

Mumbo everybody!

First of all, a million thank you's to everyone who helped contribute to my fundraising! Africa was amazing, I couldn't have dreamed of a better experience. I was so grateful to be able to make a significant donation to the orphanage and hospital- I wish I could have done more! The nuns at the orphanage and the doctors at the hospital were shocked and unbelievably grateful for your generosity. We raised just over \$1,500 together and I donated just over \$1,000. Here's a breakdown of what I bought:



Orphanages
75 kg (175 pounds) of Sugar
75 kg (175 pounds) of Wheat Flour
45 kg (100 pounds) of Laundry Soap
Of Baby Formula

Hospital		
400 Stool Containers	1 Vacuum Extractor	Paracetamol Suppositories
Mannitol	50 Suction Tubes	Urinalysis Strips
6 Surgical Scissors	40 IV Ceftriaxone	RBG Strips
2 Blood Pressure Machines	IV Cloxacillin	2 Pediatric Stethoscopes

At the hospital I was in the pediatric ward for a week, the surgery ward for my second week, and went back in the afternoons and



evenings to obstetrics and gynecology. I saw plenty of births, and even assisted a c-section! It was just the surgeon and I scrubbed in - I helped push the baby out, cut the umbilical cord, and helped stitch up the patient. Pretty much the coolest thing I've ever done. In the pediatric ward I learned how to listen to patients' hearts and



lungs, and how to diagnose malaria, pneumonia, and malnutrition. I was able to observe the removal of prostates, a thyroid, and several orthopedic procedures - I even helped set and cast two men's legs! The conditions in the hospital were from another world. There was no air conditioning - the windows were open and patients frequently had a fly or two on them. Women giving birth did not receive any pain killers. No one asked for ice chips





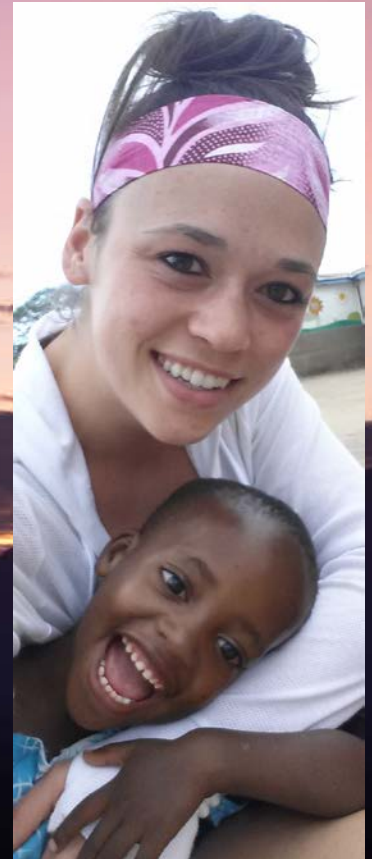
because there was no ice - patients even brought their own baby blankets and bottled water. The operating rooms (or theatres as they were called) were open for us students to walk in and out of as we pleased. I watched all of the procedures from right next to the operating table. Surgeons were very excited when students donated their supplies at the end of their trip-one surgeon had been wearing the same "sterile" mask for over a week.



When we weren't at the hospital we were playing soccer-futbol with the local kids (I mostly just did handstands), volunteering at the orphanages, learning Swahili, eating BBQ, and checking out the local night life. I was even able to go on Safari! (Which was, of course, AMAZING!) It was a crazy busy week! Going to the orphanage was bittersweet, but amazing overall. We mostly just played with the kids, took selfies with them and held them. The only thing the kids wanted (other than



your phone and candy) was attention and physical affection. The one orphanage had kids age 0-5 and the other orphanage had kids about age 8-12. The older kids LOVED playing Duck Duck Goose.



The house I lived in had about thirteen people there the first week and seven the second. The first week there were three Americans, the second week I was reppin' the U.S. on my own. Most people were from the U.K., one girl was from South Africa and my roommate was from Australian/China. The house was nice - it was far from roughing it. But I did wash my clothes in a bucket outside- hand-rung, line-dried and all.



I can't express how grateful I am for all the love and support I've received from all of you. This was the trip of a lifetime - I won't be forgetting it anytime soon. Thank you! Or as they say in Swahili, Asante Sana!