

Volunteer Reflection

A reminder that even small actions can make a real difference.

Maria Gloria Andrade Lasso | Ecuadorian Volunteer from Spain

It's hard to put into words what our experience in Sosúa, Dominican Republic meant to me. Stepping into a role so completely different from anything I had done before brought deep fulfilment. I've always been on the receiving end of dental care—not the most pleasant experience, but one I've always been fortunate enough to afford. This time, I was the one looking into mouths—many severely damaged—belonging to people who had rarely, if ever, had access to a dentist.

In a world that often feels chaotic and uncertain, this was a grounding experience—a reminder that even small actions can make a real difference. More than that, it created a deep sense of connection with people I had never met before. There was an unspoken understanding—a shared humanity that needed no words.

The people we worked with live in extreme poverty. The care they received was desperately needed, and witnessing their relief and gratitude was moving.

For anyone considering it, I wholeheartedly recommend joining Laurie and her dental care team on future missions. It's an experience that will stay with you.

A big thank you to you, dear friends: Laurie, Francesco, Ricardo, Susie, Monica, and Mica. It was the perfect combination of skills, personalities, and energy—each of us so different, yet complementing one another in a way that made the experience even more meaningful.