

# 30

# VOLUNTEER FACES AND STORIES



December 5th 2022



Co-funded by  
the European Union

Citizen Engagement for Recovery - Volunteering in Solidarity

#CERVIS

Project No. 101051597



*As the Blueprint for European Volunteers 2030 (BEV2030) states "volunteering makes an enormous contribution to social inclusion". Whilst BEV2030 also highlight that volunteering itself needs to become more accessible to people of different backgrounds, ages and diverse personal situations, with this publication celebrating CEV's 30th anniversary in 2022 we highlight 30 volunteers from diverse backgrounds and contexts and the incredible roles they play in promoting and defending European Rights and Values in a wide range of settings.*

***United in Diversity!***

#CERVIS "Citizen's Engagement for Recovery -  
Volunteering in Solidarity"



## Barbara

Hello, I'm Bárbara, I'm 20 years old and I'm currently studying Social Education at the Superior Education School of Porto in Portugal. During the summer, **I helped on some community development projects at Pista Mágica, which aimed to use volunteering as a tool of social inclusion, empowerment, and social transformation.** The beneficiaries of these projects were diverse, such as people with disabilities, foster teenagers, and young people living in social housing neighbourhoods. I did this through an OTL Program (in Portugal, these are the so-called Leisure Occupation Programs, aimed at young people) compiling a total of 300 hours.

In the first phase, we did four small training sessions with our beneficiaries where we approached themes such as self-knowledge, empathy, and the rights and duties of the volunteer.

After that, we tried to find volunteering activities within their interests so that they could have an opportunity to apply what they had learned. In terms of activities, I accompanied the beneficiaries to a homeless support house, where we served meals – this was my favourite. We've also prepared gift hampers; worked with domestic and wild animals, helped with the maintenance and cleaning of their spaces, and the respective bathing; and contributed to the maintenance of community gardens.

With the older beneficiaries, we did different activities that implied more responsibility, such as giving support on holiday camps and roller-skating classes, where we helped take care of children and ensure their safety.

**Having the chance to contribute to the social inclusion of these people is just magic. I volunteer to remind myself why I should be grateful, as it's therapeutic and makes me feel useful and active.**



## Dania

My name is Dania, I turned 26 last Summer. In 2020 I finished my second bachelor's degree in Warsaw in journalism and communication, the first one was in Kyiv in radio engineering.

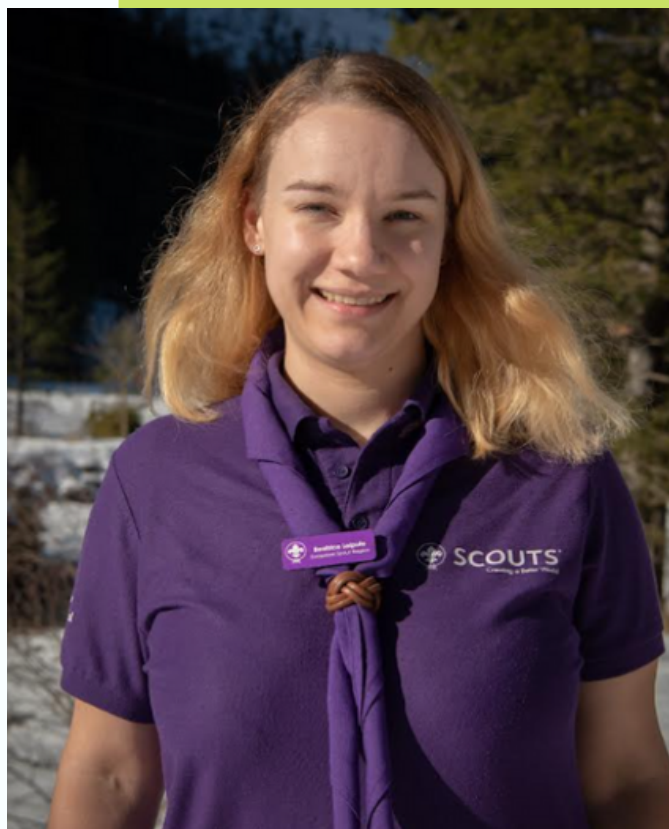
**In November 2021 I became part of an e-volunteering project provided by the Foundation "Dobra Sieć".** As a volunteer, I wrote several articles about the differences between Ukrainian and Polish education systems and how to improve your Polish and English if you're from abroad.

