



Community Languages Schools

Ambassador Program Alumni Profile



Sarah Al Helfy

My name is Sarah Al Helfy, and I recently graduated with a Bachelor of Arts (Criminology) and a Master of Nursing from the University of Sydney. Currently, I am working as a Registered Mental Health Nurse and also have the privilege of teaching at my community language school, where I share my love for Arabic, my heritage language.



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Growing up, Arabic has always been a key part of my life. Attending Imam Ali College Community Language School was a deeply rewarding experience, as it provided an immersive environment that allowed me to connect with the language on a meaningful level. The enthusiastic and knowledgeable teachers, combined with the close-knit community, made learning Arabic both engaging and motivating.

Being multilingual has enriched my personal and professional life in countless ways. It has allowed me to form deeper connections with people from diverse backgrounds, a skill that is crucial in my nursing role, where effective communication is essential. Additionally, being fluent in Arabic has enhanced my travel experiences, especially when navigating my home country and staying connected with family overseas.

Speaking Arabic has given me a profound sense of belonging. It has enabled me to engage in cultural traditions, take part in community events, and share my heritage with others through my teaching. Preserving and passing on my cultural identity through language has been one of the most fulfilling aspects of my life.

If I could offer advice to my younger self about learning Arabic, I would say, embrace the journey and do not be afraid of making mistakes. Language learning is a gradual process that takes time, so be patient and practice regularly — it is worth it eventually. Immerse yourself in the language through media and conversations because the more you use it, the more natural it becomes.