83 kids, no water, and me

What I learned from my amazing Ethiopian summer

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“When my medical school loans are paid off, I’ll add a microwave.”

Ethiopia

- High percentage of HIV/AIDS orphans (2nd highest in the world)
- 20-25% estimated HIV prevalence rate
- Huge social stigma surrounding HIV/AIDS – no jobs, school attendance, help from family members, etc.
AHOPE orphanage for HIV+ children

• 83 children in two compounds
• All basic necessities plus school classes for older children
• Medical care when available
• Small office in Seattle for fundraising purposes
My Role

- Directed and managed children’s healthcare:
  - Physicals and checkups
  - Denver tests
  - Creation of charts/records
  - Growth monitoring
  - Recommendations for infection control and other prevention procedures
- Talks to rural communities about HIV/AIDS
- Having fun with my kids 😊
Travel

• Backpacking in the Rift Valley for a week!
Tips and Suggestions

• Start thinking about this now, and planning by November/December
• Think outside the box and find a project you’re really passionate about
• Find the right kind of trip for you – pre-planned with a company vs. on your own; more work vs. more sightseeing time; short vs. long; etc.
• Start fundraising asap and get creative!
• Think twice before going alone
At a certain point, I just felt, you know, God is not looking for alms. God is looking for action.
--Bono

Feel free to email with questions!
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