**My motivation to volunteer was to improve myself and give information to someone who will be reading my articles, which may help them in the future. If we improve ourselves to be better, it's also improving another, whom we influence.**

## Beatričė

My name is Beatričė Leiputė and I'm 31 years old. In these last 3 years, **I coordinated volunteer teams, implementing the most fulfilling project to this day was not actually one project but a number of projects on monitoring & evaluating the European strategy of our organisation; drafting our new European strategy 2022-2025; supporting our Regional volunteers, consultants, and candidates to the European Scout Committee.** Those experiences allowed me to discuss different scenarios of implementation, and help volunteers navigate through different challenges and opportunities. Many of those projects provided our National Organisations with platforms to discuss, draw and agree on strategic directions, to our volunteers – with learning by doing projects and meeting like-minded fellows with I personally felt a sense of fulfilment · Your motivation to volunteer.

**Volunteering is a habit - sometimes it's hard to imagine not being involved in Scouting in any capacity. I get a lot of inspiration from our volunteers and professionals - the dedication and level of commitment of others give a boost for meaningful contribution and step up. I believe that everyone can have an individual impact (on whatever you choose that to be) despite its scale, and that makes others' and your own days much brighter than the alternative.**



## Laura

My name is Laura Muñoz and I'm 22 years old.

The last time I volunteered **I cleaned plastics on parks and beaches.**

Right now, I'm not volunteering.

**My motivation to volunteer is that I like meeting people and I meet new places and help the planet.**



## Zoltán

My name is Zoltán Hevesi, I'm from Hungary and I'm 51 years old.  
**I'm a volunteer coordinator of theatre volunteers.**

Volunteer projects I've been involved with are theatre volunteering: taking part in promotional activities of the theatre program, guiding tours behind the scenes, taking over hostess activities at different public events about theatre life, getting a supporting role on the stage, organising theatre club for volunteers.

**My motivation to volunteer is the love of culture and the theatre atmosphere.**



## Vania

My name is Vania Trolese, I'm 48 years old and I'm from Italy.

**I volunteer at Emergency - NGO**, an organisation which provides free, high-quality medical care to victims of war and poverty human rights - peace culture where I develop school activities, events, crowdfunding.

**My motivation to Volunteer is to apply my skills to human rights implementation.**

## Jasmin

My name is Jasmin Awan and I'm 28 years old.

**I was involved in the SUPA SAPS ESC funded project in Cyprus in June 2022.** We arranged different actions and a campaign with the aim to fight Single-Use Plastics, that's why the project was called SUPA SAPS which stands for "Single Use Plastic Awareness - Stop All Plastic Straws". During the project, we did some research on the current use of Single Use Plastics in Cyprian society, distributed information material on Plastic Use and our project in different events, visited the Lord Mayor, and joined workshops on how to reuse Single Use Plastics.

**For me volunteering is about giving and getting back. While volunteering each and every one of the volunteers contributes to some of today's challenges. New insights, friends, and irreplaceable experiences are the benefits you get back.**





## Manuel

My name is Manuel Corchado González and I'm 32 years old.

In my first time **volunteering with CEV** as a European Solidarity Corps volunteer I made many tasks alongside my colleagues and the volunteers that there were at the time. I participated in different events organised by other organisations in Brussels such as Out Of The Box. I travelled to many cities like Bruges, Antwerp, and Oostende thanks to the support of the rest of the staff and volunteer team. This year I returned for a short term volunteer placement and helped with many administrative tasks with the rest of the CEV Team including being part of organising the Erasmus+ DYVO multiplier event in September.

**My motivation for being a volunteer is to do things in other cities of the European Union, make new friends, and enjoy the culture of a big city like Brussels!**



## Maksym

My name is Maksym, I'm from Ukraine and I'm 19 years old.

I took my first steps in volunteering as a child, at the age of 7-8, and since then it has accompanied me in one way or another throughout my life. A few years ago, I clearly understood for myself that this is the direction in which I want to develop myself in the future. With the beginning of a full-scale war, I became even more convinced of this opinion.

