

How to pick a program when looking to volunteer/work abroad program



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- How people perceive you?
- What is Cultural humility?
- What to look for in an NGO:
 - *Methodology
 - *Reporting
 - *Invitation
 - *Staff
 - *Program Structure
 - *Projects
 - *Additional Tips

Agenda





How to be a Volunteer...



How do you **GIVE** students the opportunity to learn and practice public health skills, **WHILE** creating *real* impact?

WITHOUT exacerbating the very inequalities you wish to address?

To understand another
person's reality

We must learn to
deconstruct our
own



The Social Determinants of Health are...



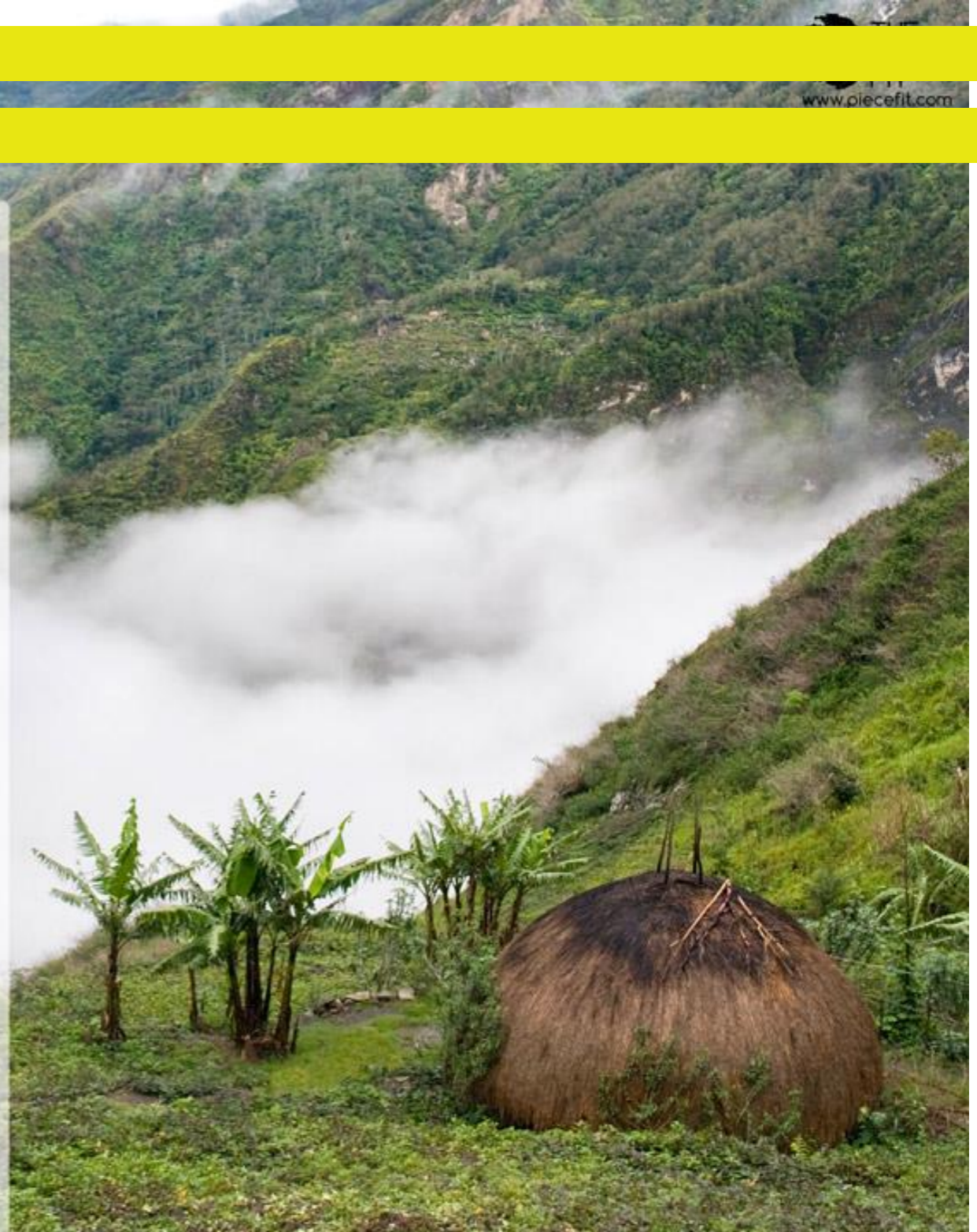
Structural determinants:
Governance, economic, social and public policies, culture and societal Values, social class, gender ethnicity, education, occupation, income and place of living

