

# IN(F)OLONTAIRE

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2025

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



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

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LYCÉE HÔTELIER  
DINARD  
YVON BOURGES

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THE THEME OF  
THE MONTH:

LOVE



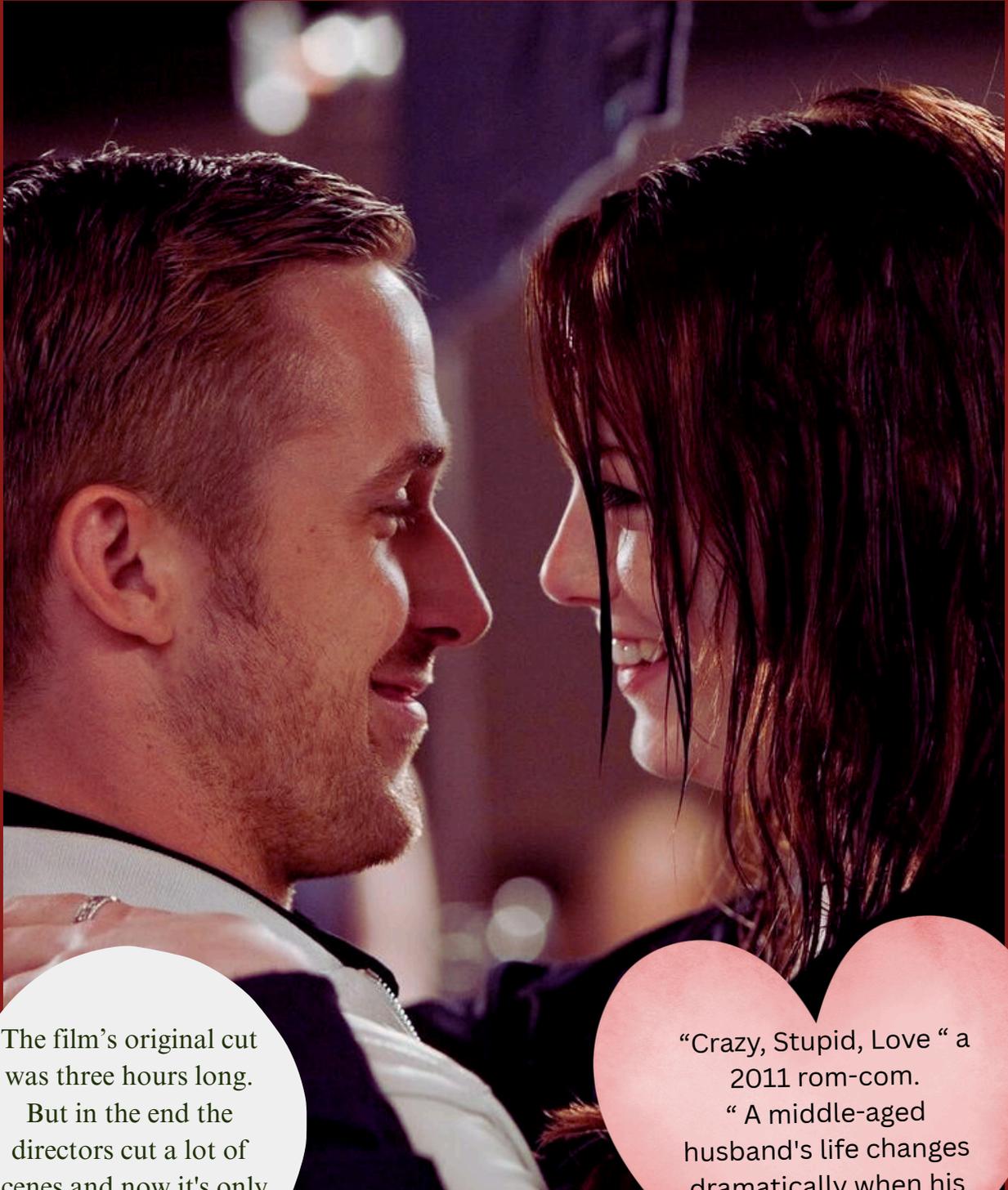


# WHY LOVE

Each month, the editorial team of *In(f)olontaire* reunites to agree on a theme, which must inspire you (and us) to create and share content for the magazine. As you have probably noticed, for the first three numbers we went with natural themes because they are both universal and effective. However, this month we decided to change the pattern, and choose what is probably one of the most universal experiences a human being can feel: *love*.

