

How Volunteering Abroad Changed My Life

I was about to board a plane, and I was scared.

1) 내가 비행을 무서워하기 때문이 아닌, 목적지에서 나를 기다리고 있는 것 때문에 두려웠다.

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"I could turn around now," I said to myself. "I could just go back to my part-time job and have a nice quiet summer." The year was 2005. The plane's destination? Tanzania.

2) 나는 그렇게 다른 곳은 여행해 본 적이 없었고, 나는 뭘 기대해야 할지도 몰랐다.

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That scared me.

3) 그러나 나는 결코 모험을 외면하는 사람이 아니었기 때문에, 나머지 일행들이 탑승을 시작하자 나도 그렇게 했다.

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Little did I know that the next six weeks would change my life forever.

What Volunteering in Tanzania Was Like

I traveled to Tanzania as part of a university program the summer after my freshman year. We spent several weeks volunteering at a community center and an orphanage.

4) 우리가 사파리를 가거나 킬리만자로 산을 등산하는 등 여러 즐거운 것들을 하기는 했지만, 가장 기억에 남는 것은 봉사 활동 시간이었다.

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Volunteering allowed me to truly connect with the people in Tanzania.

5) 내가 자원 봉사를 하지 않았더라면, 나는 절대로 그들의 삶의 방식에 대한 내면을 들여다 볼 수 없었을 것이다.

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6) 자원 봉사를 함으로써 나는 현지 가족들의 삶의 일부가 되었다. - 식사를 함께하고, 그들의 아이들과 놀고, 그들의 집을 방문하면서.

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These experiences were eye-opening, educational, and inspiring:

7) - 그들이 얼마나 적은 소유물을 가지고 있는지, 그럼에도 그들이 얼마나 많은 사랑과 개인적인 강인함이 있는지 보게 되어 놀라웠다.

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- educational to experience their culture: I learned to cook ugali, milk a cow, and wear a kanga

8) - 그들의 긴밀한 가족 간 유대와 끝없는 긍정성을 보게 되어 영감을 받았다.

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Volunteering abroad taught me so much about the world and about myself. I grew more in those few weeks than I did my entire first year of college.

How Volunteering Abroad Changed Me

These are what volunteering gave me:

Gratitude for what I have

When I returned home, I literally hugged my toilet, and I cried during my first hot shower. I didn't have these things in Tanzania. To this day, I sometimes say a silent "Thank you" as I turn on the tap to get a drink of water.

9) 자원 봉사는 내가 그동안 당연시하곤 했던 안락함과 기회에 대해 깊이 감사하게 해 주었다.

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Appreciation for new cultures

10) 현지 사람들은 우호적이고, 강인하고, 놀랄 만큼 긍정적이다.

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Their language, clothing, and culture are beautiful.

11) 뉴욕 주의 시골에서 자라면서, 나는 나와 그렇게 다른 사람들을 만나지 못했다.

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During my time in Tanzania, I learned to appreciate those differences. Volunteering abroad taught me the beauty of diversity.

Hunger for exploration

Though I was happy to return home, I was confident it would not be my last adventure.

12) 나는 내가 계속해서 탐험하고, 다른 배경의 사람들을 만나고, 새로운 음식들을 시도하고, 독특한 풍경을 만나길 원한다는 것을 알았다.

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It made me a travel addict.

Commitment to helping people

I will be honest: Volunteering feels good.

13) 다른 사람들에게 (받은 것을) 돌려주고 그들의 얼굴에 띤 미소를 보는 것은 다른 어떤 것보다도 비할 수 없다.

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14) 탄자니아에서 이것을 경험하고 난 후, 나는 언제 어디서든 그들과 나 자신을 위해 사람들을 돕기로 결정했다.

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It has now been 10 years since I traveled to Tanzania, and these principles still guide me. I graduated from college in 2008, and ever since, I have been working and traveling around the world. I have volunteered everywhere from Korea to France to Nicaragua to North Carolina.

15) 나는 매일 감사를 실천하고 있으며 늘 새로운 사람들을 만나고 다른 삶의 방식을 배우기 위해 노력한다.

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16) 가끔 나는 내가 동아프리카로 가는 그 비행기를 타지 않았더라면 내 삶이 (지금) 어땠을까 궁금해 한다.

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Would I have ever tasted ugali, danced with the Masai, or bathed an elephant? Would I be the person I am today? I will never know the answers to these questions. But I do know I will be forever grateful I got on that plane.

17) 해외 자원봉사를 한 것은 나를 오늘날의 내 인생 - 내가 그 무엇과도 바꾸지 않을 - 으로 이끌었다

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◇「콘텐츠산업 진흥법 시행령」제33조에 의한 표시

1) 제작연월일 : 2018년 04월 11일

2) 제작자 : 교육지대㈜

3) 이 콘텐츠는 「콘텐츠산업 진흥법」에 따라 최초 제작일부터 5년간 보호됩니다.

◇「콘텐츠산업 진흥법」외에도「저작권법」에 의하여 보호되는 콘텐츠의 경우, 그 콘텐츠의 전부 또는 일부를 무단으로 복제하거나 전송하는 것은 콘텐츠산업 진흥법 외에도 저작권법에 의한 법적 책임을 질 수 있습니다.

정답

- 1) [정답] Not because I was afraid of flying, but because I was afraid of what awaited me at my destination.
- 2) [정답] I'd never traveled anywhere so different before, and I had no idea what to expect.
- 3) [정답] But I had never been one to turn away from adventure, so when the rest of my group started boarding, I did, too.
- 4) [정답] Though we did many other exciting things like going on safari and climbing Mt. Kilimanjaro, it was our volunteering time that stuck with me.
- 5) [정답] If I had not volunteered, I would never have got an inside look at their way of life.
- 6) [정답] By volunteering, I became part of the lives of local families — sharing meals, playing with their kids, and visiting their homes.
- 7) [정답] - eye-opening to see how few possessions they had, yet how much love and personal strength they had
- 8) [정답] - inspiring to witness their close family ties and endless positivity
- 9) [정답] Volunteering gave me deep gratitude for the comforts and opportunities I used to take for granted.
- 10) [정답] The local people are welcoming, strong, and overwhelmingly positive.
- 11) [정답] Growing up in rural New York State, I had never before experienced people so different from me.
- 12) [정답] I knew I wanted to continue

exploring, meeting people from different backgrounds, trying new foods, and discovering unique landscapes.

- 13) [정답] Giving back to others and seeing the smiles on their faces is a feeling unmatched by anything else.
- 14) [정답] After experiencing this in Tanzania, I decided to help people wherever and whenever I could for them and for myself. It is something I try to do every day.
- 15) [정답] I practice gratitude daily and am always trying to meet new people and learn about different ways of life.
- 16) [정답] Sometimes I wonder what my life would be like if I had not got on that plane to East Africa.
- 17) [정답] Volunteering abroad led me to the life I have today — which I wouldn't change for anything.