

Bridging Worlds: **A Volunteer's Guide**

**Reflective
Journal**



i4Life

Sustainable Community Healthcare

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Reflections on Section 1 - Volunteer Acclimation & Orientation

Reflections on Section 2 - Cultural Adaptability

Reflection on Section 3 - Communication & Collaboration

Reflection on Section 4 - Volunteer Readiness & Ethics

Reflection on Section 5 - Policies & Procedures

Reflection on Section 6 - Volunteer Well-being & Support