



## Western Heads East Internship

Applications for the internship program are now open!

Learn more about how to apply and the internship experience from a past intern on page 2.



## Africa Western Collaboration Day

A day to celebrate the collaborations and connections Western and London communities have with the African continent.

Catch a glimpse from the past celebrations and look out for the upcoming event on November 15, 2017. Read more on page 3.



# What is Involved in a Western Heads East Internship?

- 90 day placement with partners in Kenya, Rwanda or Tanzania. Open to students of all programs.
- Collaborate with African partners on goals related to health and sustainable development.



**Applications are now open!**  
You can check eligibility and access the applications by visiting [goabroad.uwo.ca](http://goabroad.uwo.ca) then clicking Search Programs.

Western Heads East has 5 different placements this year and 20 positions in total.

## Some examples of intern projects:

- Promotion of the health benefits of Fiti, the probiotic yogurt, through trainings and public education.
- Marketing campaigns
- Report and proposal writing in collaboration with partner NGO's
- Feasibility business plans

**Application Due Date: December 1**

**This year we have many scholarship opportunities! Check out the placements for more information or contact Program Coordinator, Jessica Cordes, at [jcordes2@uwo.ca](mailto:jcordes2@uwo.ca).**

# Internship Experience:

## A Word From Toby Le (Tanzania, 2017)



**“I don’t know if I changed anyone’s world but I know they changed mine.”**

“My responsibility as an intern of the Western Heads East program is to pilot different study models that would increase distribution and production of probiotics in Mwanza.

I will also be conducting research on the perceived health benefits of consuming probiotics as well as collecting data on the demographics of 11 probiotic kitchens.

When I received the opportunity of taking on this internship, I spent a lot of time worrying, ‘how am I going to communicate with people in the community, how am I going to feed myself, how am I going to transport myself in Mwanza’ and the list goes on.

Even though there was a lot of training and preparation for this internship, the biggest conflict was being outside of my comfort zone.

But I realized it was time to ignore the tedious list of unknown variables and to be aware that your goals will always be distant until you’re willing to ‘just jump.’”



# Africa-Western Collaboration Day

A celebration of collaborations and connections shared by Western and African partners. A day filled with activities to share our research, work and experiences with the Western and London community.

## Africa-Western Collaboration Day, 2016



The 2016 event involved several musical performances, showcasing the rich diversity and culture, from both Canadian and African artists. Maimuna Kanyamala, Director of Mikono Yetu in Mwanza, Tanzania gave a keynote address.

Join us this year for Africa-Western Collaboration Day:

November 15  
IGAB Atrium  
4-7pm

Keynote address by Morten Jerven at 5pm titled *Africa. Why Economists Get It Wrong*. View more details of the event [here](#).



# What else have we been up to at Western?

## Online Auction

In April, Western Heads East organized an online auction fundraiser to support the longstanding initiatives with African partners to contribute to health and sustainable development.



The Auction catalogue featured various hand-made Kenyan crafts, paintings along with gift certificates for fine dining and Yoga classes.

With the over-whelming support of Western students, staff and faculty, we raised \$1100. Look out for our next auction from November 28-December 5, 2017!



## Volunteering Trip to Ronald McDonald House



# What do the fundraisers fund?

## New Classroom

Western Heads East contributed funds for building a new classroom in Buswelu, Tanzania. The classroom was created to motivate students with special needs. These photos were taken in Sept. 2017 of the completed classroom in use.



On her visit to the classroom, Maimuna Kanyamala, Executive Director of Mikono Yetu, noted, “I was fascinated with joy as students sang and appreciated our contribution.”

# Fundraising and Education Committee

## and Ways to Get Involved

### The 'What' of the Committee:

A committee of students at Western, who organize fundraising initiatives and awareness campaigns to raise awareness about the Western Heads East Program and contribute to its goals for health and sustainable development.

Together we raised over \$2200 last year.

### The 'Who' of the Committee:

A note from our President, Tanya, on her goals for the 2017-18 committee:

"One of my main goals this year is for each team member to get to know one another, work with one another and feel like they are an incredibly valuable member of the team."

### The 'How' of the Committee:

The committee is currently working on several initiatives and programming events to raise awareness about Western Heads East program.

#### Upcoming events :

- Africa-Western Collaboration Day
- Monthly General Meetings
- Western Heads East profile videos



# Thank you for supporting the initiatives of Western Heads East

"In 2005, the WHE internship came at a time of uncertainty in my life and provided me with an opportunity for new experiences and personal growth. Piloting this brand new project taught me important lessons in communication, creative problem solving, and global citizenship.

I returned from Mwanza refocused and was better equipped to pursue my true passion for health care as a practicing medical oncologist."

- Brian Healy, Tanzania 2005

## Ways to Connect with Us!



Western Heads East



@westernuWHE

[www.westernheadseast.ca](http://www.westernheadseast.ca)

Contribute Financially to support Global Opportunities Awards for student interns.



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