



CEGEP CHAMPLAIN
ST. LAWRENCE
CHAMPLAIN REGIONAL COLLEGE

SLC Reaches Out

Portfolio

by
Sebastian Claros Duarte

The Project

During the spring of 2015, I decided to get enrolled in the SLC Reaches Out program as a leader. For that matter, I was asked to develop a volunteering project and to form a team of volunteers in order to reach out to the community of Quebec City. Therefore, I immediately started looking for an organization that would fit the goals and expectations I had of myself and the project.

As I want to become a doctor, I focused my attention on the organizations that were involved in some way within the health system and that is when I discovered the existence of the Ronald McDonald house charities, which is an organization that provides a home near medical facilities for seriously ill children and their families. However, after discussing with the person responsible for the volunteers, I realized that this was not the best organization to work with because their need for volunteers was quite limited. Therefore, I continued my research and found the Institute for Disability Rehabilitation in Physics of Quebec. After discussing with Mr. Robert Levac (the person in charge of the volunteers at the institute), I decided to work with the IDR PQ because their need for volunteers matched my expectations in terms of the type of volunteering that my team was going to do. Indeed, at the Institute, they organize activities during the evening from Monday to Saturday to entertain the patients that are temporarily residing there. The range of possible activities was very large going from zootherapy to artistic workshops, which I found very interesting since it could appeal to all kinds of people. After that, I proceeded with the recruitment of two volunteers at the volunteer fair that took place at Cégep St. Lawrence and I was able to recruit a student from Cégep Garneau and another one from Cégep de Sainte-Foy, thereby having people from different environments. Once the team was completed, we attended an orientation session at the institute and the visits went on from October to February (with an objective of two visits per month).

The goal of my project was to sensitize the members of my team to the difficulties that can be experienced by people that are in a process of rehabilitation, but also to their perseverance. In addition, I wanted to make a difference in the lives of those people in order to facilitate their recovery by bringing positive energy to them. Finally, I wanted to introduce the members of my team to a new kind of volunteering and hopefully to encourage them to continue to get involved in their community in the future.

Testimonials

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Saint-Augustin, le 10 février 2016

Madame, Monsieur,

La présente est pour vous présenter mes impressions suite au projet communautaire à l'institut de réadaptation en déficience physique du Québec d'un élève d'exception, Sébastien Claros. Ce dernier m'a contacté pour participer bénévolement à son projet à l'automne 2015.

Sébastien a fait preuve d'un sens de l'organisation développé pour organiser plusieurs visites avec plusieurs élèves à l'institut. Toujours à son affaire, il a su développer en moi le goût de participer à plusieurs activités de bénévolats ainsi que de s'ouvrir sur les différents milieux de la société. Le projet de Sébastien m'a aussi permis de comprendre les difficultés rencontrées par plusieurs personnes et donc de me faire devenir une personne plus empathique et plus ouverte. En plus, le projet de bénévolat à l'IRD PQ a été bénéfique pour mes études. Étant étudiant en Techniques policières, l'implication dans la société est très importante et ce projet m'a donné le goût de m'impliquer davantage.

Enfin, le projet de bénévolat a été pour moi une expérience positive. Sébastien a su démontrer de bonnes aptitudes de leader et d'organisation. Il incarne le positivisme et l'engagement de soi.

Cordialement,

Philippe Cadorette
Étudiant en Techniques policières
Cégep Garneau

William Lawless
Cégep de Sainte-Foy

February 10, 2016

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To whom it may concern:

Working and volunteering with Sebastian Claros-Duarte was extremely fun and very interesting even if I was not able to attend many events. Email problems, a Pertussis outbreak at the Center and schedule conflicts as I am volunteering for Jeunes Entreprises and the Quebec Liberal Party made it harder to help Sebastian. My volunteering at the IRDPQ does not change my choice of career as I intended to do Law School and I still do. I liked our team, how we did things together and I would gladly recommend participating as a volunteer at the IRDPQ. It was wonderfully managed by Sebastian and he did a great job recruiting us.

William Lawless

Gabriel Pépin
Cégep Champlain St. Lawrence

Quebec, February 13, 2016

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To whom it may concern:

This project of volunteer work at the IRDPQ was a very great experience for me. It made me realise the importance of giving to our neighbours when we are able to, because we never know when we might be the ones in need of help.

It was very valuing to see the joy on the clients` face, and it was pleasing to know that what we did with them made a difference in their day.

I am very happy and proud to have taken part of this project.

Gabriel Pépin

Appendix

