

Empower Through Health: Global Health Experiential Fellowship

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About Empower Through Health

Empower Through Health (ETH) is a 501c3 non-profit organization that operates in Uganda and the United States. ETH operates a medical clinic, Mpunde Health Center, that provides basic primary health care to a catchment area in Busoga (Eastern Uganda) that consists of over 70,000 people living across 54 rural villages. ETH works in Buyende District, a predominantly subsistence farming district with 361,000 people (St. Louis City has 330,000) and one full-time practicing physician. There are no paved roads and no electricity infrastructure. ETH has treated over 20,000 patients since 2019 at Mpunde Health Center, where we implement clinical research studies, execute targeted public health interventions, and cultivate social enterprises to target social and cultural determinants of health.

ETH is committed to increasing access to healthcare services and public health resources for some of the world's most vulnerable communities. We are an interdisciplinary team of passionate and self-directed global citizens who strive to eliminate the health obstacles by using evidence-based, scientifically proven interventions.

Mission:

It is our mission to improve healthcare access for the world's most vulnerable by providing direct evidence based medical care, helping build local healthcare capacity, and addressing root causes of poor health outcomes with the full participation of communities. We seek to build a Global Health Institute where extraordinary challenges in global health can be addressed through interdisciplinary and intercultural collaboration. Through this infrastructure, we seek to not only directly improve healthcare access, but also build a community of passionate individuals who are advocates for the most marginalized and equip them with the tools to promote equity.

Philosophy:

We believe all human lives are equally valuable, sickness frequently stems from poor living conditions, those conditions must be addressed to improve health outcomes, and long-term, sustainable improvements can only be realized through active, continuing collaborations with the targeted communities at all levels.

Global Health Experiential Fellowship Description

About the Global Health Experiential Fellowship:

The Empower Through Health (ETH) Global Health Experiential Fellowship gives self-directed students a unique opportunity to work on an intercultural team for an immersive collaborative project on a customized global health project. Fellows will be placed on a team consisting of three to four American students and two Ugandan students.

Fellows will be living in Mpunde Village in Uganda for six weeks with students from many teams to implement their projects, which can consist of research, community educational programs, and/or direct project implementation. Before their six-week experience, fellows will have the opportunity to work with global health practitioners to conceptualize, develop, and prepare for their projects. They will also receive three virtual sessions of pre-orientation cultural training. During the fellowship, participants will also benefit from global health didactics weekly and receive daily mentoring and supervision from the ETH team. If the fellows wish to publish their findings or otherwise follow-up on their project, ETH team will continue mentorship.

The American fellows selected will be either a member of an existing university ETH chapter or have plans to join or found a university ETH chapter after the fellowship and demonstrate intercultural competence and potential for leadership. The fellows' projects will consist of a topic relevant to their chapter's current or future projects. We believe that this will maximize longitudinal learning as well as sustainability of future projects. The Ugandan fellows selected will have a proven track record of academic excellence, maturity, and leadership.

Student-led university ETH Chapters work to increase global health awareness on campus, educate peers on global health issues, encourage students to reach out for global health opportunities, and raise funds for a specific global health topic, interventions, and resources through the ETH National Office. Chapters play an important role in research, connecting students to opportunities, and starting conversations about global health.

Purpose of the Global Health Experiential Fellowship:

We seek to provide fellows with the opportunity to build a platform to advance their careers through developing their skills in intercultural collaboration, organizational management, leadership, and research. Our goal is to provide an immersive, equitable, and life-changing experience, which allows fellows to learn about issues in global health from local communities and with guidance from relevant mentors. We anticipate that the relationships and networks that fellows form over their immersive experience will last over many years and be a resource for your personal and professional development.

Benefits of Being a Global Health Experiential Fellow:

- Unique, competitive fellowship in global health
- Develop cultural responsiveness and competency
- Gain research experience with support from global health and public health professionals
- Develop lasting relationships with other Ugandan and American students and community members
- Introduction to implementation science and global health practice
- Immersive six-week experience in a new culture
- Option of participating in optional trips to see natural wonders, including safaris

Requirements & Eligibility Criteria of the Global Health Experiential Fellowship:

1. Enrolled in an undergraduate or graduate degree program; students from all backgrounds are welcome.
2. Have innate passion for global social justice, provide healthcare to vulnerable communities, and determine the root causes of health inequities and equality.
3. A team builder (with attention and focus on forming groups), as well as a team player with passion for cultivating communities motivated to take action.
4. Able to take ownership of coordinating in-person programming and work and learn remotely with support from the central leadership of ETH.

