

ETHIOPIA

ELIZABETH WENDT

Elizabeth's Majors: Biology, English

Program: Worldwide Internship Program, Summer

Academic Life: I participated in the online course International Studies 320: Culture and the Global Workplace. Other students in the class were participating in internships throughout Europe, South America, Africa, and Asia. Course requirements included reading a set of articles each week and writing an academic quality essay; students then engaged in an online discussion about questions and concerns raised in the essays. Additional assignments included posting a weekly field journal, supervisor interviews, a book review, and a final professional project.

Elizabeth's Internship: My internship primarily revolved around piloting NEFSE (Nutrition, Environment, and Food Systems for Empowerment) lessons with Ethiopian trainers on behalf of the UW Department of Surgery. The ultimate model for the program involves Ethiopian trainers in partnership with UW students and health professionals giving lessons about the linkages between food systems, health, and the environment to Ethiopian youth. With piloting the lessons, I was responsible for conducting baseline and endline surveys and gathering feedback through the lessons from the trainers which I have written in a formal report. The trainings occurred at a local youth organization called Enga le Enga. The five lessons I piloted were about a holistic definition of health, food systems, nutrition, first aid, and facilitation.

Advice for Someone Considering an Internship Abroad:

Students should be aware of their working relationships with others around them and how working relationships might differ from country to country. In my particular situation, I was working with trainers who were older than I was. Understanding how to show them respect and how to train in such a way that it didn't seem as if I was the expert and they were the students helped to foster a good relationship and ultimately helped me to obtain good feedback.



Youth at Enga le Enga in Shashemene, Ethiopia, where Elizabeth piloted lessons.

“After studying abroad, I have a better understanding of my own values.”

