

Reflective Journal – Day 1: Tuesday

On Tuesday, I spent the day preparing for the Career Coaching Camp by going out to buy some essentials that I would need during the camp. While shopping, I also picked up a few things for my mother, as she needed some items as well.

After returning home, I took a short rest and had lunch with my family. It was nice to spend some quality time together, and afterward, we sat down to watch TV as a family. Later in the evening, I watched an episode of my favorite K-drama, something I always enjoy and look forward to.

By the end of the day, I felt relaxed and ready for the days ahead. After unwinding for a bit, I finally went to bed, feeling excited about what was coming next.

Day 2: Wednesday

On Wednesday, I spent the day packing for my trip the following day. Before leaving, I took the opportunity to spend some quality time with my family.

In the evening, I had an English session at 8:30 PM with AMIDEAST, which I attended. Afterward, I tried to rest before the trip. I managed to sleep from 11:30 PM to 3:00 AM, as I had to wake up early for my journey.

At 3:30 AM, I caught the train with two of my friends. The trip was surprisingly comfortable and enjoyable since I wasn't traveling alone. It felt much better to have company on the way, making the journey more pleasant.

Day 3: Thursday

On Thursday, I traveled from Asyut to Cairo, and then from Cairo to Green Desert Hotel with Etijah Foundation to attend the Career Coaching Camp, which was scheduled to last for four days.

We arrived at the hotel at 10 AM and took a rest until 1 PM. After that, we had lunch and then started our sessions, which continued until 8 PM. The sessions were engaging and insightful, providing me with valuable learning experiences.

Later in the evening, my friends and I participated in various activities together. We spent quality time playing, chatting, and having fun. It was another day of growth, learning, and enjoyment, making the camp experience even more memorable.

Day 4: Friday

On Friday, I woke up at 7 AM, took a shower, got dressed, and went down to the restaurant for breakfast at 8 AM. The sessions started at 9 AM, and we had three sessions throughout the day. Each session was incredibly insightful, and I gained a lot from them.

I also had the chance to interact with the instructors, who provided me with valuable guidance both personally and professionally. Their advice and support were an essential part of the camp experience, helping me develop new perspectives and skills.

We had lunch at 3:30 PM, and in the evening, I spent quality time with my friends, just like on Tuesday. We played cards (Kotchina) and a game called "Skrue", laughed, and enjoyed each other's company. It was another fantastic day of learning and bonding, making my camp experience even more enriching and enjoyable.

Day 5: Saturday

Saturday marked the third day of the camp, and as usual, I followed the same routine as the previous two days. I woke up at 7 AM, had breakfast at 8 AM, and started the sessions at 9 AM.

However, this day was particularly engaging because the sessions were more interactive and activity-based. One of the key activities was delivering a presentation about my future career plan and how I can start working towards it from now. Presenting in front of a large group of my peers and mentors was a significant moment for me—I felt my self-confidence grow as I spoke.

Additionally, we worked in teams to brainstorm and develop startup ideas, which was both challenging and exciting. In the evening, we took a short trip to a nearby supermarket, where I bought my favorite ice cream. After that, I spent time with my friends, just like every day, enjoying our moments together.

Overall, this day was both productive and enjoyable, filled with learning, teamwork, and personal growth.

Day 6: Sunday

Sunday was the final day of the camp, making it both exciting and emotional. On this day, we were divided into groups based on our specializations, and each group was assigned mentors with expertise in our respective fields.

We attended four sessions throughout the day—one online session and three offline sessions. This day was incredibly valuable because the sessions were tailored specifically to our professional fields, such as Human Resources (HR) and other industries. The

focused discussions and insights made it one of the most beneficial days of the entire camp. We also had breaks between sessions, allowing us to reflect and recharge.

After completing the sessions, we gathered for a group photo with all the students to capture the memories of this incredible experience. In the evening, we spent time together, engaging in activities and games, making the most of our last moments as a group. Since it was our final night, we stayed up until the next morning, cherishing every second.

Saying goodbye was truly difficult—I had grown so close to my friends over the past few days, and it felt hard to part ways. I sincerely hope to meet them again soon and relive the amazing experiences we shared.

Day 7: Monday

Monday was a long and exhausting travel day. In the morning, we packed our bags and left the hotel, traveling to Cairo. From there, my friends and I continued our journey to Alexandria.

The trip was quite tiring as we spent a lot of time traveling—first by bus and then by train. We finally arrived in Alexandria at 3 PM, feeling exhausted from the journey.

After arriving, I took a nap to rest. Later, I woke up to attend my English session with AMIDEAST, which I managed to complete despite feeling tired. After the session, I went back to sleep to recover from the long day.

It was a physically demanding day, but I was glad to have reached Alexandria safely and to continue my learning journey even after the camp.