Objectives of the Global Health Experiential Fellowship:

1. Fellows will deepen their understanding of the topic of the project for which their Chapters are conducting. Fellows should become up to date on current best practices and available literature. Fellows will undertake a combination of self-directed and directed learning.
2. Fellows will build relationships with students and community members from different cultural and ethnic backgrounds. Fellows will develop an understanding of a wider variety of human experience and condition.
3. Fellows will be motivated to become a strong advocate for global equity and be motivated by a sense of fairness and justice to help empower the globally marginalized.

Conditions of the Fellowship:

1. The tuition of the fellowship is **\$2579** for American students and **\$0** for Ugandan students.
2. ETH will provide advisors relevant expertise in the field. Advisors will help supervise the construction and implementation of the project.
3. Fellows are expected to commit 40 hours each week to accomplish the relevant tasks of the fellowship.
4. Fellows are not entitled to wages or any monetary compensation for the time spent in the fellowship.

5. ETH will provide accommodation, food, transportation, water, airport pick-up, and security at no extra tuition on both the weekdays and weekends to American fellows for the duration of the fellowship.
6. ETH will provide accommodation, food, transportation, water, and security at no extra tuition on weekdays to Ugandan fellows for the duration of their fellowship.
7. ETH will provide necessary project implementation costs, such as hiring community health workers, project-related transportation, and staff salary at no extra tuition.
8. ETH will provide weekly global health didactics and guest lectures at no extra tuition.
9. ETH will NOT provide costs for IRB approvals (if your team wishes to publish their research in a scientific journal), visa, health insurance, travel medicine appointments, optional weekend costs, post-fellowship safari, and airplane tickets.

Global Health Experiential Fellowship Logistics

Fellowship Contact Information:

Fellowship Co-Director: Mr. Ibrahim Ssekalo

Email: ibrahim@ethealth.org

Phone: +256787517626

Fellowship Co-Director: Dr. Yang Jae Lee

Email: jae@ethealth.org

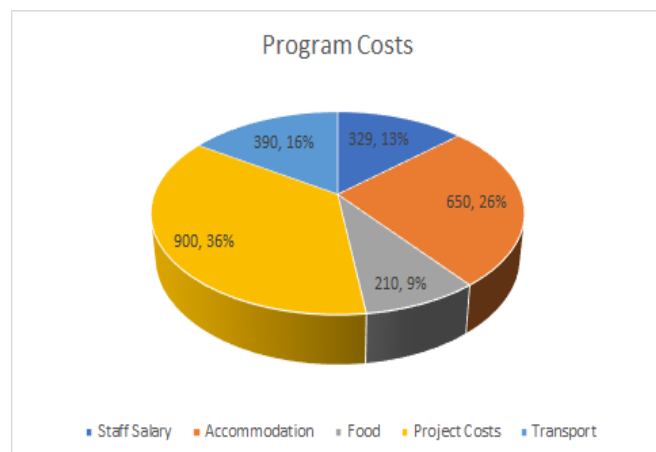
Phone: +1 706 691-9813

Fellows may contact Ibrahim Ssekalo or Jae Lee at any time for questions

Term: The term of this fellowship is from **May 30th, 2022 to July 8th, 2022** OR from **July 11th, 2022 to August 19th, 2022**

Vision: Equip future advocates and practitioners in global equity with intercultural understanding, project management skills, and global health and leadership experience.

Tuition: The program tuition is **\$2579** for American students and **\$0** for Ugandan students. The American program costs will cover project costs, accommodation, food, transport, and staff salary catering for both American and Ugandan students. A refundable deposit of **\$500** is due ten weeks before the start date, which becomes



non-refundable eight weeks prior to the start date. The full tuition is due six weeks before the start date. Payment can be made via check, or Aeropay. The checks should be made payable to Empower Through Health and sent to:

Empower Through Health
128 Mill River St.
New Haven, CT 06511

If you wish to pay with Aeropay use [this](#) link, create an account and proceed. Aeropay only charges a \$0.25 fee, so please pay a total of **\$2,579**.