Of course, love is not necessarily romantic, or related to familial roots. In this issue of *In(f)olontaire* we aim to celebrate all kinds of love: the silly, fun and flirtatious, the one you can have for your friends and your chosen family, the love for your passion or your job.

# CRAZY, STUPID, LOVE



The film's original cut was three hours long. But in the end the directors cut a lot of scenes and now it's only 1h47m.

“Crazy, Stupid, Love “ a 2011 rom-com.  
“ A middle-aged husband's life changes dramatically when his wife asks him for a divorce. “

# MOVIE REVIEW

# CRAZY, STUPID, LOVE

## PATRÍCIA G

A great movie that lives up to its title. I love a good rom-com, and this one is definitely one of the good ones.

8/10

## GIORGIA

I admit that I am really picky with romcoms and romantic movies, but I had fun. Great performances from the cast.

7,5/10

## SINE

Such a comfort movie for me. Heartwarming without having to break your heart first.

8/10

## GRETA

A comedy that knows how to make you laugh, feel, and surprise, showing how love can be complicated but always worth experiencing.

8,5/10

## LIVIA

For sure one of my favourite movies. The title fits perfectly, it's full of crazy realitionships, stupid jokes and messy love.

10/10

## PATRÍCIA C

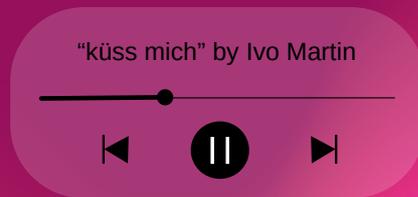
A lighthearted movie that you can watch many times without getting tired of it.

8,5/10

# WHAT DO WE THINK ABOUT WHEN WE THINK ABOUT

## ♥ LOVE ♥

### LIVIA



This beautiful German love song's title is "Kiss Me", and it talks about kissing under the stars. It is not very famous, so it might even be new for the German-speakers. Definitely worth listening to!

This poem is not technically a poem, so you will not find it in most books collecting Dickinson's works. This piece of writing is first and foremost a letter, a message, meant for one person only: Susan Gilbert. Both the content and the circumstances of this text make it romantic for me.

### GIORGIA

You must let me  
go first, Sue, because  
I live in the Sea  
always and know  
the Road –  
I would have drowned  
twice to save  
you sinking, dear  
If I could only  
have covered your  
Eyes so you would'nt  
have seen the Water –

*Emily Dickinson's letter to  
Susan Gilbert, mid 1860s*

### SINE

Untitled" (Portrait of Ross in L.A.) 1991  
-Felix Gonzalez-Torres



I chose this piece of installation art because i am very fond of art that interracts with the viewer. The art piece consists of candies arranged in a pile around the weight of 80 kg. Ross, was the partner of Felix Gonzalez-Torres, who lost his life to aids. The piece shrinks in size and weight as the viewers are encouraged to take a piece of candy.

I think there are many meanings and interperatations to be made from this artwork, which is why i love it.

## GRETA

I chose this movie because it's not just about love, but about the fear of falling into it.

It makes me think of that moment when the heart has already decided, but the mind still holds back.

It's a story that shows how love wins, not because it's perfect, but because it's inevitable.



## PATRÍCIA C.



Since i was a teenager when the JB's boom happened, of course i was believer! "Love me" was and still is one of my favourite songs of his.

My biggest hapinness is that i heard him singing this on live!!

I stopped dancing for a few years and then, when I started again, this was the first choreography that I loved and wanted to learn. So it's really special to me!

