

Volunteering with Abaad

“Volunteering with Abaad MENA’s Jina Al-Dar program was a truly rewarding and eye-opening experience. Over two days – in both rain and sunshine – we visited four informal tent settlements in the Beqaa valley. With mud on my shoes, I met many people who were Syrian refugees, with some having lived there for seven years. The smiles spreading across the children’s faces as they danced and sang on the bus is truly a delight to see. You can’t help but smile back. For a moment, the daily hardships are forgotten about.

Everyone deserves access to healthcare. Health is a fundamental human right, first recognized in the 1948 Universal Declaration of Human Rights under the right to an adequate standard of living. The mobile outreach program delivers vital health and legal information to marginalized communities across Lebanon – regardless of nationality or refugee status. The people that I met during my visits were Syrian refugees, but more than this, they are human beings. And all human beings have a right to health.

Jina Al-Dar brings needed support, information and psycho-social activities directly to people who may not otherwise be able to access these services. More approaches like this are needed.

Volunteering with Jina Al-Dar was an incredible opportunity to help in whatever way that I could and to see first-hand the incredible support and services they are providing. I strongly encourage others to get involved. The question isn’t why you should volunteer. The question is – what are you waiting for?”

Anna, volunteer from New Zealand.