

2025

IN(F)OLONTAIRE

june n.5

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



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

With the support of:

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LYCÉE HÔTELIER
DINARD
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THEME OF THE MONTH

p r i D e



The background of the page is decorated with several hand-painted watercolor rainbows in various colors (red, orange, yellow, green, blue, purple). These rainbows are arranged in a circular pattern around a central rectangular piece of textured, light-colored paper that contains the text.

Why we chose the theme

SINCE THIS LAST NUMBER OF IN(F)OLONTAIRE WILL BE PUBLISHED IN JUNE, IT ONLY SEEMED FITTING TO USE PRIDE MONTH AS AN INSPIRATION FOR THE THEME OF THE MONTH.

IN THIS ISSUE, NOT ONLY WE WILL CELEBRATE AND RECOGNISE THE HISTORY, THE CULTURE, AND THE EXISTENCE OF QUEER PEOPLE, BUT WE WILL BE USING THE ADJECTIVE PROUD TO DENOTE OTHER CIRCUMSTANCES AS WELL.

WE LIVE IN A WORLD WHERE PROGRESS AND SELF-IMPROVEMENT HAVE BEEN MADE INTO CORE VALUES, WHERE 'NOT FEELING ENOUGH' HAS BECOME THE NORM, AND WHERE ADMITTING THAT WE ARE CONTENT AND PROUD OF OURSELVES ALMOST FEELS LIKE A SIN. IN THIS KIND OF WORLD, PROCLAIMING THAT WE ARE PROUD OF OUR LIVES, OUR COUNTRIES, OUR CULTURES, OUR SEXUALITY, OUR FAILURES, OUR VICTORIES, FEELS DISRUPTIVE INDEED.

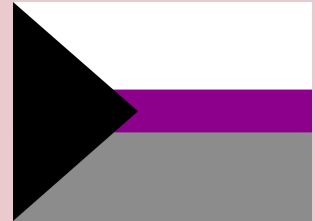
CAN YOU CONNECT (some)

FLAGS?

Aromantic

A

1



Transgender

B

2



Intersex

C

3



Pansexual

D

4



Genderfluid

E

5



Demisexual

F

6



Answers: A-3; B-6; C-4; D-2; E-5; F-1

- Patrícia G.