## PATRÍCIA G.



# “what you love to eat”

based on a survey, done on our Instagram : [inf volonta ire.m agazine](https://www.instagram.com/inf volonta ire.m agazine)



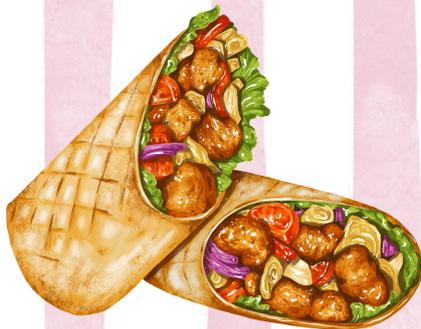
SALAD



TTEOKBOKKI



SCOUT COOKIES



KEBAN & DÜRÜM



TOMATO RICE



TORTILLAS



KAISERSCHMARREN



ITALIAN GELATO

Patrícia G.

# THE 5 LOVE LANGUAGES



## ♥ Acts of service ♥

Showing love by performing helpful tasks that could ease the partner's burdens without being asked.

## ♥ Quality time ♥

Showing love by giving undivided attention, listening to your partner, and participating in activities together.

## ♥ Gift giving ♥

Showing love by giving meaningful gifts that show that you have been listening to your partner's preferences.

## ♥ Words of affirmations ♥

Showing love through verbal appreciation, compliments, and encouragement.

## ♥ Physical touch ♥

Showing love through physical gestures, such as hugging, holding hands, and maintaining a physical closeness.

# L'incendie

savourant que soient ses yeux,  
aussi intimidante qu'elle est;

fragile qu'elle se fasse apparaître,  
aussi belle qu'elle est.

de mon attente,  
s'assombrit le jour;

en attente,  
je suis pour toujours.

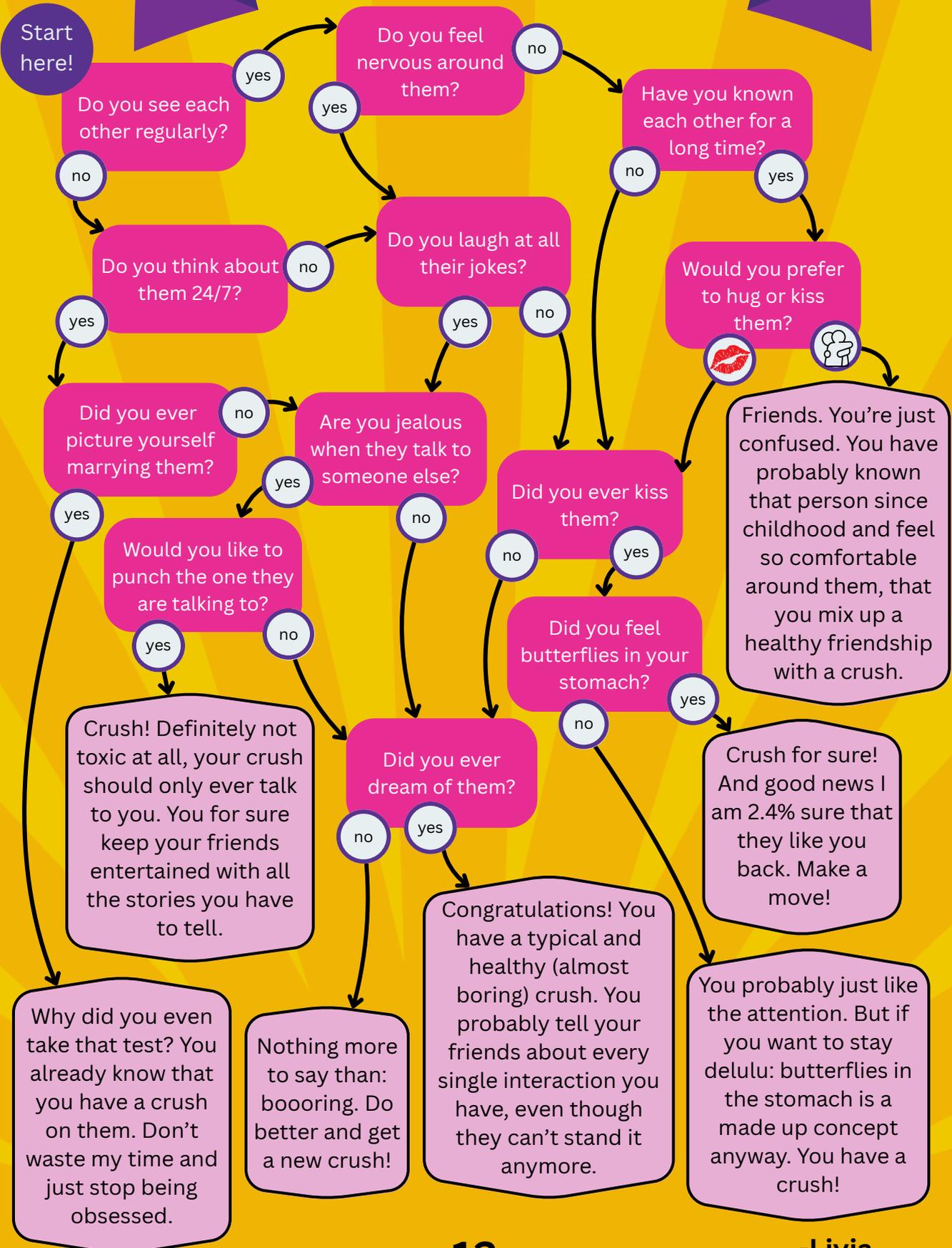
ne le prends pas mal;

