



# HEALTH, YOUTH, COMMUNITY PROJECT IN FIJI (THINK PACIFIC)

## VOLUNTEER WORK

- Build a nursing station under the guidance of local build manager
- Provide assistance to two local NGOs (Diabetes Fiji, Youth Champs 4 mental Health) who ran campaigns to raise villager's awareness of physical and mental health (e.g. workshops, health screening day)
- Think Tank --> collaborate with the village youth to propose sustainable plans for the community



## CULTURAL IMMERSION

- Participate in Culture Courses to learn about Fijian's tradition
- Live with a Fijian host family
- Engage in different types of activities with the locals



## SOME MAJOR LEARNINGS

### 1. Courage & Proactivity

- Through adversity (e.g. pit toilets, bucket shower), I became more resilient and learnt not to take things for granted. In the village, there are various learning opportunities around me. I came as a shy person, but when I took the initiative to participate, I found fun and inspiration.

### 2. Gratitude to my host family

- Fijians were known for their hospitality. My family was very friendly and treated me as their real daughter. Despite their lack of resources, they always tried to prepare the best for me. I recalled the tears we had when saying goodbye, but our special bond would not end with the trip.



## SUSTAINABILITY OF WHAT WAS DONE



1. The nursing station stores medical supplies and create a working space for local nurses to provide medical care for nearby rural communities.
2. The Think Tank was an attempt to ensure long-term impacts. Scholars and village youths were divided into groups to work on a specific area.
  - Me and my teammates worked on sustaining the impacts of the Culture Course
    - Output: lesson plans of monthly culture course for village children, documentation of local handicraft skills via video, establish a Facebook group (Name : Vakadromosiga Group) for sharing cultural information
    - Challenge: requires villagers commitment in promoting their own culture

## WHAT I PLAN ON DOING IN THE FUTURE AS A RESULT OF THE EXPERIENCE

1. Follow-up with my Fijian groupmates on the delivery of culture course
  - discuss with them the details and any challenges during implementation
2. Keep in touch with my Fijian family
3. Reflect more on my role as a global citizen and participate in activities that promote people's well-being

4. Be brave and proactive to step out of my comfort zone
5. Understand and respect
  - In the context of volunteering, knowing the recipients actual wants and needs gave us motivation and direction. It is incorrect to assume that we already know the right actions to take. We should embrace the different opinions that people have. No one should be above another and everyone's expertise should be equally valued.