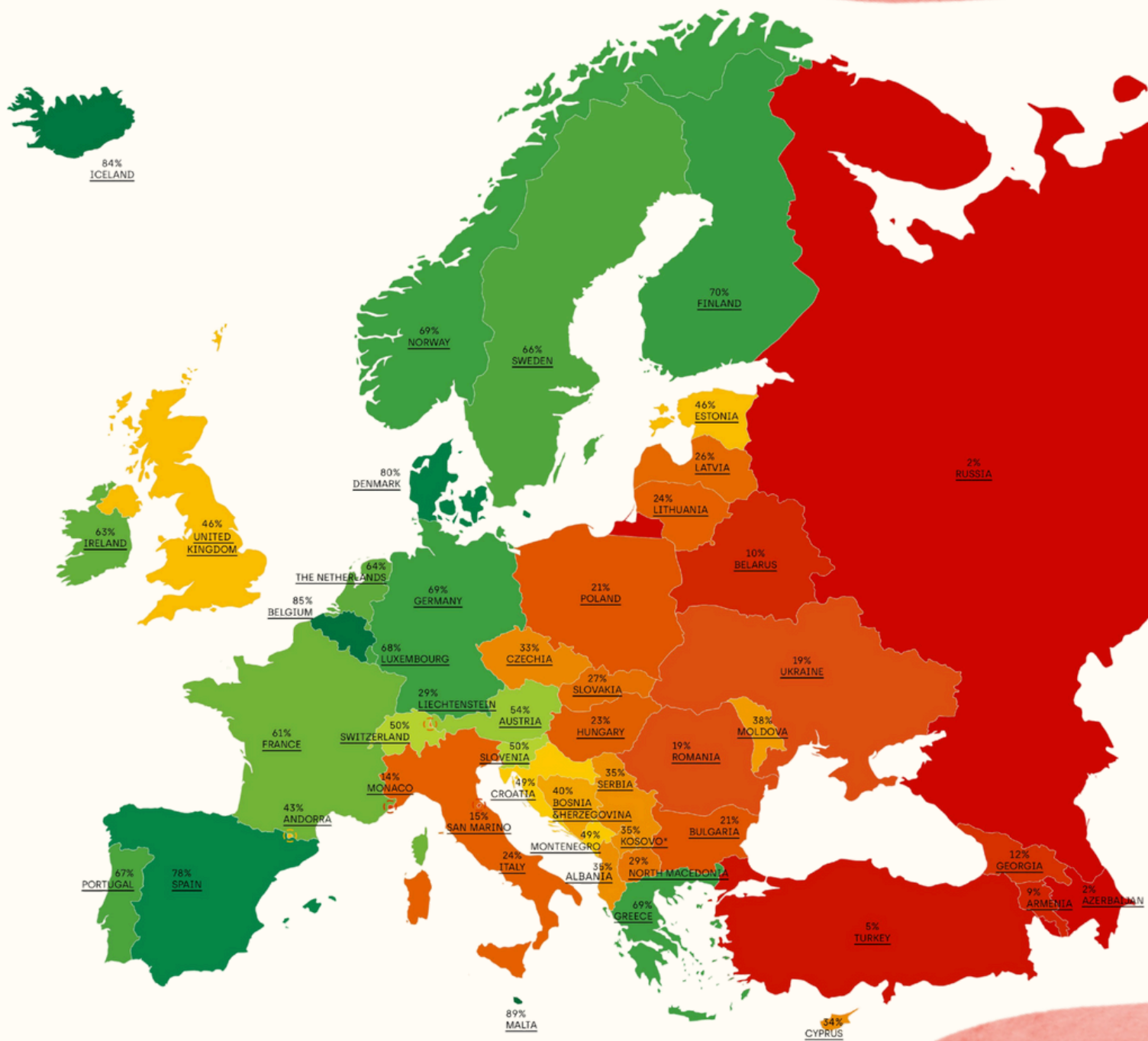
THE STATE OF EUROPEAN **LGBTQ+ rights**

Every year the Rainbow Map ranks 49 European countries on a scale between 0% (gross violations of human rights, discrimination) and 100% (respect of human rights, full equality) on the basis of laws and policies that have a direct impact on LGBTI people's human rights.

The results reveal that the European Average (41.85%) does not even reach 50% and the European Union Average is barely above (51.13%). It is possible to see the score of each country in the graphic: the first place goes to Malta and the last – unsurprisingly and unfortunately – to Russia.

Of course, compared to a couple of decades ago, the progress we made is substantial. However, we just cannot afford to rest on our laurels and stop fighting. We can do better, and we must do better.

- Giorgia



BUT I'M A CHEERLEADER



Megan is sent to a re-education camp by her hysterical parents because they fear she is a lesbian. A program should get her back on the heterosexual path. But it doesn't go as planned...

Tip: The movie is available on Youtube for free!

MOVIE REVIEW

BUT I'M A

CHEERLEADER

PATRÍCIA G

I loved it so
much!!
Zero boring
moments.
LET'S GO
LESBIANS

8,5/10

GIORGIA

A
masterpiece.

9/10

SINE

Camp,
classic,
cunt.

9/10

GRETA

A film that doesn't
ask for approval,
and that's why it
wins.
Clea DuVall is simply
perfect.

9/10

LIVIA

Definitely an
unique movie
with special
humor and plot.
Fun to watch

7/10

PATRÍCIA C

A good way
to represent
this huge
topic.
Such a funny
movie!

8,5/10

History of Queer flags

In the cultural history of queer people, flags have played many fundamental roles. They have been the symbol to unite the community in both struggle and pride, a way for queer people to recognise each other, and often an emblem of safety. In fact, in a world that is frequently dangerous and threatening for queer people, seeing the rainbow motif in a shop, in a café, in a bar, or in a pin or a tote bag worn by someone, provides an immediate sense of safety and relief.

Most people are now familiar with the rainbow flag, however they do not know the story behind it. Since queer history is not really mainstreamed, in this piece we will try to provide some cultural context for the queer flag (the rainbow flag), the bisexual and pansexual flag, the lesbian flag, and the transgender flag.