rêveur que je sois,  
une rêveuse qu'il me faut;

brûlant que mon âme est,  
des pompiers qu'il lui faut.

-Cihan Goktas

# crush or friends?



1

Put your crush in your close friends and be extra there

2

When you are with your crush, slowly touch hands

3

Ask for a tequila shot and put the salt on their neck (u know what i mean)

4

If you are in a club, and you want to kiss someone, first ask their name and start dancing close with them (but not in a creepy way)

10

# TIPS ON HOW TO FLIRT

5

Take them on a cinema date and don't forget to count shoulders (iykyk)

6

Don't be afraid to send risky texts, they like when we are honest and confident

7

Always send pictures of your pets (that never fails)

8

Clean "something" on their face while you are eating

9

Annoy them in a playful way, they will love it

10

The triangle method when you are talking with them

# 36 QUESTIONS TO FALL IN LOVE (ALLEGEDLY)



In 1997 the psychologist Arthur Aron conceived 36 questions devolved to make two strangers fall in love in 45 minutes. The experiment envisages two people (in Aron’s case, a man and a woman) sitting in front of each other in an empty room, answering a series of questions that become increasingly more personal and intimate. The two strangers need to answer to all of them in 45 minutes, and then make silent eye contact for 4 minutes. In the publication of his findings, Arthur Aron called this experiment: “The Experimental Generation of Interpersonal Closeness”.

Far-fetched? Maybe. However, in 2015, the academic and journalist Mandy Len Catron wrote an article in the New York Times recounting her own experience with Arthur Aron’s experiment, and how – in her case – it had worked. After more than a decade from that first date, Mandy Len Catron and her partner are still together, they married, and had two children.

In the hope of having piqued your curiosity, here is the list of questions.

## ♡♡♡ SET 1 ♡♡♡

1. Given the chance of anyone in the world, who would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a “perfect” day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or the body of a 30-years-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die

8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel the most grateful?
10. If you could change anything about the way you were raised, what would it be?

♡♡♡ **SET 2** ♡♡♡

13. If a crystal ball could tell you the truth about yourself, your life, in the future or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are living? Why?

11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?

20. What does friendship mean to you?
21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of 5 items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people?
24. How do you feel about your relationship with your mother?

♡♡♡ **SET 3** ♡♡♡

25. Make 3 true "we" statement each. For instance, "We are both in this room feeling..."
26. Complete this sentence: "I wish I had someone with whom I could share..."

27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.

28. Tell your partner what you like about them; be very honest this time saying things that you might not say to someone you just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Voilà, now that you have the questions, you can replicate Arthur Aron's experiment. Who knows? Perhaps you will find love like Mandy Len Catron. She recently gave an interview, still for the *New York Times*, regarding her unconventional but also really successful encounter with the experiment.



