

Humanitarian and Conservation Project, Fiji

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I volunteered on a VESA (Volunteer eco student abroad) humanitarian and conservation project in Fiji. <https://www.vesabroad.org/?c=4>

The activities I participated included helping to restore school facilities, painting a Secondary school and teaching the students about first aid and nutrition. I also had the opportunity to explore secluded islands, learn about conservation and sustainability and went snorkelling. I had the privilege to stay with a Fijian family in a traditional village, who made me feel endlessly welcome as a member in their own family.

The trip helped with my personal growth not only academically and personally, but with my career development. For example, I've had my eyes opened to considering a possible career in the non-profit sector. Academically it taught me about conservation and sustainability, personally it educated me about other people's cultures around the world through experiencing a traditional Fijian homestay. I have experienced an increase in confidence. Travelling to Fiji with people I didn't know prior to the trip pushed me out of my comfort zone and required me to be outgoing and forthcoming.

