

My experience in the SUNY Stands with Puerto Rico program was an awe-inspiring one. We repaired roofs, did mold sanitization, replaced doors and windows and became a part of the community. If I could choose three words to summarize my personal reflections and my feelings about my experiences with All Hands and Hearts in Yabucoa, Puerto Rico they would be inspiring, global and ecstatic. It was inspiring to see that even with the destruction that hit the people of Yabucoa and the impending hurricane season, the people of Yabucoa persevere. It was inspiring to see the community support us as volunteers and friends that came from all over the world to dedicate ourselves to this effort. All Hands and Hearts is a global volunteer-centered movement that brings people together in small places for short periods of time. Contributing to the amazing work that the All Hands And Hearts (AHAH) organization is doing in the country was very fulfilling. The organization supported us, motivated us, pushed us to do better and they did this while having fun with us and showing us the depth of our impact. It was inspiring to see that this effort, this organization, was not just in Yabucoa, Puerto Rico but all over the world in places like Texas, Nepal, Mozambique, and North Carolina. I am ecstatic to hopefully, in the near future, lend them my hands and my heart to aid another community in need.

I am grateful to Professor Darren Petronella and the Study Abroad office at Nassau Community College for being supportive and patient resource during the entire process. When I decided to send my application for the SUNY Stands with Puerto Rico program, they immediately reached out to finalize paperwork and to see if I had any concerns or questions about studying abroad. I plan to utilize their skills and knowledge to explore future study abroad opportunities all around the world. I am grateful to the Governor of New York's office and the State University of New York (SUNY) system for providing us with this wonderful opportunity to give back to our communities and the world.