

# Community service reflection essay

[Business](#), [Work](#)



Okere in one of his quotes wrote:

“ Man is not just an individual, an island, left to himself and sufficient to himself, on his own. Man is essentially community.”

I grew up in a community that upheld a belief that it is only in the community that the life of an individual acquires true meaning, not in living as an isolated being but in mutually interacting with other members of the community.

I have had two avenues through which I volunteered: as a teacher, and as a healthcare worker. Both were enriching and valuable in the development of my career, lifestyle, and personality.

The most challenging but fulfilling of them was being a health care volunteer. In 2014, Nigeria was recognized for having the second-largest number of people living with HIV. The prevalence rate of HIV among adults between the ages of 15–49 stood at 3.17 percent of the country’s population. The desire to curtail this epidemic ignited my interest in joining a health Campaign Group in Plateau State, Nigeria; a non-profit governmental organization with the mission of ensuring that every individual with HIV/AIDS have access to treatment and to equitable, humane care and empowerment.

As a volunteer, I was delegated responsibilities to engage the community in educational and training activities to increase awareness and halt the spread of HIV/AIDS in Nigeria.

I am grateful I had the time and ability to contribute to my community. It truly makes me appreciate everything I have been given and it makes me more willing to give back to those who are ‘less’ fortunate than I am. Volunteering has provided me with a new perspective in my life, by seeing the trials and struggles of others that I am able to help them overcome through my service.