Before Going: The application deadline is on February 14th; apply [here](#). Once we form a fellow team, we will meet at a cadence of between once every two weeks to every four weeks to conceptualize and prepare for the implementation of the team's projects. ETH will also conduct three group pre-orientation training on cultural norms and basic language training before the immersive experience. Before their departure, American fellows should receive their yellow fever and COVID vaccines including their booster and receive a starter dose of malaria prophylactics. American fellows should also apply and receive a Ugandan [electronic single-entry tourist visa](#) before arrival.

Arrival and Departure: We encourage fellows to arrive at Entebbe airport on either Saturday or Sunday before the start of the fellowship on Monday. For each day that the fellows arrive before Saturday, there will be a \$40 charge to cover their living expenses. After your trip, we encourage fellows to depart from Entebbe airport on Saturday or Sunday. There will be a \$40 charge for each day that the fellows stay after Sunday. An exception to this will be made if the fellows decide to participate in the post-fellowship three-day optional safari, for which they should purchase departure tickets on Tuesday night after 9 PM local time or Wednesday after the end of their fellowship. There will be a \$40 charge for each day that the fellows stay after Thursday.

During the Fellowship: During the weekdays, fellows will stay in Mpunde Village in basic accommodation living with all other fellows. There will be enough electricity to charge your phones and for night lighting, but sporadic internet. There will be no running water - bucket showers will become the expectation. Your meals will consist of locally grown and sourced Ugandan food. During the weekends, Ugandan fellows will return to their places of residence in Uganda unless they wish to participate in the optional trips. American fellows will stay in Mpunde unless they wish to participate in the optional trips.

Optional Trips and Safari: During three weekends over the six week fellowship, ETH will provide optional weekend trips - Sipi Falls, Jinja, and Kagulu Rock/canoeing on Lake Kyoga. This will not be covered in the fellows' tuition. At the end of the fellowship, fellows will have the opportunity to participate in a Safari at Murchison Park for four days at an extra cost. Costs of

the optional trips and the safari will be lower than the prices found online due to our local connections.

Lecture Series and Global Health Didactics: We will host guest speakers with expertise in global health or leadership. Dates and speakers are TBD, but speakers in the past have included Dr. Stefan Peterson (Chief of Health of UNICEF), Dr. Peter Waiswa (Advisory Board of the World Health Organization), Dr. Carolyn Sargent (Professor of Anthropology at WUSTL), Dr. Frederick Isabirye (District Health Officer of Buyende District). These lectures will occur on a select number of Fridays. We will also conduct journal clubs, case studies, and other global health didactics during Fridays.

Expectations: We expect all fellows to be engaged and respectful to other students, staff, and community members. All Fellows are expected to conduct themselves with the highest degree of professionalism with regard to punctual attendance, integrity, and respect for the viewpoints of others.

Schedule

Fellowship Schedule: Times and activities are tentative and subject to change. Most days will finish by 18:00.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
09:00 - 10:00	Orientation - introduction to first weeks. Project activities goals, meeting ETH staff	Travel to Mpunde to settle into accommodation	Visit district health office - introduction and meeting with the district health leaders	Introduction to community health workers who will help in the various projects	Individual teams commence work on their projects	Free Saturday day trip to Kagulu Rock from Mpunde Free Sunday trip to canoe in Lake Kyoga from Mpunde
10:00 - 10:30	Coffee/tea break	Coffee/tea break	Visit continued	Coffee/tea break	Coffee/tea break	
10:30 - 12:00	Guest lecture from professor at Uganda Christian University on Ugandan healthcare system	Introduction to the community: meeting with Chairperson of the Sub-County and the village	Visit continued	Introduce community health workers with student projects	Individual teams commence work on their projects	Weekend accommodation will be in Mpunde
12:00 - 13:00	Lunch	Lunch	Lunch	Lunch	Lunch	
13:00 - 15:00	Seminar continued	Introduction to community health workers and ETH staff	Visit continued	Seminar on global health ethics and culture shock	Team projects continued	
15:00 - 17:00	ETH Welcome Party	Settle in to Mpunde	Visit continued	Project coordinators meet with each individual team to debrief/plan	<i>Didactics and reflection</i>	