In my opinion, volunteering enables a person to be a direct participant in creating a better world. Be a spark, as you dream of seeing a fire.

**I like to say that volunteering begins where a person's need to benefit society and desire to be involved becomes higher than the need for personal gain.**

I think, like this I will explain to myself why I devote so much of my time to volunteering such as these last months when I was supporting Lviv's applications to be European Youth Capital 2025 and European Volunteering Capital 2024 as well as supporting those who have received burns during the war to a normal life as the CEO of the Unburned project, and I also contribute to youth development as a volunteer advisor to the National Civil Service Agency of Ukraine.





## Maja

I'm Maja, I'm 18 years old and I'm from Poland.

I'm a Member of the Marketing Team in **Fundacja Impuls:**

the foundation of the young for the young.

We are focusing on collaboration and development.

We want the voice of the young generation to be audible and respected.

My role is to create a marketing campaign.

I'm a tutor in **Fundacja Polskie Forum Migracyjne.**

We help foreigners in Poland.

My tasks were conversations with newcomers.

I'm the Social Media Manager in **Smart Talk.**

My role is caring about building awareness of the brand on social media.

We are educating the young generation about Oxford debate and the art of good speaking.

The project inspired 'Zwolnieni z Teorii'.

I'm a E-volunteer in **TuDu.org.pl** by **Good Network Foundation.**

It's a society of helpful volunteers who have various interests and skills.

I belong to the community and engaged in microtasks, especially in the graphics area.

What is my motivation to engage in volunteering?

Faith that with the small steps method, we are able to change the world.

Not solo - but in the team.



## Rita

Hi! My name is Rita and I am 19 years old. I'm from Portugal, more specifically from Évora.

Here in Évora, **there is a volunteer organization - Fundação Eugénio de Almeida. I have done some projects in partnership with this organisation, such as**

- Support with studies - Where I help children who have more learning difficulties, and whose parents do not have the financial means to pay for tutoring, whether in person or online.
- Social Kitchen- A space created for those who were facing financial hardship and could not afford daily meals.

These two projects began while the COVID-19 crisis took place, and were created as a way to respond to the rising needs of the population.

**Two of my main motivations for volunteering are obtaining transferable skills that I will be able to apply in the future both as an individual and professionally, and simultaneously helping people in need.**





## Zsuzsa

My name is Zsuzsa Kassai and I'm 63 Years Old and I'm from Hungary.

**I spent my time visiting lonely elderly people and informing them at Budapest Capital Information Point. I also found joy in visiting and assisting families with young children, yoga classes for young people with disabilities, volunteers, and seniors.**

Volunteer projects I am involved with and their impact:

1. "Friends of the Elderly" Program: I visit an elderly lady 2-3 hours a week in a retirement home in Zugló.
2. "Salva Vita Foundation": I lead yoga classes at Salva Vita Foundation (supporting job search for young people living with disabilities) about once a month.
3. Hungarian Leisure Sports Association: So far, I led yoga on sports days 2 times.
4. "Teszünk": We Do Senior Volunteer Club: I volunteer once a month at the Information Point for the Elderly (IIP) at the Municipality of Budapest. I lead yoga classes for volunteers once a week (in the summer we held this outdoors in the City Park).
5. "Otthon Segítünk": We Help At Home Foundation (OSA): I visit a family with small children once a week for about 2 hours. I teach yoga once a week. These occasions are open to our volunteers and the parents who we help as volunteers. Parents can also bring their children, as we also arrange supervision of the children during the yoga class. In addition, other people can come (e.g. those who volunteer at the National Association of Large Families).

**My motivation to volunteer is to help people in need.**

**In addition to direct help, our presence helps older people not to feel so isolated from the world around them.**

**For parents with young children, we try to replace the far-living, or possibly absent grandparents with concrete help, advice, attention and love.**

**And for volunteers, I thought of leading yoga sessions so that those who help others a lot with their work could also receive something useful in a selfless way. After all, in order to continue doing this work, they also need training, physical and mental recharging.**





## Daria

My name is Daria Frisch and I'm 28 years old and I do **e-volunteering in Poland**.

