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Past Student Leaders & Project Volunteers for
Colorectal Cancer Screening Project – Setapak



Christine Chen Kai Wen
Volunteer for 2012, 2013

It is my second year as a volunteer in EMPOWERED and I am grateful to have this learning opportunity and the exposure outreaching to the local community. I am glad to be able to witness and even contribute myself in this completely authentic and eye-opening journey with EMPOWERED from Health Awareness in 2012 to Health Screening in 2013. Having a greater impact in the community, not only to create the awareness of colorectal cancer but also provide the first hand knowledge of investigation directly to the targeted screening of risk groups and free treatment to the needy.

I volunteered as a registrar and appreciated that I was able to improve on my communication skill and develop my interpersonal skill especially with older generation in different languages. Besides, it was a great chance to learn the procedures of health screenings and foreseen the challenges especially through the Role-play session prior to the event. It helped me to prepare myself to interact with the participants in a more effective manner and collect all the necessary information from them.

I am looking forward and I will definitely volunteer for the upcoming projects as EMPOWERED provides a platform allowing me to give my best to the one group who deserve the most and always be reminded to appreciate for what I have.



Michelle Chu
Volunteer for 2012, 2013

Volunteering; helping others and enriching myself.

This year, I participated in the EMPOWERED Colon Cancer Screening as a volunteer for the second time, my first time being in 2012. Since then, it has exposed me to so many different opportunities and new experiences.

Being a medical student, we have been taught that having a patient share their stories with you is a privilege to be earned. Through this program, I was given the opportunity to interact with the people from the community in Setapak personally, and the stories that were shared with me were incomparable. This is a kind of experience that no classroom teaching can provide.

So many of us aspire to make a difference in someone's lives, no matter how extensive or miniscule it may seem. I find this journey with EMPOWERED particularly rewarding, as I was able to contribute in helping the community directly by assisting with the registration of the participants for the Colon Cancer Screening. Though my role may be minute, it has given me a great sense of accomplishment. Coordinating the large pool of volunteers from IMU has allowed me to better my interpersonal and leadership skills, a life-skill that will greatly benefit me in the long run.

It has been a gratifying journey for me and the communities that EMPOWERED has assisted. I look forward for more opportunities as such with EMPOWERED.



Jonathan Lim
Volunteer for 2013

Joining EMPOWERED in the previous health screening project has indeed been an eye opening experience for me. As a medical student, this experience in providing a vital service to the underprivileged community in Setapak has given me a lot of life lessons. These are lessons that will aid me in my personal and professional development.

My role in the recent health screenings was that of a Fit Kit Instructor where myself and a team of volunteers would teach the participants how to use the kit to obtain samples for the screening. I came to the realisation that a severe problem faced by healthcare professionals when it comes to outreach in low income households is the lack of medical education and a general distrust of outsiders. The approach of education together with screenings done by EMPOWERED is indeed an effective one. The attention given to creating relationships with the local community and their leaders has opened up many doors that would otherwise be closed.

The high level of attention to detail and professionalism given by the EMPOWERED personnel was certainly very impressive. The unseen work that they do is indeed one that a budding healthcare professional should aim to exemplify. I certainly look forward to working with EMPOWERED in the future projects and would recommend any of my peers to participate in this much needed and noble service for a good cause.