

*Empowering women  
through training and  
education*



## **ACKNOWLEDGMENTS**

Thank you to Judith, Enock, and Celina for their guidance and gracious support throughout the course of the program.

Thank you to St. Francis Health Care Services and the participants for welcoming us into their community and allowing us to be a part of this experience with them.

Thank you to Margaret, Dan, Mildred, and FSD for their gracious support in all our projects and for organizing this program.



Alex DeAngelis, Brookelyn Hanley,  
Madeline Johns, and Michael Lee



**Kellogg Winter  
Term Virtual  
Internship:  
Menstrual Health  
in Uganda**

*Kellogg Institute for International  
Studies*

*Kaya Responsible Travel  
St. Francis Health Care Services*



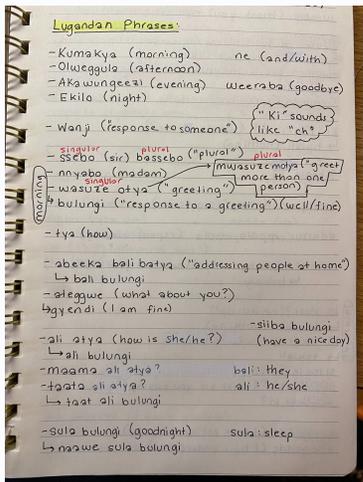
# CULTURAL IMMERSION

Each week we participated in various activities which allowed us to better experience a taste of life in Uganda. These activities ranged from buddy chats to learning how to speak Lugandan to various presentations on food, relationships, and healthcare in Uganda. We began to feel like members of the community, beginning each zoom call with "Mwasuze motya" (common greeting).

## Our Buddy: Ken Reagan Muganzi



Ken is a 21 year old first year student at Kyambogo university. We spent about ~4 hours each week talking to Ken, comparing and contrasting life in America to life in Uganda as young adults. One of our highlights of talking to Ken was him taking us through downtown Kampala on a "boda boda" or motorcycle as we call it in America.

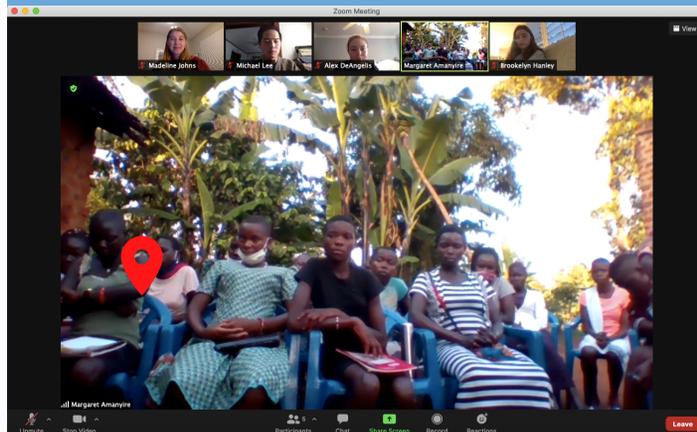


## Learning the Local Language: Lugandan

## Old vs. New Sanitary Pads



## Working Together Virtually!



# PROJECT AT A GLANCE

## The Need

The community identified a need for reusable, hygienic menstrual pads, since disposable pads are expensive and wasteful.

## The Activities

To address the need, we worked with a group of 30 participants and employed two activities:

1. Menstrual health training
2. Teaching girls how to make reusable pads

## Outcomes/Future Steps

In the project evaluation, the participants demonstrated an increased knowledge of their menstrual health. They also demonstrated an ability to construct a pad by themselves and teach a different person how to construct a pad.

Future efforts include:

1. Coalition of girls to continue meeting and training the community about menstrual health
2. Pamphlets/manuals to distribute to other communities with instructions on how to construct a reusable pad
3. Exploration into more accessible and sustainable materials