The volunteers project I'm involved in are:

- Acting as an Ambassador of MojeStypendium.pl (My Scholarship) portal - disseminating information about news on the website among students and in social media, popularising other activities of the Good Network Foundation.
- Creating educational articles for youth based on SEO rules - proposing topics that could be of interest to the audience of the portal, collecting materials, writing, editing, and publishing the finished article on the portal, assisting in preparing graphics for the articles editing the database of scholarships, competitions, and internships on MojeStypendium.pl portal - using WordPress; assisting in the daily tasks of the Good Network Foundation by independently searching for new offers and adding them to the database.

**My motivation for volunteering is to test my skills in practice; to share my talent and passion with others by creating content that will be practical, easy to read, and enjoyable for them; to gain new interesting skills; to be able to receive feedback on my projects; act for an idea that is close to my heart.**

The impact of volunteering for me is to further development in content creation for a large audience; gaining experience that gave me the opportunity to get a dream job; a sense of fulfillment from using skills for a good cause.



## Orsolya

My name is Biro Orsolya, I'm 31 and I'm from Romania. Project I'm **volunteering with** is from **Associazione di Promozione Sociale Kora** on environmental awareness, social equity, multiculturality. YE, TC, ESC.

The impact? They are life changers. My tasks are emptying compost boxes from the dining area and kitchen. Close and feed the animals. Participate in any farm & household work that comes up (hang to dry beddings, clean boxes for the olive harvest,)

**My motivation is to reach a higher level of self-awareness. Learn about eco-friendly lifestyles. Do physical work.**

## Thomas

My name is Thomas and I'm 39 and I'm from France.

I work in a specialised establishment, as djembe and drum player and **I'm involved in several associations as a volunteer**. For 19 years, I've been working in an ESAT (Establishment and service of help through work) in the 12th arrondissement of Paris. Aged 39 today, I've been engaged in several volunteer activities. My first voluntary commitment was in the context of the Papillons Blancs de Paris, an association that supports people with mental disabilities and their families. For several years, I participated, as a member, in his artistic workshop. I undertake painting, sculpture, and engraving. I have been playing drums since the age of 7 at the RATP music school, the company where my mother works. I share my passion there every Friday in a jazz band. I also play the djembe, an African percussion instrument that I have mastered for several decades. As Les Papillons Blancs organised a concert called Autour, it was logical for me to perform there. Especially since my level is very professional. But my performance does not stop there.

**I help to prepare the concert, in particular, to choose the guest artists and, in the end, I intervene at the microphone to express our thanks.**

*In charge of volunteering at the association, Bérangère Grisoni explains: "It was even he who suggested introducing classical music into the concert when initially only jazz and variety were planned".*





## Evelyn

My name is Evelyn, I'm 79 and I'm from France.

For 15 years, **as a volunteer I ensured, at Secours Catholique, the reception and orientation of women from immigrant backgrounds before taking care, in the 10th arrondissement of Paris, of access to housing for disadvantaged people: Good feelings give me hives.** Since the early 1990s, I devoted most of my time to caring for women of North African and African origin on a voluntary basis. As a Full-time for 15 years at Secours Catholique, it was less about helping them than going a long way with them. First, by making them obtain their residence permits, then, secondly, by putting them in touch with people likely to find their work, and finally, by making it easier for them to obtain decent housing. Most often, these women lived with their children in hotels run by sleep merchants.

**Understanding what these immigrant women could go through, I wanted to get involved in order to go a long way with them and I thank my mother for allowing me to acquire such experience.**

Always with the idea of opening up as many prospects as possible to these immigrants, I set up a group of women who were able to meet a large number of people, in particular a doctor, a psychologist, an imam, the Parents, School and several members of associations in the 10th arrondissement of Paris. About forty women got away with it. They call each other regularly and have even planned a joint outing with their children. Today, my voluntary activity is less intense. I still accompanies people in difficulty, but I only meet them twice a month and no longer twice a week as before.

And this, is within the framework of another association, Solidarités Nouvelles pour le Logement, whose objective is to "make housing accessible to people in precarious situations". At the same time, I am a member of the Housing Allocation Commission at the town hall of the 10th arrondissement of Paris.

