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ldquo;itrsquo;s not worth it, yoursquo;re throwing a lot of your life away for that stuff.rdquo; medcare.behdasht.gov summer volunteers complete their 100 service hours (120 hours for positions at the hospital for joint diseases) by working at least two four-hour shifts per week over a minimum of six weeks medcare.behdasht medcare.behdasht.gov.ir htt //medcare.behdasht.gov.ir