



HumaniThai Project

Health and Hygiene

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PROJECT GOALS

The HumaniThai Project is a collaborative International Community Engaged Learning Project with the Center for Community Engaged Learning (CCEL), College of Applied Technology, College of Social & Behavioral Sciences and Student Affairs Technology.

A group of 40 students will be traveling to Thaton, Thailand; a rural town north of Bangkok, to serve a community orphanage. In order to better support the community, we have divided our group into four subgroups which include: Health, Math, Sports, and English. Our Health group is working to teach children how to live healthier lifestyles and maintain habits that will improve their quality of life. To do this we plan to educate the children through posters and interactive exercises that will reinforce good habits, leading them to live a healthier life style. This education is mutually beneficial for them and us to learn, understand and appreciate new cultures. Academically, we will be able to put some of our theoretical skills into practice by switching our roles as teachers. We will also have gained valuable exposure in understanding the world within which we live and the challenges we face as global citizens.

Hygiene

We will be teaching children the basic importance of personal hygiene. This information will be taught through printed materials and hands-on activities. One of the activities will be demonstrating proper methods for hand washing using fake germs. In addition, we will also be teaching them about dental hygiene.



First-Aid

The first-aid group will be teaching children the importance of basic first-aid knowledge. We will be assisting the children to assemble their own personal first-aid kits, and teaching them the importance of each item contained in the kit. We will provide posters and educational materials in English and Thai for the children to refer to, and help remind them of the things we taught while we are there.



Nutrition

We will be teaching kindergarten through 6th graders the importance of nutrition and overall health and wellness. Through hands-on education and a translator we will express the importance of a healthy and balanced diet. We will be emphasizing hydration and keeping the body well-nourished in the environment that they live in.



MILLENNIUM DEVELOPMENT DECLARATION

"In 2000, 189 nations made a promise to free people from extreme poverty and multiple deprivations. This pledge turned into the eight Millennium Development Goals." The Millennium Development Goals that we will be focusing on during our time in Thailand will be;

- "#2 to achieve universal primary education"
- "#4 Reduce child mortality"
- "#6 Combat HIV/AIDS, malaria and other diseases"

REFERENCES

<http://www.th.undp.org/content/thailand/en/home/mdgoverview.html>

<http://www.sharecare.com/health/first-aid-safety-preparedness>

<http://www.mtsac.edu/business/csdt/nutrition/>

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