-Giorgia



# INTERNATIONAL



## INTERVIEW OF THE MONTH

# EXPRESSING LOVE

For this month's interview we decided to ask our readers how to say "I love you" in their languages.



# ALL OVER THE WORLD

We then researched how to say it in languages that unfortunately do not receive a lot of representation.



# Der Kuss



I want to present the artist Gustav Klimt, one of the most famous painters from Austria, who is the creator of my favourite painting “Der Kuss” or in English “The Kiss”. This painting was made in the 20th century and is often interpreted as an act of love and intimacy. In general Klimt liked to combine the abstract and the realistic, which he often used gold foil for.

Today you can find this masterpiece in the Austrian Gallery Belvedere in Vienna. His work is also internationally known, so maybe you have seen it before.

Klimt is especially known for his portraits, but also for his landscapes and his connection with nature. He spent many summers visiting and painting the lake Attersee, where I grew up. It might just be the reason why I love his work so much.



# French expression of the month



“faire chavirer le coeur de quelqu'un”  
(to make someone in love with you)

- Greta

different ways of how to prepare for the Delf/Dalf Test



-Livia

# Complicated Danish Love

The poem; “De evige tre”, is written by the danish writer  
**Tove Ditlevsen.**

She is known for her honest expressive writing about her tumultuous upbringing in a working class family on Vetsrebro (Copenhagen). She was married four times throughout her life, and a lot of her writings has love as of the central themes.

Her writing is very self desclosing, and in the following poem she is torn between two men; the one that she loves, and the one who loves her.

## De evige tre

Der er to mænd i verden  
Der bestandig krydser min vej  
Den ene er ham, jeg elsker  
Den anden elsker mig.

Den ene er i en natlig drøm  
Der bor i mit mørke sind  
Den anden står ved mit hjertes dør  
Jeg lukker ham aldrig ind.

Den ene gav mig vårligt pust  
Af lykke, der snart fór hen  
Den anden gav mig sit hele liv  
Fik aldrig en time igen.

Den ene bruser i blodets sang  
Hvor elskov er ren og fri  
Den anden er ét med den triste dag  
Som drømmene drukner i.

Hver en kvinde står mellem disse to  
Forelsket, elsket og ren  
En gang hvert hundredne år kan det ske  
De smelter sammen til en.

## The Eternal Three

There are two men in this world  
Who constantly cross my path  
One is the man I love  
The other one loves me.

One is in a nocturnal dream  
Which lives in my dark mind  
The other is at the door of my heart  
I'll never let him in.

One gave me a breath of spring  
Of happiness which soon disappeared  
The other gave me his entire life  
Never got an hour back.

One courses through the song of my blood  
Where lovemaking is pure and free  
The other is one with the sad day  
In which the dreams drown.

Every women is between these two  
In love, loved and pure  
Once every one hundred years, it may occur  
That they melt into one.

-Sine



# RECOMMEND A PLACE IN BRETAGNE



Would you like to discover a place where pleasure is natural, elegant, and without taboos? We've found it: it's welcoming, colorful, never vulgar, and perfect also for the shyest.

**It's called Passage du Désir, the anti sex shop, 2 Rue de la Motte Fablet, 35000 Rennes.**

*Passage du Désir*, as the name suggests, is not the typical sex shop. As soon as you walk in, the relaxed and elegant atmosphere makes an immediate difference. Here, pleasure is celebrated with lightness, without taboos, but with taste and humor. On the shelves, you'll find couple's games, sensual items, and gift ideas, all carefully selected to satisfy every desire. Each product is designed to experience intimacy with respect and curiosity. The staff is open and welcoming, putting everyone at ease, answering every question with professionalism and a smile. A place to discover, without embarrassment, a new way to experience pleasure. We're sure you'll be satisfied!