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
09:00 - 10:00	Weekly orientation with project coordinator	Individual team projects	Individual team projects	Individual team projects	Individual team projects	Weekend accommodation will be in Mpunde Spend the weekend exploring Mpunde
10:00 - 10:30	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	
10:30 - 12:00	Individual team projects	Team projects continued	Team projects continued	Team projects continued	Individual teams commence work on their projects	
12:00 - 13:00	Lunch	Lunch	Lunch	Lunch	Lunch	
13:00 - 15:00	Team projects continued	Team projects continued	Team projects continued	Team projects continued	Team projects continued	
15:00 - 17:00	Team projects continued	Team projects continued	Team projects continued	Team projects continued	<i>Debriefing with project coordinator and presentation of the week's work. Global health didactics</i>	

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
09:00 - 10:00	General meeting with the team (all students and project coordinators)	Individual team projects	Individual team projects	Individual team projects	Individual team projects	Optional trip to Sipi Falls - extra cost. Depart on Saturday morning and return on Sunday evening
10:00 - 10:30	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	
10:30 - 12:00	Individual team projects	Team projects continued	Team projects continued	Team projects continued	Individual teams commence work on their projects	Option to stay in Mpunde over the weekend
12:00 - 13:00	Lunch	Lunch	Lunch	Lunch	Lunch	
13:00 - 15:00	Team projects continued	Team projects continued	Team projects continued	Team projects continued	Team projects continued	
15:00 - 17:00	Team projects continued	Team projects continued	Team projects continued	Team projects continued	<i>Debriefing with project coordinator and presentation of the week's work. Global health didactics</i>	

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
09:00 - 10:00	General meeting with the team (all students and project coordinators)	Individual team projects	Individual team projects	Individual team projects	Individual team projects	Weekend accommodation will be in Mpunde Spend the weekend exploring Mpunde
10:00 - 10:30	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	
10:30 - 12:00	Individual team projects	Team projects continued	Team projects continued	Team projects continued	Individual teams commence work on their projects	
12:00 - 13:00	Lunch	Lunch	Lunch	Lunch	Lunch	
13:00 - 15:00	Team projects continued	Team projects continued	Team projects continued	Team projects continued	Team projects continued	
15:00 - 17:00	Team projects continued	Team projects continued	Team projects continued	Team projects continued	<i>Debriefing with project coordinator and presentation of the week's work. Global health didactics</i>	

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
09:00 - 10:00	General meeting with the team (all students and project coordinators)	Individual team projects	Individual team projects	Individual team projects	Individual team projects	Optional trip to Jinja - extra cost. Depart on Saturday morning and return on Saturday evening Option to stay in Mpunde over the weekend
10:00 - 10:30	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	
10:30 - 12:00	Individual team projects	Team projects continued	Team projects continued	Team projects continued	Individual teams commence work on their projects	
12:00 - 13:00	Lunch	Lunch	Lunch	Lunch	Lunch	
13:00 - 15:00	Team projects continued	Team projects continued	Team projects continued	Team projects continued	Team projects continued	
15:00 - 17:00	Team projects continued	Team projects continued	Team projects continued	Team projects continued	<i>Debriefing with project coordinator and presentation of the week's work. Global health didactics</i>	

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
09:00 - 10:00	General meeting with the team (all students and project coordinators).	Individual team projects	Individual team projects	Individual team projects	Drive to ETH Iganga Office	Optional four-day safari - extra cost Otherwise, depart on Saturday or Sunday
10:00 - 10:30	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	
10:30 - 12:00	Individual team projects	Team projects continued	Team projects continued	Team projects continued	<i>Debriefing with project coordinator and presentation of the week's work. Global health didactics</i>	
12:00 - 13:00	Lunch	Lunch	Lunch	Lunch	Lunch	
13:00 - 15:00	Team projects continued	Team projects continued	Team projects continued	Team projects continued	Farewell Party	
15:00 - 17:00	Team projects continued	Team projects continued	Team projects continued	Team projects continued	Depart for the airport as needed	