The rainbow flag

The first and original rainbow flag was designed in 1978 by Gilbert Baker, who devised a striped pattern with eight symbolic colours: hot pink for sex, red for life, orange for healing, yellow for sunlight, green for nature, turquoise for magic/art, indigo for serenity, and violet for spirit. This version of the flag was first used at the San Francisco Gay Freedom Day Parade celebration on June 25, 1978.



During the same year, on November 27th, Harvey Milk – a gay rights activist and the first openly gay man to be elected to public office in California – was assassinated. The demand for the rainbow flag increased, and the number of stripes was reduced to seven because the hot pink fabric was not available.



In 1979 the flag was modified again: Gilbert Baker decided to have an even number of stripes, so the turquoise was dropped. The result was the six-stripes flag that we still use today.



In the last few years, efforts have been made to reinforce the flag's inclusivity. In 2018, designer Daniel Quasar developed the "Progress Pride Flag". The new the light blue, pink and white stripes represent the trans community, and the brown and black stripes are there to represent the marginalised queer people of colour.





Finally, in 2021, Valentino Vecchiotti of Intersex Equality Rights UK redesigned the “Progress Pride Flag” to incorporate the intersex flag. This is probably the flag you see more often during pride.

The transgender flag



The transgender pride flag was designed in 1999 by Monica Helms who gave the following explanation for the pattern: «The stripes at the top and bottom are light blue, the traditional color for baby boys. The stripes next to them are pink, the traditional color for baby girls. The stripe in the middle is white, for those who are intersex, transitioning or consider themselves having a neutral or undefined gender».

The bisexual flag



The design for the bisexual pride flag was designed in 1998 by Michael Page, who used a colour palette created by Liz Nania: the pink stripe represents the attraction to the same gender, the blue one symbolises the attraction to the opposite gender, and the purple overlap portrays the attraction for multiple genders.

The lesbian flag

The first lesbian pride flag, also called “Labrys Flag”, was designed in 1999 by graphic designer Sean Campbell. Since the 70s, the labrys – a weapon used by the Amazons of Greek mythology – has been used as a symbol by the lesbian feminist community. The black triangle was used in nazi concentration camps to identify “asocial women” (namely prostitutes, mentally ill women and lesbians), and the violet has always been a colour linked to the lesbian community, since Sappho. This flag today is mostly used by TERF (trans-exclusionary radical feminist) lesbians.



In 2010, Natalie McCray published the Lipstick Lesbian Flag on her blog This Lesbian Life.

This flag had a moment of popularity, however it was never widely adopted because it was considered exclusionary of butch lesbians, moreover the creator have been accused of writing biphobic, transphobic, and racist comments on her blog.



Finally, in 2018 the currently used lesbian flag, also called “Sunset Lesbian Flag” was revealed on Tumblr by blogger Emily Gwen. Originally, it had seven stripes, which were then reduced to five.



- Giorgia

very helpful

Quiz: Am I gay?

Start here

red is no
green is yes





INTERNATIONAL



INTERVIEW OF THE MONTH

NATIONAL PRIDE

For this month's interview , we decided to ask the other volunteers one (or multiple things) they are proud of about their countries or their culture. Even though it seems to be a very simple question, at times answering is not so simple. In fact, historically, extreme nationalism has never led to anything good, and there are countries that have perpetrated criminal acts in the name of patriotism. However, it is only human to be attached to one's own nation, one's own culture, one's own language, and each of us can be proud of aspects of our culture without feeling guilty. One can feel national pride without thinking that their culture is the best of them all, and without putting other countries down.

What am I proud of from my origins?

Respect for the feminine.

In India, in Hinduism, the gods for wealth, education and power are all women. In my culture, women are considered sacred and divine. We are taught to be in, and appreciate our feminine energy. We are taught to be fierce , to take risks, to be gentle and kind, but with strong boundaries and morals. The feminine is literally worshipped in my culture.

And I'm super proud of it.

- Bhavya Sharma, India

I come from Tunisia a small country, but one that has carried big voices. One thing I'm truly proud of is the strength of Tunisian women. Throughout history and especially after the revolution, women in Tunisia have stood up for their rights and continue to fight for equality, education, and freedom of expression.

I'm also proud of our deep connection to art and culture from traditional music and architecture to contemporary creativity. Being from a country where resistance, beauty, and identity blend together gives me pride in who I am, and hope in what we can still build.