-Greta

# Special edition: Podcast



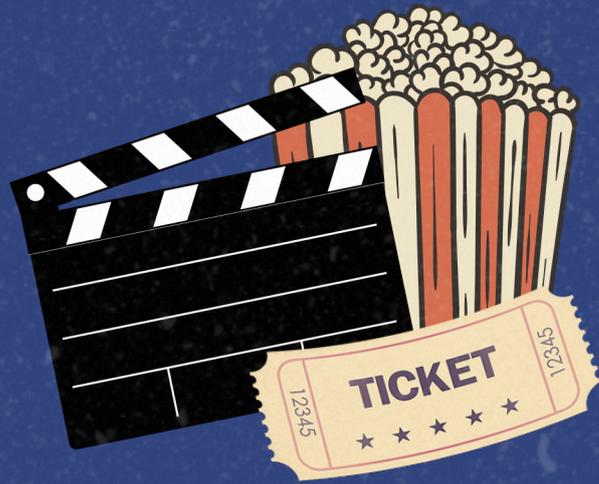
This month, the In(f)olontaire team has not just been busy preparing the fourth edition of the magazine with the theme of love, they have also decided to share the story behind it all.

On May 19th, the team recorded a special podcast that allows you to get an idea on the process behind the magazine. The episode explores everything from first impressions of the ESC experience, to how the magazine came to life, the joys and challenges of the journey, and much more.

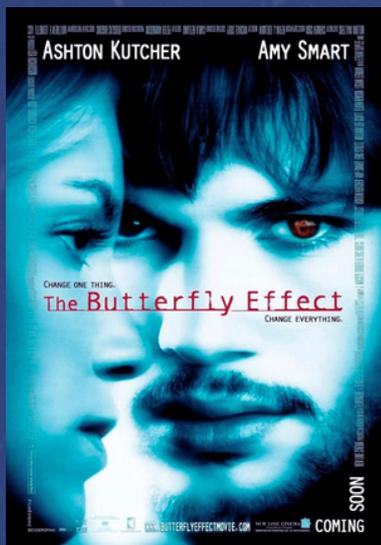
Curious to find out more? Join us on June 5th at Maison Bleue for the Journée de valorisation in Rennes or listen to the episode afterwards on our page of the en route pour le monde website.

-Livia

# MOVIE RECOMENDATIONS



*The butterfly effect*, Eric Bress, J. Mackye Gruber (2004)



The term 'Butterfly Effect' is a reference to a concept in chaos theory where small events can lead to large events in unpredictable ways. I think this movie represents that well.

From the beginning, we notice things happening, but it is only later in the movie that we understand what is going on. And I think that even if we find some parts confusing, this film is very good and the plot keeps you engaged until the end.

I think you should give it a chance!

And also, the movie has four different final scenes, so the lasting message of the movie may differ depending on the copy watched.

*Anatomie d'une chute*, Justine Triet (2023)

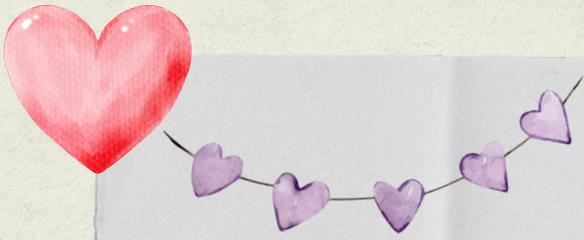


The movie does not really need a presentation. Not only it won of the Palme d'Or at the 2023 Cannes Film Festival, but it was also nominated for multiple Academy Awards, winning the Oscar for "Best Original Screenplay".

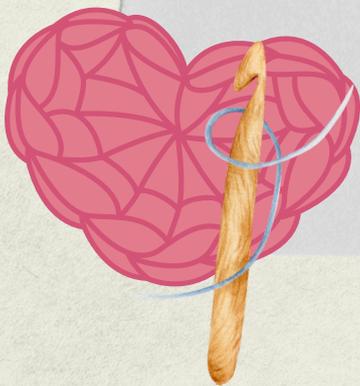
The plot follows the trial of a German woman (played masterfully by Sandra Hüller) who has been accused of murdering her French husband in France.

Under the guise of the true crime genre, this film showcases a cold and unforgiving autopsy of a marriage.

