**Mwanza, Tanzania**

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**Project Challenges**

- The language barrier was the hardest challenge to overcome.
- It is hard to make connections with people when you always have to talk through somebody; but after a few weeks or days, I was able to pick up the language quickly.
- People appreciated the effort to communicate with them directly, even though a deep and meaningful connection would be hard to form.

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**Project Goals**

- To observe and learn the yoghurt making process and provide feedback to address any problems or concerns.
- To assess the quality of the yoghurt produced and to devise training in order to improve quality and production.
- To help APYN assess what tools the kitchens need to make the yoghurt according to protocol.
- To assist researchers with their projects in ensuring that the yoghurt used for their experimentation was up to standards.
- To get a better sense of the location of all the yoghurt kitchens in Mwanza.

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**Project Activities**

- Helped APYN provide all the kitchens with lactometers and thermometers, key tools in the yoghurt making process.
- Created a brief interactive workshop in order to familiarize the kitchens on how to use these new instruments.
- Visited all the kitchens, taking very detailed notes on the routes and with that information located them on Google Maps.

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**Project Outcomes**

- I was able to create some materials for a workshop on the yoghurt making process and the importance of using lactometers and thermometers.
- I created a map that will be available to future interns and anyone interested in the WHE-APYN Project.

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**Project Recommendations**

- Ensure that the yoghurt coming from the kitchens is indeed probiotic.
- All the kitchens need to be extremely familiar with the protocol and have the necessary tools to test the yoghurt.
- Establish a meeting with all the kitchens so they can learn from each other’s successes and failures.

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**Impact on Me**

- The WHE internship was a great experience for me because I learned about the obstacles involved in international development work.
- After my internship, I began to consider my different career options.
- I know that regardless of what I choose, I want to include an international aspect to my career.

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**Project Impact**

- Helped the Yoghurt Mamas understand the yoghurt making process better.
- Provided all the kitchens with the right tools to help the Yoghurt Mamas feel supported.
- The lactometer was extremely valuable because it would ensure that they are receiving quality milk from the dairy farmers.
- I felt that with these new tools, there was a renewed sense of accountability; the dairy farmers were now going to have to be accountable for the quality of their milk which will also make the Yoghurt Mamas feel more accountable.