



University
of Victoria

Centre for
Asia-Pacific Initiatives

COMMUNITY ENGAGEMENT

Capstone Project by
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Volunteering with the SPCA also taught me the importance of community engagement. Working alongside locals has brought on friends and experiences I wouldn't otherwise have had. I am able to fill my free time with something I feel good doing. Being able to work on and understand two communal issues with two different NGOs provided me with a deeper understanding for my community. Being able to connect these two NGOs through relationships and programs I've developed has been very exciting and rewarding.

Seema Prasad – Blog 4: the SPCA – Community engagement in action!
CAPI Intern Blogs



Almost every evening that I spent in Ajmer, I visited my yoga teacher's home studio, where myself and about ten other women would stretch, breath, laugh, and chat.

By showing up every day, at the same time, I began to notice the ebbs and flows of my mental and physical health. Just as I tried not to place expectations or judgement on my outward, daily experiences in Ajmer, Yoga helped me avoid casting judgement or expectations on my physical or mental health



**-MARLIN
BESWETHERICK –
BLOG 4: CULTURE
SHOCK AND
COMMUNITY: LIFE
AS AN INTERN.
CAPI INTERN BLOGS**

I was introduced to Muay Thai at Kambiz Warriors Gym by a few coworkers about 2 months into my placement. ... It's difficult to express what Muay Thai represents for me in Malaysia without sounding corny and emotional. ... Beyond the sport itself, becoming welcomed by the community and gym network was a huge portion of my experience. ...

Muay Thai also introduced new friends, connections, and continually expanded my networks. ... Although I am 100% addicted and in love, I do not know if I could have had this experience anywhere else. It's a culmination of time, opportunity, and need which has caught my passion and I encourage others to continue to search for communities and networks of their own.

Community has long played a very central role in my life. ...

Very rarely in my life have I ever experienced such an incredibly profound sense of community, one that is both highly supportive and wholly welcoming to all. From the moment I arrived on site, the students – many of whom have come from Refugee Camp #1 and others who have come from Karenni State in Myanmar – have welcomed me with open arms and gracious smiles.

For them, the ability to further their education as a means to better help their community represents an invaluable asset, due largely in part to the central and imperative role that community occupies in Karenni culture.

Duncan Chalmers – Blog 2: “Hurry up and wait”: Flexibility, community, and the little joys of everyday life at SDC. CAPI Intern Blogs