The masterful direction, the amazing acting performances, and the award-winning script, written by Justine Triet and Arthur Harari (who, interestingly, are a real life couple) will keep you glued to the screen, as the entire relationship between the accused murderer and the victim is vivisectioned by the jury.



*lets share*  
**TIPS AND TRICKS**





# HEART-SHAPED RAVIOLI

Servings: 2 people (about 12 ravioli)

Preparation time: 30 minutes

Cooking time: 5-7 minutes

## FOR THE PASTA

- 250g all-purpose flour
- 1 egg
- A pinch of salt

## FOR THE FILLING

- 125 g ricotta
- 100 g spinach
- 1/2 egg
- salt and pepper as you like



## Recipe:

- Start mixing the flour, egg, salt, and olive oil (optional) to make the dough.
- Knead for about 10 minutes until smooth, then cover and let rest for 30 minutes.
- For the filling, cook and chop the spinach
- Roll out the dough, cut into heart shapes, and place a spoonful of filling in the center of each.
- Seal the edges by pressing them together, you can use a fork.
- Boil the ravioli in salted water for 3-4 minutes, or until they float to the surface, then drain.

Serve with melted butter and sage, or a simple tomato sauce.

-Greta

# Recommending.... En route pour le monde

En Route Pour  
Le Monde

You don't have any plans for after your volunteering but you know you want to stay in France or, more specifically, Brittany - this site can help you!

Solen, the regional Eurodesk coordinator in Bretagne, has done the work that Google doesn't do and put together and verified all the information you need to know about finding a job, accommodation, financial support, internships and more in one place. Don't hesitate to find out more on this amazing site!



Oh, and if you're an international volunteer in Brittany or if you're Breton who has already done international mobility, don't hesitate to leave your testimony on Galet'Trotteurs! You can find a tutorial on how to do this on instagram @enroutepourlemonde\_org ! Share your experience with us and encourage other young people to go on international mobility!

-Patrícia C.

# Heart stitch

Tutorial by hopefulhoney

Chain in multiples of 6 + 3 stitches your main colour of choice

**Row 1:** Skip 3 chains from your hook, 1 dc in the 4th chain. Crochet 1 dc in every chain stitch until you reach the end of row 1. At the end of the row chain 1 and turn your work.

**Row 2:** Ch1, 1 sc in same st. 1 sc in every st. Turn your work and change your yarn colour to whatever shade you would like your heart design to be.

**Row 3:** ch 2, turn your work. Crochet a cluster of 3 dc in the first crochet. Ch 2. Skip 5 stitches. Crochet your next cluster stitch of 3 dc. Ch 2. Crochet another cluster stitch in that same stitch to form your first heart.

Skip the next 5 stitches. Repeat. At the end of row 3, skip 5 stitches and crochet a cluster in the last stitch of the row, changing back to your main yarn colour. Chain 1 and turn your work.

**Row 4:** Chain 1 and turn your work. 1 sc in first stitch, ch 1, crochet 1 hdc in the 2nd skipped stitch 2 rows below and in the 3rd and 4th stitch, working over chain 2 section in the previous row.

Ch 2. 1 sc in the chain 2. Ch 2 and repeat step 6 working again over the next chain 2 section (working into the 2nd, 3rd and 4th skipped stitch). Chain 2. 1 sc in the chain two. Repeat until the end of row 4. Ch 1. Crochet 1 sc at the top of the cluster stitch.

**Row 5:** Ch 2, turn your work. 1 dc in chain 1 space. Work 1 dc in each of the next 3 stitches. Work 1 dc in the next chain stitch. 1 dc in the next sc space. And a dc in the chain 2 space. Repeat

Once you've reached the end of row 5, crochet 1 dc in that chain 1 space. 1 dc in the last stitch of the row. Repeat row 2-5 to continue your heart crochet stitch design.



- Patrícia G.

# Thank you

for reading *In(f)olontaire*.

We are really happy and proud to present you the forth 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 next few days, 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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✉ Send us an e-mail at : [escbretagnemagazine@gmail.com](mailto:escbretagnemagazine@gmail.com)

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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 :