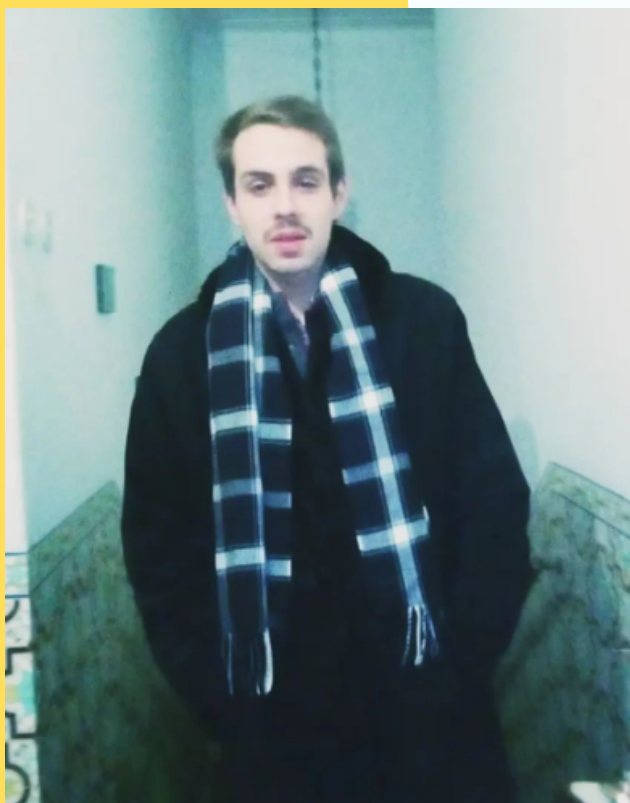


## Ana

My name is Ana Menezes, I'm 25 and I'm from Portugal.

**I have been involved as a volunteer with my university centre for welcoming Erasmus students.** My roles include showing them around town and helping with adjusting to a new country, for example by helping them find accommodation or helping them with bureaucracy that is not accessible to them due to the language barrier. I have made many friends from all over Europe by participating in this project.

**My motivation is to make people feel welcome in my home country, of which I am proud of. I also would like to be received abroad by a welcoming team in case of moving abroad :)**



## Joao

My name is Joao, I am 23 and from Portugal. **I have been volunteering since the age of 19, mostly in public events where I could learn how to work alongside event planners and music producers.**

My roles would be setting up the stages, attending to the artist's requirements, and making sure that the event would go smoothly. I have also volunteered with the Red Cross to look after disadvantaged children, whose parents could not afford daycare.

Both experiences made me grow as a person and acquire skills that will be needed in the future.

**My motivation is to be able to execute my professional tasks with the confidence that I acquired while volunteering.**



## Paolo

My name is Paolo, I'm 50 years old and I'm from Italy.

**I volunteer for the project MEAN (Movimento Europeo di Azione Nonviolenta)** and it is promoted by about 40 Italian organisations. MoVI (Movimento di Volontariato Italiano) is one of these and I represent it in the project. The project wants to support, with nonviolence, people victim of war violence in Ukraine and to research, together who is involved in the war, different and creative ways to solve the conflict in order to have a common future and common values in the European perspective, with the European citizens leading actor together their Ukrainian neighbours to build Europe of the peoples beyond Europe of the governments. Another important target is to create a European peace civil corps.

**My motivation to volunteer is that I believe citizens play a very important role in the life of their community but it will be possible to reach something only if each one gives his contribution.**



## Kris

My name is Kris. I am 23, from Albania and **I have volunteered in the past year with the European Solidarity Corps.**

My project was related to looking after children in care, after-school activities, and promoting interpersonal skills and the skill to speak in English with each other and the teachers. I developed a training centre with my colleagues with many resources to teach them the new language.

This summer I also took part in a project called EcoGreen where I helped a small community of local farmers to harvest a few vegetables to be used by them or sold at a small market, and the profit was then sent to less wealthy people. We also prepared vegetable and fruit hampers to distribute to those in need.

**The impact it had on the closer community was to make sure that everyone could enjoy at least one healthy meal a day without having to worry about saving enough money for, for example, bills.**

**I am looking forward to engaging in another volunteer opportunity as it is a great way to travel around Europe while obtaining work experience.**



## Mwamba

I'm Mwamba and I'm from France.

