

"GENAU

The word I heard most often
during my European
Solidarity Corps"



LAURE CADES - HAQUIN

MELANGE 


grenzenlos
Interkultureller Austausch

 Stadt
Wien

 Co-funded by
the European Union

WIENXTRA
WIENXTRA

PARCOURS
MONDE
FACILITEUR DE MOBILITE
— GRAND OUEST — 

Help to organize events

Support to social media

Share my experience as a volunteer



My missions

Organize activities for volunteers

Administrative support



0210512025
Remmes train station: France 🇫🇷
That's it!! After 2 months of preparation,
we are finally ready to go!



0510512025
Gaezembos office
welcome Days and expectations
Getting to know each other, discuss about
Sharing info about volunteering ~~year~~ ~~and~~ ~~off~~



06/05/2015
I am officially starting my mission!
Yeehoo!



📌 Coppa Beach - Domauinsel



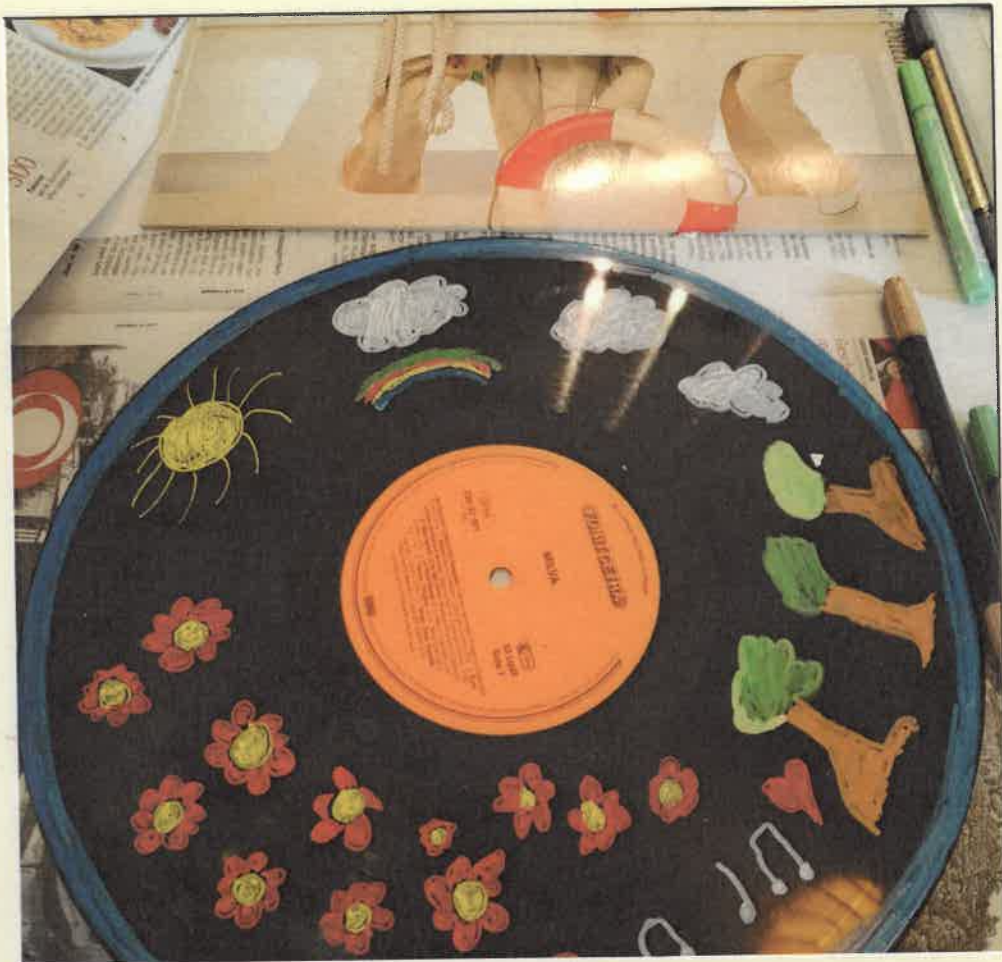
05/06/2025

Every month, volunteers have the opportunity, if they wish, to meet up, usually in a bar or a coffee, to discuss, get to know each other... have fun!



13/06/2025

Every month, activities are also offered to the volunteers. Here, the picture was taken during the visit of the immersive exhibition Hands Up, which focuses on the daily lives of deaf people. We discover German sign language, practical tools for everyday life...



