



At Coady and in Mikei, I hope to gain a better understanding of health, wellness, and community-driven development. I'm excited for this opportunity to challenge myself, develop my own skills and strengthen my relationships.

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Dialoguing with community stakeholders, I hope to get a fuller understanding of the current situation, and engage community action accordingly. This may include increasing knowledge of water rights, encouraging advocacy, and scaling up infrastructure. I also plan to introduce the low-cost BioSand filter, which can be built on site using locally sourced materials.

In the summer of 2016, I lived in Mikei and worked with Rieko Kenya to deliver sexual health curricula in schools in the surrounding area. Through community-driven conversations, knowledge about menstrual hygiene management and access to sanitation technologies was enhanced. For myself and for Rieko, further developing people's knowledge and access is essential for improving community health.

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