-Manel Benmessaoud, Tunisia

As a German it is always difficult to say that you are proud of something that your country did. Firstly because of its history but I also think that pride or patriotism can blind you from the things that go wrong in your country.

Nonetheless, there are some things that I appreciate about Germany especially when it comes to my hometown Speyer and its region. In September we have a lot of wine festivals where everyone can go out and have a good time. The one in my hometown is called Altstadtfest and it's in the old town. There is food, music and of course wine which we drink mixed with sparkling water. It is always on the first weekend after the summer holidays and it is a nice occasion to come together with your friends.

-Sophia Misske, Germany

Sometimes it's difficult to express pride in a place that is “ours” and that we take for granted. For me, Portuguese national pride is not about Cristiano Ronaldo, but about being the best in the world at many things. This small and often unknown country can be found in every corner of the world, and we are loved by everyone. We are not a rich country at all, but we are rich in culture, gastronomy, and landscapes. One of the things I appreciate most is the humbleness of its people. We are a hard-working people who always seek the best for ourselves and our loved ones, who adapt to situations and who, through their actions, always demonstrate the quality of being Portuguese.

- Patrícia, Portugal

Coming from a smaller country, i generally feel really proud whenever i see Denmark positively represented in international media. It is hard to put a finger on one single thing that fills me with pride, as national pride is a broader feeling than just Mads Mikkelsen. I have a lot of pride in my flag however; The “Dannebrog”, which we use at every celebration, birthdays, graduation, picking up someone at the airport, major sports events, building projects, christenings, and so forth. Even for funerals the flag, which is then only put half way in the flagpole, is on display. Furthermore, the flag is the oldest national flag in the world, and the inspirations for several of the skandinavian flags.

- Sine, Denmark

Speaking about Italian patriotism is not easy. On one hand, the last time Italy united under the concept of nationalism, we ended up with a decades long fascist dictatorship. On the other, I feel like Italians are often overly and loudly preaching about how Italy is the best country on earth, and I do not want to end up doing the same. Yes, the food is good, the landscapes are various and so so beautiful, and in every corner of every little city you can find art, beauty, and history. And I like that. I like being Italian. I love that my people are welcoming, affectionate, loud, and dramatic. I love that indefinite mix of characteristics, history, and behaviours that we call culture. And I love Italian culture because it's my culture, it's mine, and it is familiar to me. However, sometimes, looking at my country's history and politics, I do not feel proud of my nationality. But, I guess the disappointment, the anger, and the shame towards my own country can coexist with the pride and joy. I think the problem would be just feeling only fervent nationalism or just total shame.

- Giorgia, Italy



Self-reflection on being proud

In the rush of life, we tend to forget the things we achieved and the moments we have every right to be proud of. The following questions should act as a reminder of your experiences that filled you with pride. So let's take a few minutes and reflect on those situations.

Often it's easier to be proud of other people...

- Who are you very proud of in your life?
- When was the last time that you told a person that you are proud of them?
- How did the person react?

...but it's important to be proud of yourself too...

- When was the last time that you were proud of yourself and why?
- What small things make you proud in your everyday-life?
- What is the difference between being proud and having to prove yourself?

...let's even go a little deeper

- Is there something that you weren't proud of before, but today are?
- Were there moments when you were afraid to be proud of yourself?
- Why can it sometimes be so hard to be proud of yourself?

- Livia

FRENCH EXPRESSION OF THE MONTH



- Greta

"S'assumer tel que l'on est"

(To embrace who you are / To own who you are)

the pain of making international friends



- Livia

JOURNÉE DE VALORISATION

RENNES, 05.06.2025

THIS MONTH, ON 5 JUNE, SOME VOLUNTEERS FROM THE EUROPEAN SOLIDARITY CORPS AND SERVICE CIVIQUE INTERNATIONAL HAD THE OPPORTUNITY TO TAKE PART IN THE VALORISATION DAY, WHICH ALLOWED THEM TO SHARE THE COLLECTIVE AND INDIVIDUAL PROJECTS THEY HAD CARRIED OUT DURING THEIR YEAR OF VOLUNTEERING.



THANKS TO ALL THE PARTICIPANTS, THE ORGANISERS AND EVERYONE WHO VISITED OUR STAND AND TOOK AWAY OUR MAGAZINES AND STICKERS!