14/07/2025

Trying new things: during a workshop, I discovered the technique of painting on vinyl.



02/07/2025

Selfie with Claire, my COALA!
What is a COALA? It's a young person who lives in Viernum whose role is to suggest activities, help us if needed, discover together the city... : Being a support :)



My first "Impfomachmittag" in German!
At Club 21 (meeting place for people with a disability and without)
I shared my experience of volunteering in Italy and Austria

15/07/2025



Discover Austria: GRAZ: Styria Capital
📍 Schloßberg and the Uhrenturm

03/08/2025



Welcome to Slovenia!

05/08/2025

We spent two days exploring the cities of Ptuj and Maribor, learning a few words in Slovenian, discovering the local cuisine and meeting a local artist during a walk! Wonderful memories!

📍 Drava



10/08/2025

📍 Luxembourg Castle

With friends, we discovered the park, the castle and took a boat trip on the lake!

Grillfest

zum 4. Geburtstag von

diversoviel

Montag 11.8. ab 16 Uhr*
Donauinsel, Grillplatz 0



*Falls am 11.8. in Wien Grillverbot ist, wird
das Fest auf Montag 1.9. verschoben!

11/08/2025

Thanks to the Diversoviel organisation, we participated in our first barbecue
close to the Danube!



ESC and ICYE Welcome Days in September

03 - 06 September
2025

Meet the new volunteers, help with the organisation, observe the
different steps ...



Mid-Term Training in Grunau im Almtal 17/09/2015
 Walk with some other volunteers in the village



ESC Mid-Term Training 18/09/2015
 The objectives of Mid Term Training: here the Youth Bus Workshop
 1) Taking a break from volunteering (stepping back)
 2) Reflecting individually and in groups on it's mission: positive impacts
 diff. cultures
 3) After the volunteering is finished, skills



16/09/2025

Through various topics and questions, share our experience and learn more about those of others



ESC Mid Term Training

17/09/2025

Group picture after the visit of a "zoo", "Wild Park".
It's also means trying new places and new activities



Almsee lake: One of my highlight 17/09/2025

I think one of my most wonderful landscapes I saw during my volunteering.

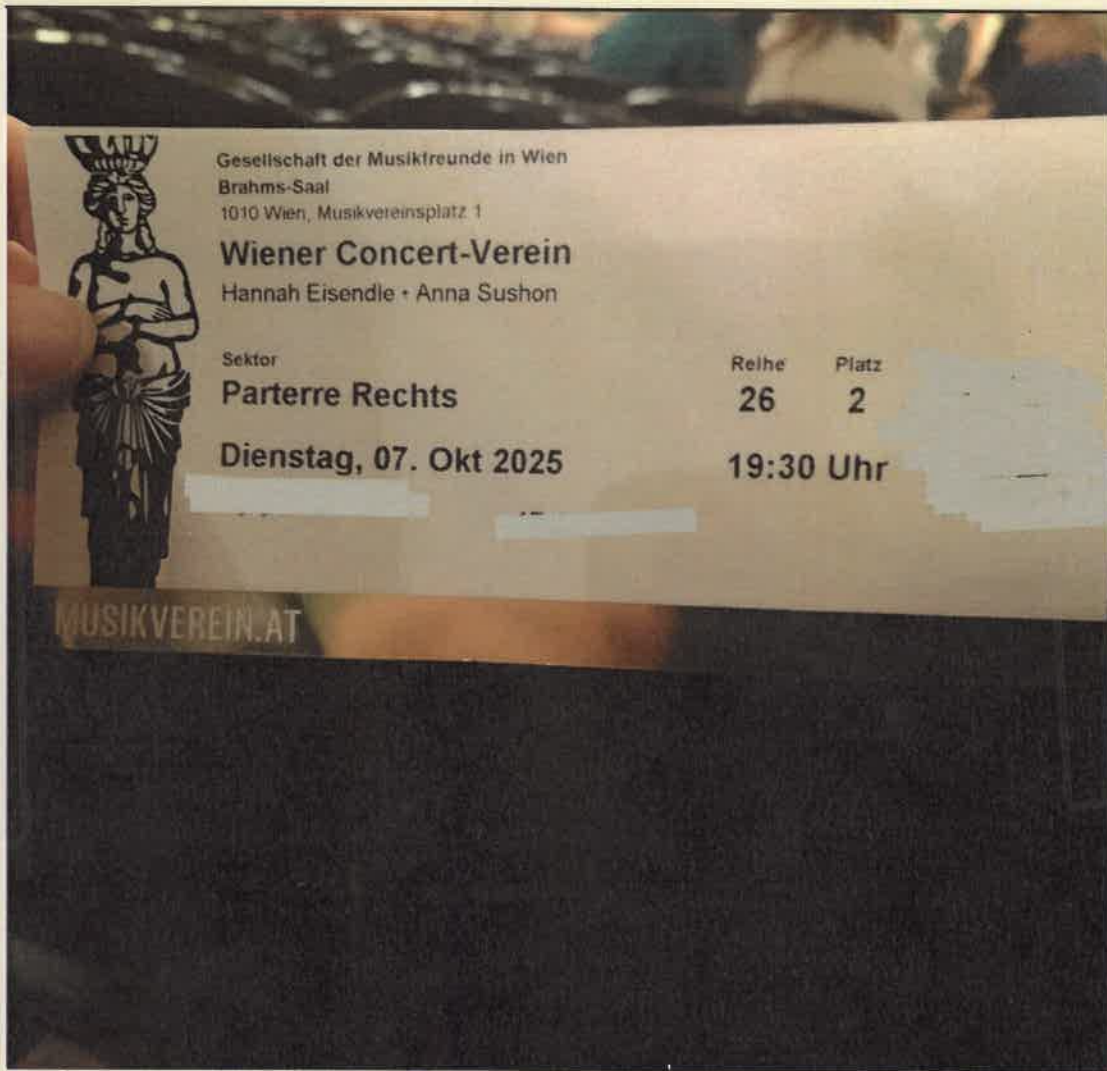
Next steps: discover new lakes in Austria