Intermediary determinants of health:
Material circumstances (*living and working conditions, food availability, etc.*), exposure to risks, risk-behaviors, biological factors and psychosocial factors

Yes, you are different...

If you are coming to
HELP ME
you are **WASTING**
YOUR TIME.
But if you are coming
because **YOUR**
LIBERATION
is bound up with mine
then let us work
TOGETHER.

Lila Watson
Australian Indigenous



But, you are also similar... You are all connected.

- What makes you competent in a culture?

1. Language
2. History
3. Social Norms
4. Cultural Activities

- Three parts to cultural humility

1. Lifelong learning and critical self- reflection
2. Recognize and challenge of power imbalances
3. Institutional Accountability

Cultural Competence... is it enough?

"Many stories matter. Stories have been used to dispossess and to malign. But stories can also be used to empower, and to humanize. Stories can break the dignity of a people. But stories can also repair that broken dignity."

- *Chimamanda Adichie*

Single Stories

I recently spoke at a university where a student told me it was such a shame that Nigerian men were physical abusers like the father character in my novel. I told him that I had recently read a novel called *American Psycho*, and that it was a shame that young Americans were serial murderers.

— *Chimamanda Ngozi Adichie* —

What to look for in a host organization...

- **Community Research**

Research at AMOS starts with the community. Using a methodology called [“community-based participatory research” \(CBPR\)](#), we seek to [work with communities as partners and co-learners to build up their capacity so that the communities themselves participate in the selection of the research, collection and analysis of the data, and evaluation of the research.](#) [The goal is to understand a problem so that we can collectively take action to improve the health of communities.](#) [Examples of CBPR research projects conducted at AMOS include Photovoice,](#) prevalence studies for anemia such as positive deviance and other evidence based strategies such as Care Groups and Research tools (Barrier Analysis, KAPs,etc).

- Resources Link for Literature on our Methodology.

Methods. Do they explain their Methodology?

Home Visits to Test for E-Coli in Water Samples



ADAPT
LEARN
SHARE
GROW



for
BEHAVIOR
CHANGE

What Happened in 2015:



Improved Access to Health Care for
18,290
people living in five regions of Nicaragua



25 Trained health promoters managing a community clinic with basic medicines



6,293 Home Visits to provide follow-up care for the most vulnerable patients in 25 rural communities



0 Maternal Deaths
0 Neonatal Deaths

Reporting

We strive to provide an exceptional short-term mission experience and will work with you to customize a project to fit the needs of your group.

All of our trips are designed to complement the skills of your group with the strengths and needs of our communities through our long-term projects.

Invitation to Volunteers

- Percentage of Foreign staff vs. local staff
- 60 people on AMOS Staff
- 15% Foreign Staff
- 2-4 Long Term Volunteers
- 50 to 70 short term volunteers per year
- 20 to 30 groups per year

Staff

- Youth Center
- Health Clinic
- Health Education
- Math Support
- Sports Program
- English Vocational Training
- Creative Arts
- Child Sponsorship
- Nutrition



Number of Projects

Program Structure:

- % of Autonomy vs. Guidance
- What are you looking for?
- Who will be supervising you?

Contact Past Volunteers:

- What did they like most?
- What was most challenging?
- What experience did they acquire?
- Did they feel supported?

Most importantly. **FOCUS ON THE RELATIONSHIP BUILDING!!!!**

Additional Tips

Join us!



*Global
Health*

Practicum & Internship

Practicum Only: June 11 – July 1, 2017

Practicum + Capstone: June 11 - July 22, 2017

Practicum + Internship: June 11 – August 5, 2017



Q&A

