

**Volunteer report by Beatriz Martínez Ríos
European Solidarity Corps volunteer at SPORTUNION Österreich
from March 2023 to September 2023**

SPORTUNION is one of the three largest sports organisations in Austria. Among my tasks in this organisation, the most common ones were preparing parcels, helping with deliveries, sorting incoming mail, making excell or inventories, organising and storing materials, checking sports programmes, helping with statistics. Also, exceptionally, I helped out at sporting events as they were taking place.

One of the most special moments during my volunteering at SPORTUNION was participating in the FICEP-FISEC 2023 event, where I was able to witness how young people between 15 and 17 years old from different countries competed against each other. In this event there were many different sports, a lot of different countries, from Chile to Portugal. And to see how the young people enjoyed the sport and shared moments together, was exciting.

During these six months in Austria, I have learned how the organisations are structured, what the different programmes of SPORTUNION are, what office work is like, how to solve problems that might arise during the events, as well as how to overcome the language barrier, for example, to understand and make myself understood.

If I had to give some advice to new SPORTUNION volunteers, I would tell them that if they can, learn a bit of German before they start, that the tasks are taught little by little, it's not that they don't trust you, it's that they are giving you time to learn. I would also tell them to train a bit before they arrive, because sometimes you have to carry heavy objects.

But above all, if you like sport, this programme is for you, because you will meet a lot of people who are passionate about sport.