Welcome Days - ESC Volunteers 02/03/10/2025

Salt and Pepper Games: Goals:

- 1) Ask question to another person in order to find out what is written on the pot it role.
- 2) Finding its partners
- 3) Find 3 common points



Gesellschaft der Musikfreunde in Wien
Brahms-Saal
1010 Wien, Musikvereinsplatz 1

Wiener Concert-Verein
Hannah Eisendle • Anna Sushon

Sektor
Parterre Rechts

Reihe	Platz
26	2

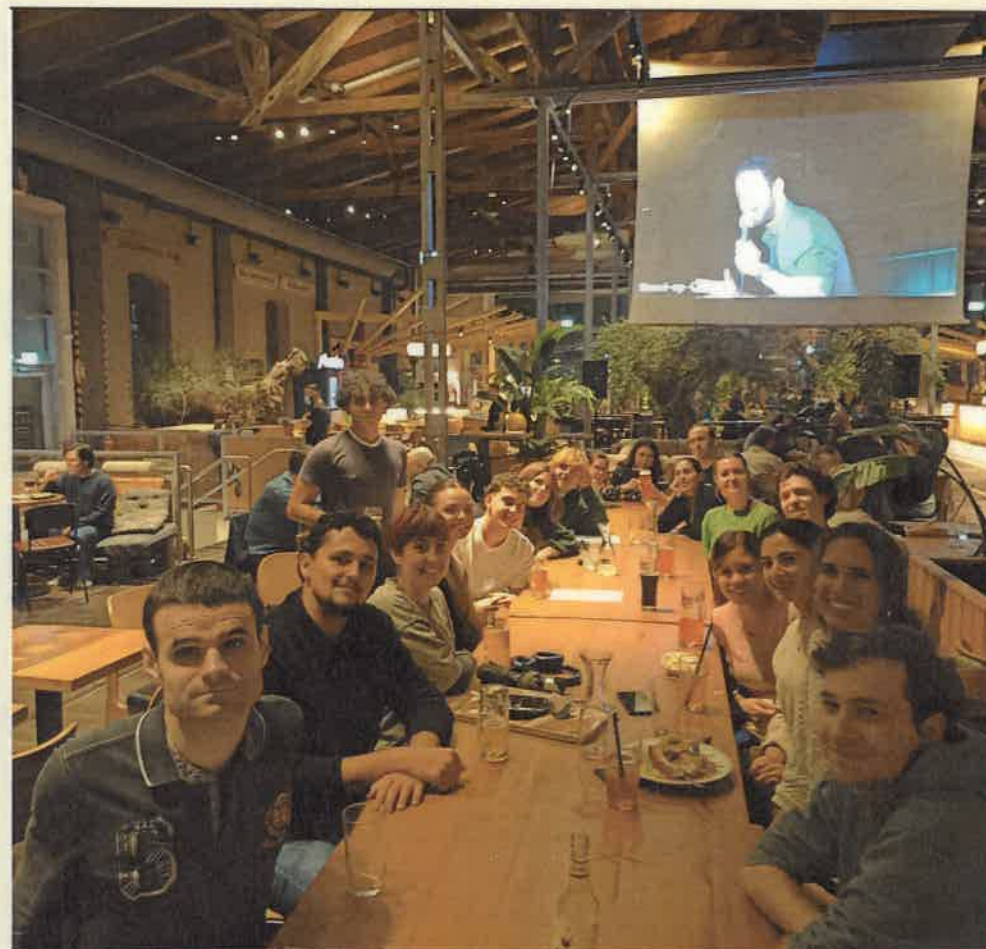
Dienstag, 07. Okt 2025

19:30 Uhr

MUSIKVEREIN.AT

First Concert in the Musikverein! Yayehere!
