

# THE Importance of Caring

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my journey into volunteering



## Cecilia Raraz

INTERNATIONAL STUDENT VOLUNTEER

Someday soon, Cecilia Raraz will be a doctor — she feels it's her calling to help people. But while she is still in medical school in her hometown of Lima, Peru, she wants to have a wide variety of experiences and learn as much as she can about all aspects of health care.

Raraz recently served as an international student volunteer at Columbus Community Hospital for a couple of months. She connected with leaders at the hospital through her uncle, who lives in Columbus, and the volunteer & guest services department created the position for her so she could gain experience in the United States and practice her English.

During her time in Columbus, Raraz has been job shadowing the hospitalists at CCH and volunteering in the surgery waiting area and with the beverage cart and Meals on Wheels. Her favorite volunteer position, however, was serving

as a patient care ambassador — a volunteer position that involves making sure patients are receiving everything they need from their caregivers.

**“In and out of the hospital, everyone has been so nice and welcoming,”** Raraz said. **“They always had a smile on their face and were offering to help.”**

Raraz said she has been interested in health care for many years. **“I’ve always loved science, and I enjoy helping people,”** she said. **“I’ve always said that for people in health care, it’s a calling. They each have a light bulb moment when it clicks, and they decide it’s what they want to do for the rest of their lives. And medicine is very rewarding and makes you feel happy.”**

During her time at CCH, Raraz learned a lot about the U.S. health care system, which she will take back home to Peru. She advises others who share her

interest to learn as much as they can. **“If you feel called toward health care, follow your heart,”** she said.

**To learn more about volunteer opportunities available at the hospital, visit [columbushosp.org](http://columbushosp.org).**