HDR

- Patrícia C.



ESCAPADES



EXPOSE

my flat mate almost sat the house on fire two times (there was flames and a lot of smoke, no joke)

Sometimes there's tension between tutors and coordinator

Two of the volunteers i know are hooking up

DURING THE ARRIVAL SEMINAR ONE OF THE TRAINEES KNOCKED ON OUR ROOM'S DOOR BECAUSE WE WERE MAKING TOO MUCH NOISE, AND HE THOUGHT WE WERE DRUNK

Once at a seminar my roommate was sneaking out of the room to "meet" someone in the toilet

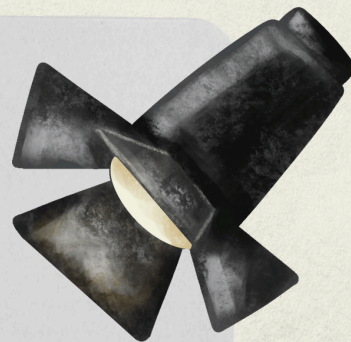
A STUDENT OF MINE USED TO HAVE A CRUSH ON ME WHEN I STARTED THE CLASSES WITH THEM!

when my flatmate left i hosted a party a few days later!

Sometimes i like going out with my students before their classes

Me and two other volunteers that i know matched with the same guy on tinder and all three of us got ghosted on the day of a date. This guy certainly has a type

Once my friend clogged the toilet of my house! for hours! and she had to use her hands to unclog it



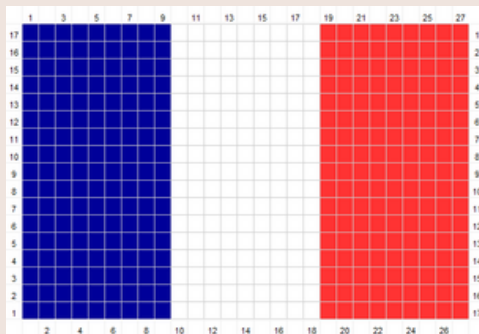
lets share
TIPS AND TRICKS



FLAG

Crochet pattern

To make a flag, you just need to know how to follow an alpha pattern. After that the only thing that is different from flag to flag is the change of colors



This pattern is worked vertically starting from bottom left.

Yarn:

Blue (as A)

White (as B)

Red (as C)

R1: With A, ch 18, sc in 2nd ch and each ch across, turn

R2: Ch 1, sc 17, turn

R3: Ch 1, sc 17, turn - do it until **R8**

R9: Ch 1, sc 16, switch to color B, turn

R10: Ch 1, sc 17, turn - do it until **R17**

R18: Ch 1, sc 16, switch to color C, turn

R19: Ch 1, sc 17, turn - do it until **R27**

Fasten off.



- Patrícia G.



Korean corn dogs



Ingredients

4 sausage
4 to 8 slices cheese
1 tsp salt
3 cups water
2 tbsp corn starch
1/2 cup panko bread crumbs
vegetable oil, for frying

Batter

1 and 3/4 cups all purpose flour
1 cup warm water, measured by volume (240 ml)
1 packet active dry yeast, about 2 tsp
2 tbsp sugar
1/2 tsp salt

- Patrícia G.

- Add sugar and yeast to warm water and let it sit for a few minutes, or until the yeast has dissolved and becomes slightly foamy.
- In a large, shallow container, mix together 1 and 3/4 cups flour and 1/2 tsp salt.
- Then mix in the yeast/water mixture until smooth and let it rise at room temp for 1 hour.



Skewer the hotdogs on wooden chopsticks, then wrap the cheese around and place it seam side down on a tray.

Dip the skewers into the batter using a twisting motion to wrap around the skewer.

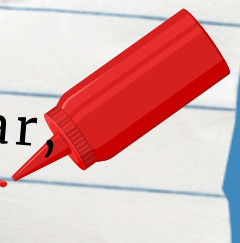


Carefully drop the corn dog into oil and fry for about 5 minutes.

Remove from oil when it is golden brown and rest on a cooling rack.



Add your choice of condiments- (like sugar, ketchup, mustard...)



