

"I would like to help others", I said. A sentence that could seem like a simple child's dream said unconsciously and whose temporal origin I cannot specify. Asserted itself more than ever when I made a career choice and chose to be in the field of health. Willing to dedicate my life to prove to myself that this sentence to which I was so attached and which wandered in my childish mind will remain the oath and the guiding thread of a lifetime. But I was far from thinking, as a freshly enrolled pharmacy student, that an association like ASEPA, would give me the opportunity to step this soon in the world of volunteering, help me spread in my humble level a glimmer of hope in this world and overall accompany me on the road of fulfilling my dreams.

Although, in the beginning, things didn't seem so simple to me. Indeed, the much-awaited lifetime opportunity turned out to be more overwhelming than I thought. This is why, for a first experience, I decided to work behind my laptop, on things I am passionate about: writing, using English, translating... What led me to obtain my translation co-coordinator position and marked the start of my journey. One that's all about being a great volunteer at the service of other coordinators and on the head of a committee that represents the last check-in point before sending out the most representative event's reports.

A responsibility that requires both working hard throughout the entire mandate and constant improvement in order to: give the best explanations and advice to the coordinators and establish the most faithful and perfected translation of their reports. A work that is therefore very endearing and which creates a very special bridge between us and an activity that we haven't actually organized, but of which we indirectly become the ambassadors at the international.

I'm very proud to have taken on this mission, especially since these reports can be considered as mere writings when the stakes behind them are way more important. Firstly, they tackle for example public health issues raised during awareness campaigns and from which the Algerian society suffers. But they moreover have an impact on other communities around the world by hopefully inspiring other IPSF member organizations through the motivation and experience sharing that reports allow providing, thus taking volunteering to another dimension, one that goes beyond borders.

The global pandemic only made my experience more unique as it has shaken our lives forever and has hopefully changed us for the better as it made us realize that things should never be taken for granted and that showing gratitude should be a fundamental of our lives. Because even

under normal circumstances not everyone's as blessed as we may be, so to make the world a better place the key is to stick together and leave more room for helping each other. I feel extremely grateful to have been immersed thanks to ASEPA in such an atmosphere where sharing positivity, helping our community, and being key players in public health has been our priority, especially at times when our contribution has been the most awaited.

We're often told to trust our instincts and I have to admit that fate may not be as hazardous as we tend to think. Indeed, what looked very much like my comfort zone turned out to be a more challenging task. On the other hand, given all the reports I have worked on, I've had the opportunity to discover all the activities that keep our association going and whose overall organization I've come to know now.

This has empowered me to bring my fingerprint to other horizons, always animated by this need to be useful to others.

To conclude, I discovered through this journey that volunteering is the art of giving without expecting anything in return and that yet, it ends up bringing us so much back on a professional and human level.

It also makes us go to sleep every night proud of the impact our actions have had on others and wake up every next morning more eager than ever to deepen that positive impact we generated the day before.

It is working tireless hours in order to give the best of oneself while knowing that no material pleasure is to be gained in a world that very often seems to value nothing else but that, but one that we brighten up as volunteers with our love, compassion, and altruism, whilst being on the other side of the scales that we tip in our favor, which provides the real pleasure we seek for. So don't be afraid to take matters into your own hands, your coming to earth isn't insignificant, so which side of the scales do you want to be on?