Conducted by 2 female conductors

07/10/2025



Youn Fize at Gleisgarten!

09/10/2025



Treasure Hunt

18/10/2025

Together with Pam, another volunteer, I organised a treasure hunt in Vienna to discover the city in a fun way! A very nice moment!



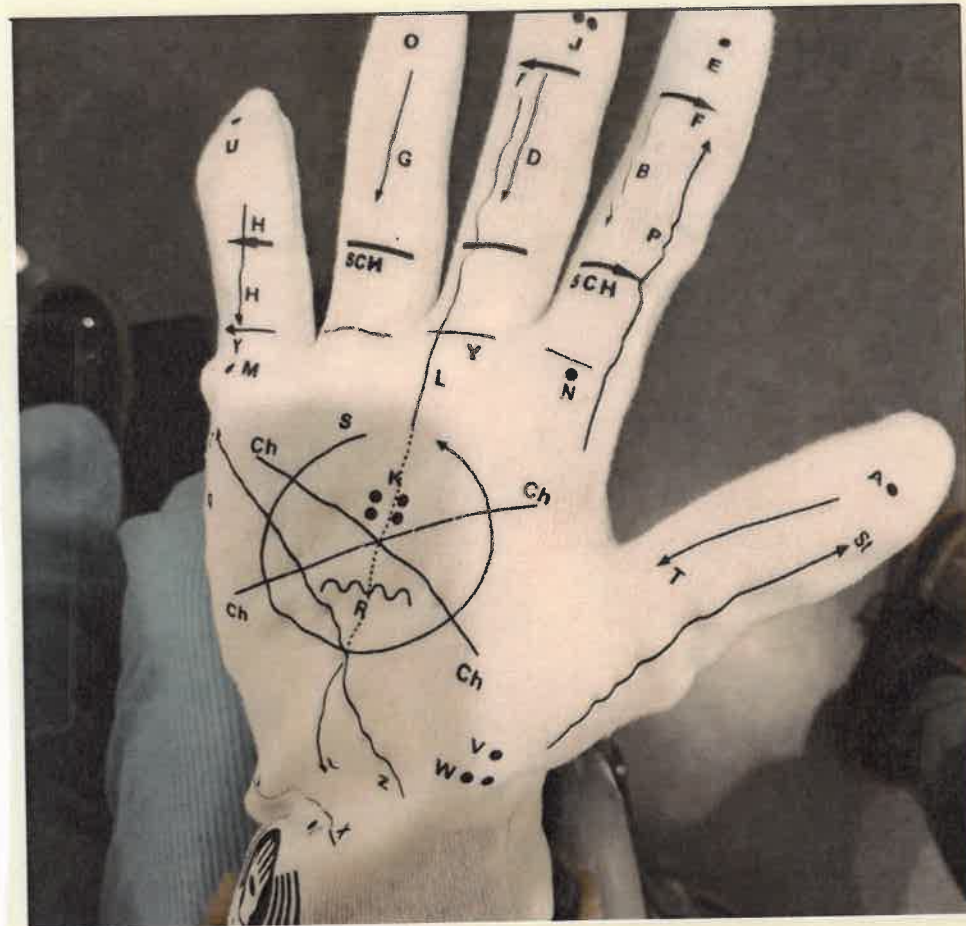
19/10/2025

FreiwilligenMesse 2025 - Rathaus of Vienna
 That week, with different members of the Grenzenlos team, I can participate in several volunteers fairs in order to share my experience, to introduce the various mobility programmes, answer questions...



