

## Volunteering in Uganda

Hello,

I am currently studying for my A levels in Biology, Chemistry and Maths with the idea of starting at the University of Exeter in September 2017 studying natural sciences. My dream is to study medicine and, depending on grades, I hope to reapply to University next year to do this. I have been at Wymondham College for 7 years now and am a very proud member of New Hall team! Throughout my time here I have competed for the school in many different sports including netball, hockey, horse riding, rowing and athletics. I have had the most amazing experience at the college, and to be presented with the OW travel award is just the icing on the cake!

I will be travelling to Masaka, Uganda for 10 weeks between January and March 2017.

Here I will be helping out in the Kitovu hospital, which is only one of six hospitals in Uganda that runs a specialist program to repair obstetric fistulas. Fistulas can be as a result of prolonged obstructed labour where damage to tissues can leave the mother incontinent, and in some cases unable to walk. Unfortunately 99% of cases also result in the baby's death. Fistula is common in developing countries because of poverty, malnutrition and distance from medical help and women with a fistula are often ostracized from society and have to deal with the physical and psychological problems of their condition alone. Thankfully they are easily cured with surgery. I hope to be working alongside specialist fistula doctors and patients and helping in any way that I am medically able.



When I am not in the hospital, I will be volunteering in local orphanages, schools and on community projects. Again, I will helping out in any way that I am needed, weather that be teaching, playing with the children or repairing buildings. I am there to help as much as I am able and needed.

My inspiration and reasons for making this journey are endless, but I shall give you just a few...

- I have spent time volunteering in the SOS children's village in San Jose and this inspired me to spend more time doing something to help others.
- I want to do my bit, and more, to help those who have not been as privileged as I have with a family, education, healthcare and opportunities like this.
- I want to explore different cultures and gain valuable life experiences



- I hope to gain confidence, and use that newfound confidence to help others back here in the UK.

Finally, as long as I leave Uganda having had a positive impact on as many people as I can in any way that I can, weather medically, practically or mentally I will be content.

My estimated cost for the trip are:

£1,000 transport (flights London – Entebbe, transport to Masaka, etc.)

£800 accommodation

£400 food, water, etc.

£300 Medical (Rabies, malaria tablets, etc.)

£100 Insurance

£2,600 estimated total

Finally, I have made a 'just giving' page and, if you feel this is a worthwhile cause, I would be eternally grateful for helping me on my way with any small donations.

<https://crowdfunding.justgiving.com/lottie-mountford>

Thank you for reading and hope you agree that this will be an invaluable experience. Another big thank you to Mr Taylor, Mike Herring and Phil Robinson from the OW committee for supporting my journey by offering me the travel award.

Lottie Mountford