



How To Write a Reflection Paper **Reflection on Volunteering at Soup Kitchen**

I much loved the experience of working in a soup kitchen. Not only is it a great cause, but, it provides a wonderful sensation when helping the needy. From the smell of the food to giving people hope. Working in a soup kitchen taught me a thing or two. Things I will never forget for the rest of my life.

Volunteering is one of the noblest achievements of the modern day. Saddened by the high amount of people in need, I felt it is time to help the unfortunate. After some light research, I found numerous charitable organizations out there. Who always seem to be desperately seeking for new volunteers.

Volunteering at a soup kitchen is basically what it says on the label. The responsibility is to give soup and food to the homeless. I saw so many faces who became recognizable, over time. The sense of enjoyment arose from doing this, but, at the same time, pity for these people who are just like you and I (just without a home or any money). It made me wonder, what one circumstance led to all the other unfortunate consequences for these people?

The room was large. It consisted of 30 tables which are each fit for 6 people. Myself and the voluntary team were based behind a kitchen worktop with gas stoves, pots and trays. There was one sink behind us for washing up. We advised our “customers” to return the food trays once they had finished eating their food (instead of leaving it on one of the tables.) Some complied with our wishes, as some didn’t. This got quite frustrating as the weeks go by.

In addition, I gained some more cooking skills. One of the weeks when I was volunteering, it was my turn to make the soup. I learnt how to cook 5 types of soup

over that week. Plus I learnt how to cook some nice salads. Not only does helping others benefit them but, it helped me in so many ways. This was not only my first time volunteering but, it was my first time cooking a lot of this food.

Dr S.H Wells, the coordinator of the charity, gave me an interview prior to this part-time, voluntary job. He warned me that some people who visit the soup kitchen can get aggressive sometimes. I was told the best way to deal with that was to push a button on a device which we were all given. This button calls for the security team in an emergency. One person was aggressive towards my teammate and she called for them to come to try to calm this person down. I was left shocked to what I had just witnessed.

From my voluntary work, I had met so many open-minded people on my team. These amazing people just want to help the community. It is such a mesmerising experience working with them. I also gained more awareness of the mass homeless problem in my state. A lot of people would never comprehend voluntary work. I felt the same way a while back.

It is so hard to imagine someone who is only able to sustain life very minimally. I was more than happy to be spending my time feeding them, to help them survive.

In conclusion, working in a team to support people in the most beneficial way is the most rewarding thing you can ever do. My mentality changed towards the homeless more than ever before. I felt the resources we have, we take for granted. Which is true, we all do.

I don't understand why more people don't help people in need. Homelessness is not only an issue in our country but a global issue - that urgently needs to be addressed. I urge that others help the homeless, just like me. I am well and truly disgusted to see people ignoring homeless people (as if they do not even exist).

In conclusion, volunteering in a soup kitchen can save the lives of so many people. It is a community service which can help people to survive. Even though, I was saddened by it all before I volunteered at a soup kitchen. I became even more aware of what homeless people really go through. It is extremely unfortunate. I wish that the government would implement more ways to support the homeless. The homeless are people too. It's time society starts treating them as humans.