Intercultural Afternoon at Club 21 2.11.10/2015

A moment of sharing: around different countries and cultures
 Poland, Germany, France and playing board games



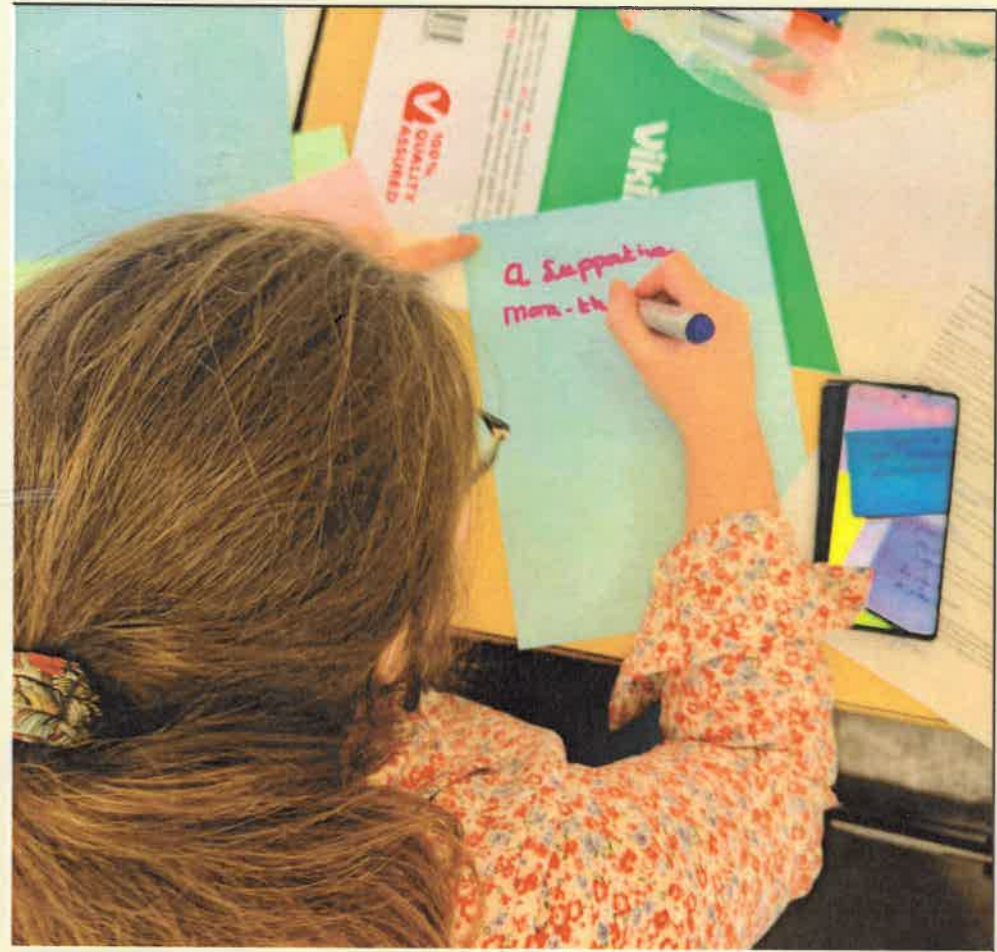
Haptische Kunst Exhibition

25/10/2015

During 1 month, several artists with visual impairments exhibited their work & it was possible to touch the relief models and read texts in Braille, they special glasses. Here a glove for learning how to communicate with a deaf and blind person



*Trying new things and meeting new people
Project Clay Connects*



*03/11/2025
Inclusion Training: A Culture of Inclusion
Towards a value based youth work*



07/11/2025
Inclusion Training Team ♡: with Makbala and Markus

What I have learned during the Inclusion Training?

- Knowledge about energizers and games to get to know each other
- Group management
- Facilitation methods and tools
- How to organize a training session
- Creation of flipcharts
- Development of my professional network



26/11/2015
Stand 129 - Kulkreunhaas Bretfabrik : Kochem Arm Markt
With different participants, we cooked and eat together a French dinner
On the menu: Vegetable soup, Salade Niçoise, Breton Crêpes





Vienna Christmas Market: Ant Advent am Karlsplatz
22/11/2025
14 markets in Vienna: one of my favourites: the one on Rathausplatz



Christmas is coming!
06/12/2025
Christmas cookies baking activity and drinking free alcohol bunch!
So good!

Daily Life in Volunteering



At the office!



The lovely trio ♡
Experience this unforgettable moment together!

