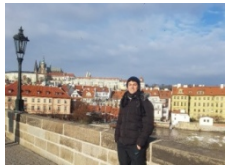


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# Anas Ait Haddouch

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## About Anas



Before arriving at FTVS, I had a strong background in sports—both as a competitive athlete and a coach in swimming. I've always been passionate about youth engagement, and over the years, I've gained experience in various volunteering areas. This includes environmental efforts like trash collection, maintenance work in rural schools, and a short experience volunteering in an elderly home.

I was also actively involved in providing food, clothing, and fundraising support for the victims of the 2023 earthquake in Morocco. My goal in volunteering has always been to give back, grow as a person, and be part of a greater cause that brings people together through meaningful action.

### **WHY INTERNATIONAL VOLUNTEERING AT FTVS**

#### **Why did you choose to volunteer in general?**

Volunteering is a way for me to contribute to the community, gain new experiences, and connect with people from different walks of life. It helps me grow on a personal level while giving me the chance to share my skills and energy in a meaningful way.

#### **Why did you choose to volunteer abroad?**

I wanted to step outside my usual environment, challenge myself, and experience new cultures through hands-on involvement. Volunteering abroad allowed me to build connections, learn from others, and see how my efforts could make a positive difference in an international context.

#### **Why did you choose FTVS UK?**

FTVS offered the perfect mix of sports, community engagement, and international cooperation. I was drawn to its dynamic environment and the chance to work with people who shared a passion for movement, inclusion, and creativity. It felt like the right place to contribute, grow, and enjoy the journey.

### **OUTCOMES**

#### **What did you learn during your volunteering placement?**

I developed valuable soft skills such as communication, teamwork, leadership, and event organization. I learned how to engage with diverse groups, plan sports and social activities, and create an inclusive atmosphere. The experience improved my ability to work in a multicultural team and take initiative while being open to feedback and collaboration.

#### **What did you consider to be the most successful event/activity that you have participated in?**

It's hard to pick just one, but one of my favorite moments was the picnic during the Welcome Week of the winter semester by the lake behind the faculty. It brought together many students in a relaxed and open setting, where we could connect, laugh, play games, and enjoy nature. It really set the tone for the rest of the semester.

#### **What was the biggest "challenge" you managed to solve during your stay?**

The biggest challenge was adjusting to constant changes—problems with booking venues, fluctuating attendance numbers, cancellations due to bad weather, and occasional miscommunication. These moments taught me how to stay flexible, find quick solutions, and maintain a positive attitude even when plans didn't go as expected.

### **FEEDBACK**

#### **What do you recommend/would like to say to FTVS (institution)?**

FTVS should continue the great work it's doing and keep breaking the distance between departments as well as between students and staff. Promoting this open and collaborative environment helps create a more connected and inclusive community.

#### **What do you recommend/want to tell FTVS (team)?**

Thank you for the kindness, support, and fun energy you brought. The positive vibe and teamwork made it feel like a second home. Keep doing what you're doing—and keep the door open for creative ideas and spontaneous moments!

#### **What do you recommend/want to say to future volunteers?**

Come in with an open mind and don't be afraid to take initiative. Your ideas are welcome, and there's so much space to grow, connect, and make a difference. Get involved, stay flexible, and enjoy the journey—it goes by faster than you think!