**I began volunteering with street collecting.** I brought three buddies who are still volunteers in this unit. I organised the schedule and chose the quest locations. Every 15 days, I devote a good day to the distribution of fresh products to the poor. When needed, with my three buddies we are always ready to lend a hand. On Saturdays, we often stop by to chat. Other volunteers from the Red Cross organisation say: "Their spontaneity and good humour are greatly appreciated. But, as Jean-Noël says, what impressed me the most about Mwamba was his tenacity in wanting to become a volunteer and get involved alongside us. He has completed several training courses and will soon be appointed emergency and rescue manager. When he distributes fresh produce, which is sometimes tricky, he does it with great discernment."

On the training side, I have already followed four sessions: first aid gestures (PSC1), Welcome Red Cross (CRB), the common core of emergency actors (TCAU), which prepares volunteers to intervene in the event of an attack, or disaster, and SOLIDAR for raids.

**I feel good here, I found myself. I have no family in France. The Red Cross has become my family.**





## Sara

I'm Sara, 24, and I'm from Italy.

**I am part of an association that conducts assisted education meetings with animals in schools.** More specifically, these are interventions that aim to improve class group cohesion and collaboration among students with the special help of two pooches. My role is precisely to lend a hand in carrying out the activities, thus helping children work in groups and stimulating critical thinking and respect for each other.

In my activity I also ensure the well-being of the dogs that accompany us, providing them with plenty of cuddles and kibble. In addition, I am a member of the Blue Telephone, a national association that, among other things, conducts prevention interventions in schools about various issues (digital identity, bullying..). For this organisation, I lead training and meetings in the classes.

**The reason why I do this? I am deeply convinced that this can be a real occasion for mutual growth and enrichment. I volunteer because being in close contact with children's smiles and curiosity is an invaluable gift.**



## Bruno

My name is Bruno, I am 32 and from Greece and **my first ever role as a volunteer was as a Charity Shop assistant.**

The revenue from that enterprise was aimed at cancer patients, which resonated with me as I had recently lost a family member to the disease. After that I became involved with many other activities in this field, for example, fundraising. We would hold campaigns around Christmas time to help those in need. I also undertook befriending training in order to better respond to the needs of those who come to the organisation looking for help.

Currently, I am a surf instructor who takes in a percentage of kids who cannot afford classes. My goal is to make them feel confident with their new skill and make sure they have fun and make new friends.

**My motivation behind all this is to give back to the world what he gave me and cause a positive impact on at least one person.**

## Alina

Hello! My name is Alina, I am 24 and from Portugal, and I **have been a volunteer since 2018.**

I engaged with the Banco Alimentar contra a Fome organisation and had several tasks. These included gathering food from donations that people would give us at the supermarket doors, then organising them at the storage room, and finally preparing bundles to give away to those in need. It was a very fulfilling role as I know we actually made a difference in the lives of those who benefited from us.

2 years later, I volunteered with the Red Cross by going to remote villages and towns in my country to offer company to the elderly. I would visit them in their houses, offer a cup of tea and coffee and spend a few hours keeping them company and chatting. This position was very needed as we in Portugal have a problem with elder isolation and it is difficult for many organisations to reach certain places and make sure that everyone is well and comfortable.

**My motivation to volunteer came from the fact that I was struggling to find a job, and as such, looked for other ways to be productive and develop my skills.**



## Matteo

I'm Matteo, 26, and I'm from Italy.

First organisation I volunteer with focuses on disability and social exclusion, helping people to find a place in which they can express themselves without discrimination and in which they can have good friendship relationships following a full inclusion model. The second organisation focuses on creating social and cultural activities for young people that decide to continue to leave in the countryside. My tasks included Project management of activities and events and social animation.

**I have time enough to spend on volunteering thanks to my job. Of course, somehow it started as a way to improve my working skills and knew more people, but also I really believe that everybody should have care of what they have around and that's the way I do.**



## Grzegorz

My name is Grzegorz, I'm 29 and I'm from Poland.

**Currently, my activities in the organization focus on mentoring.** In the past, I was also involved in co-organizing events as part of one of our projects: Neighborhood House. Two years ago, I was a volunteer myself and helped the Portuguese Red Cross for five months. I also take part in training for mentors, e.g. I am a member of the Mentoring Under Construction community. Currently, I volunteer as a mentor for two foreign volunteers.

