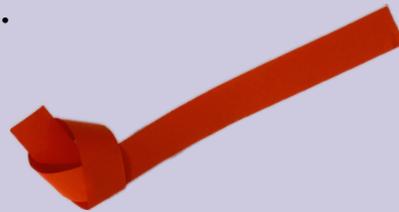


Step by step:

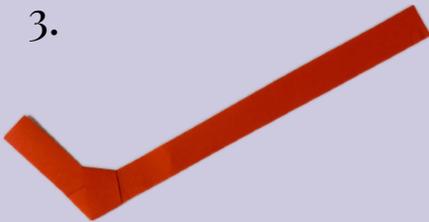
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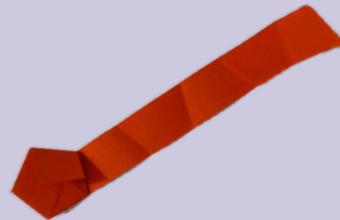
2.



3.



4.



5.



6.



7.



- Livia

Thank you

for reading *In(f)olontaire*.

We are really happy and proud to present you the third number of the magazine.

Of course, once again we thank our coordinating organisations, *Jeunes à Travers le Monde* and *Mapar*. We would also like to deeply thank our hosting organisations for allowing us to meet during working hours.

Finally, a huge thank you to the volunteers who submitted something for this number. Our main objective continues to be to create a shared platform where volunteers can express themselves.

On the 1st of May, we will share the theme of the next issue of the magazine.

To keep yourself up to date with the latest news :

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But mostly, do not forget to submit your drawings, your photos, your writings, your adventures, your struggles, and your achievements, here :



