

## **CAS - Service**

**Activities:** Various charity works

**20 - 21. Aug. '13**

- Flood Relief work at St. James Church.

**23. Aug. '13**

- Relief work at Sun Valley

**13. Nov. '13**

- Relief work at BSM

**22. Nov. '13**

- Charity waffle sale

**25. Nov. '13**

- Red Cross relief projects Typhoon Yolanda
- Relief packing auditorium
- Relief packing auditorium

**10. Dec. '13**

- Relief goods shopping
- Packing auditorium

**12. Dec. '13**

- Packing relief goods

**9. Feb. '14**

- Repainting wall of mental disabilities center

**6. April. '14**

Spaghetti Party and games with underprivileged children

**Other:** Brightening Biliran, Interview with affected locals in Bantayan, SexEd Seminar (High School Retreat), Sport's Day, Wall Painting in Trece Martires

**Reflections:**

Having volunteered at many relief centers in the past,

During one project we were able to head out to a small town (Sun Valley) affected by some floods and distributed relief bags to families. Travelling there first hand and having personal contact with those affected never fails to amaze

me, because despite their circumstances, the people we meet often appear so happy. They are extremely content with the little they have, and the company of each other and in observing this, you learn to be more appreciative of what you have, and less spoilt about the things you do as well.

I've found that during packing relief goods, teamwork is very important. Things have to run efficiently and smoothly, and that only happens when we are all focused and running together. In the bigger projects I've also learned to take independent action – don't wait around to be told what to do. Look for something to do and if you see something that needs to be done, do it.

All-in-all however, doing these projects, you learn to be infinitely more grateful for what you have. There are people who I've met when doing these relief projects that have literally nothing – their belongings washed away by the rain and having no means to get themselves replacements. When you realise what conditions some people live in, you start to question aspects of your own life and tend to be more careful with what you have.

I've found it definitely rewarding to be able to help these people in any way you can – even the smallest actions mean so much to those affected. It shows there are people out there who care and facilitates things for them.



**Relief packing at St. James Church**



**Relief packing in the auditorium**



**Shopping for relief goods at PureGold supermarket**



Previous two: Volunteering at a feeding program in Las Pinas



**Results of our coral planting session in Bantayan**





**Previous two: Before and after – painting the wall at the center for special children in Trece Martires**



**Me (in yellow) while painting the wall at Trece Martires**



**A visit to the homes of the children we invited to our Spaghetti Party**



**Spaghetti Party: Children eating after swimming**



Post-Lunch games with the children







**Above: Various photos of us interviewing locals affected by super typhoon Yolanda**



**Presenting the results of our interviews, as well as potential solutions to problems**



**Interviewing locals affected by Yolanda in Bantayan**