**I like to get to know other people, be part of the team and be helpful.**



## Milena

I'm Milena and I'm from The Netherlands.

Every Thursday evening there is a party in Villa Pardoes. **In this holiday home for sick children, with my fellow volunteers from the animation team, we are ready for an evening of fun.**

The residence was once established in the fairytale park, of which the magician is one of the most famous figures. Families with a child with a life-threatening illness can sign up for a week's holiday with Pardoes. Thanks to a large club of sponsors, ambassadors, and the many actions that take place to raise money for Villa Pardoes, more than six hundred families can be made happy in this way every year.

I visit the Beurs once a week for an evening full of entertainment. A colleague of mine has a sister who works at Villa Pardoes and asked me if it wouldn't be something for me to do something there. I was asked to devise an animation program for the closing Thursday evening. I immediately said yes, it seemed so fun!

In the beginning, it took some getting used to. The first few times I was in the car crying; it is very confronting to see children sick. I am now used to it and can focus on just having fun with each other. Just that huge smile on the child's face says it all. But parents are also often enjoying with tears in their eyes.

Not only do the children and their parents enjoy themselves immensely, but it is also a big party for myself every week. I really enjoy my volunteering.

**For us, fun is central, and not the disease. We have an activity program every week, which includes 'Partytime'. While walking polonaise, with the other volunteers, we pass the houses to pick up the children and parents as soon as they have finished the feast of pancakes or fries.**



## Annika

My name is Annika Olson, I'm 26 and I'm from Germany.

**I volunteer at Info-integration** - providing info and support to newcomers in regard to integration and social and legal issues they might encounter. Also, outreach to promote desensitization toward newcomers amongst the local community. The tasks included Social media/communication, helping with school outreach, accompanying and observing consultations and looking into office hours, take part in projects.

**I always wanted to be more involved in projects with migration and refugee issues. So I was looking for the opportunity to learn and gain more experience in this field in another country so that I can see how their system works.**



## Giacomo

My name is Giacomo Torsello, I'm 24 and I'm from Italy.

I volunteer as:

- **Mentor of European volunteers:** support and follow young volunteers to allow them maximum development, inviting them to leave their comfort zone, but avoiding them ending up in the panic zone. The European Solidarity Corps (ESC) volunteering program gives young people (18-30 years old) the opportunity to volunteer either in their own country or abroad. It is an initiative of the European Union and offers an inspiring and empowering experience for those interested in making a change and benefiting communities across Europe. The program aims to develop solidarity, intercultural understanding, and respect among young people and to promote active citizenship.
- **An active member of ESN Innsbruck:** Collaborate with the universities of Innsbruck to welcome foreign students and make them feel at home and have an unforgettable experience. Erasmus Student Network (ESN) is a non-profit international student organisation. Our mission is to represent international students, thus providing opportunities for cultural understanding and self-development under the principle of Students Helping Student.

**My motivation to volunteer is: helping other people, having new experiences, breaking down stereotypes, growing as a person.**





## Albane

I'm Albane and I'm from France.

In September 2019, I started a job as a data analyst in a cooperative that supplies electricity from renewable sources to companies and individuals after buying it from independent producers. FLA asked me to prepare a concert for the New Year's Eve. I've accepted and devoted an evening to it, every two weeks. **What triggered my desire to volunteer is a desire to help and not to remain confined in a privileged environment by turning a blind eye to the surrounding misery.**

The Entrepreneurship Act was the occasion, after the preparation during which we had our noses in the grindstone. Then, this desire to get involved only grew. The more I got involved in this world parallel to mine, so comfortable, too comfortable, the more I realised the reality of things and the more I wanted to get involved.

The song workshops were very rich moments of sharing, we learn so much from each other. We laughed a lot and sometimes cried when a participant confided. One day, a young Afghan who attended an FLA workshop in which I participated was arrested and imprisoned in an administrative detention centre. The young woman who was then in civic service with FLA and I visited him, found money to pay a lawyer thanks to whom he was able to leave after thirty days. It was the first time that I was confronted with such social and political problems, it was the beginning of an awareness. I met men and women, discovered the stories of their harsh journeys and the brutalities they and they are victims of in their countries of origin, throughout their crossings but also at home. When we see that despite everything, they raise their heads and continue to move forward, it is a great lesson in humility.





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