

服务与收获：运动会志愿者的实践总结

作为一名运动会志愿者，我的工作内容包括引导选手、维持场地秩序以及协助裁判记录成绩。活动前，我们进行了详细的分工，每个人都明确自己的职责和工作范围，以保证比赛顺利进行。

在活动过程中，遇到的挑战不可避免。一次在赛道旁，因观众集中，出现了临时拥堵，部分参赛选手难以顺利到达起点。我立即与其他志愿者协调，设置引导标志，并通过口头指示帮助大家快速通行。同时，在物资发放环节，原本计划的领取顺序被打乱，我迅速调整分工，让一部分志愿者整理物品，另一部分引导领取，确保整个流程顺畅。

通过这些实际操作，我深刻体会到沟通和协作的重要性。志愿者之间的信息传递必须及时、准确，否则容易造成混乱。同时，我学会了在压力下保持冷静，用合理的方法快速解决问题。团队合作不仅让工作效率提升，也增强了彼此间的信任和默契。

在总结整个运动会的志愿经历时，我认识到，大型校园活动的顺利举办依赖于细致的组织和志愿者的积极参与。每一项看似简单的工作，都需要充分的准备和灵活的应对能力。个人在其中得到的收获不仅是技能的提升，更是责任感、耐心和团队意识的锻炼。

这次志愿经历让我明白，服务他人不仅是一种奉献，也是一种成长。在协助运动会顺利进行的过程中，我学会了更多的组织技巧、沟通方法以及应变能力，同时感受到团队合作带来的成就感和满足感。这些宝贵的经验和体会，将成为我今后参与各种活动和项目的重要参考，也将持续激励我在服务与协作中不断进步。

Service and Gains: A Volunteer's Practical Summary of the Sports Meet

As a volunteer at the sports meet, my tasks mainly included guiding participants, maintaining order on the field, and assisting referees with scorekeeping. Before the event, we conducted a detailed division of responsibilities, ensuring that everyone knew their roles and areas of work to guarantee smooth operations.

During the event, challenges were inevitable. At one point near the track, concentrated spectators caused temporary congestion, making it difficult for some athletes to reach the starting point. I immediately coordinated with other volunteers, set up directional signs, and gave verbal guidance to help people move quickly. During the supply distribution, the original order was disrupted, so I quickly reorganized tasks, assigning some volunteers to sort items while others guided recipients, ensuring a smooth process.

Through these practical tasks, I gained a deep understanding of the importance of communication and collaboration. Timely and accurate information sharing among volunteers is essential to prevent chaos. I also learned to stay calm under pressure

and resolve issues efficiently. Teamwork not only improves work efficiency but also strengthens trust and coordination among members.

Reflecting on the volunteer experience, I realized that the success of large campus events depends on meticulous organization and active volunteer participation. Every seemingly simple task requires thorough preparation and flexible problem-solving. The personal gains include not only skill improvement but also the cultivation of responsibility, patience, and teamwork awareness.

This volunteering experience taught me that serving others is not only a form of contribution but also a way to grow. Helping the sports meet run smoothly allowed me to learn more about organizational skills, communication methods, and adaptability while experiencing the sense of accomplishment and satisfaction that comes from teamwork. These valuable experiences and insights will serve as important references for my future participation in various activities and projects, continually motivating me to progress in service and collaboration.