Recommending: Spy game

**WANT TO HAVE FUN WITH YOUR FRIENDS BUT
DON'T HAVE ANY IDEAS?**

Let me introduce you to the game **Spy!**
I'm sure there are other versions, but I've
only tried two!



Spy Party Game



Spy - party game



[🔗 Learn How](#)

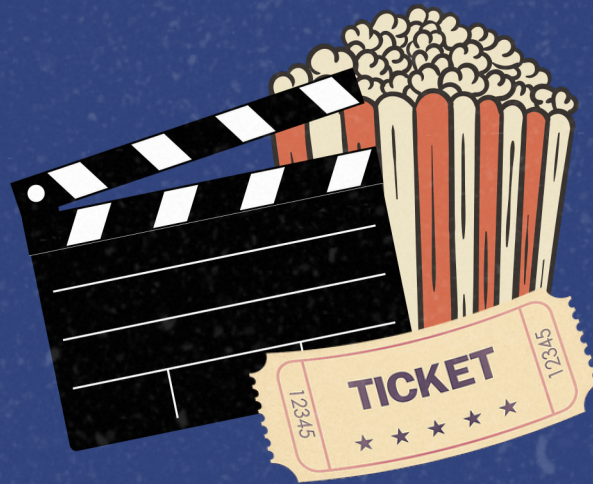
During the game, you and your friends will all be told a place or an object, except for the Spy who will have to understand it. The goal is to ask each other questions for 5 minutes and find out who the Spy really is!

This game is simple to play, you can be anywhere, and it's free (obviously, you can pay to access more options, but no one does that!)

- Patrícia C.



MOVIE RECOMENDATIONS



La Famille Bélier, Eric Lartigau (2014)



The whole Bélier family is deaf, except for their daughter Paula, who is her parents' vital translator in their day-to-day life. But when her music teacher discovers that she has a fantastic singing voice, he offers her the opportunity to enter a big Radio France contest.

But with this offer, many challenges come...

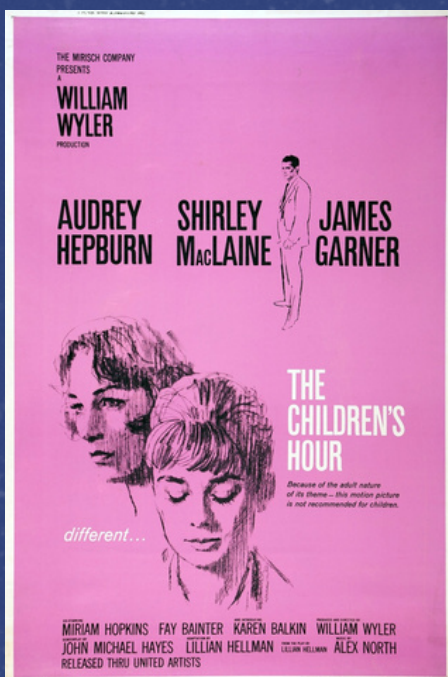
I remember watching this movie in a French class in high school and loving it.

I loved the story, the characters, the music... I spent days trying to learn the songs in sign language.

Music plays a powerful and decisive role in the central character's life, so i think it was really intersting to learn sign language with the movie.

- Patrícia G.

The Children's Hour, William Wyler (1961)



Based on the 1934 play with the same title, the main plot of this film follows Martha and Karen, two teachers whose lives are disrupted by gossip and rumours. Their struggle begins when one of their students accuses the two women of having a romantic relationship.

It goes without saying that a 1961 film that deals with female homosexuality will not provide the most perfect and unproblematic queer representation. However, I truly believe that some parts of it can still resonate nowadays.

This is a heartbreaking movie, I am not usually a person who cries during films but the first time I saw *The Children's Hour* I had teary eyes. The performances are wonderfully theatrical – as you would expect from a '60s movie – and the directing tells a whole parallel story just with the characters' gazes and the frame composition.

- Giorgia

Thank you for reading *In(f)olontaire*.

We are really happy and proud to present you the fifth and last number of the magazine. It has been really fun to share this adventure with all of you.

Of course, once again we thank our coordinating organisations, *Jeunes à Travers le Monde* and *La 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, or in one of the five issues we published. It has been a pleasure trying to create a shared platform where volunteers could express themselves.

Au revoir !

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 :

