

# Project Challenges

- The language barrier was the hardest challenge to overcome
- It is hard to make connections with people when you always have to talk through somebody; but after a few weeks or days, I was able to pick up the language quickly
- People appreciated the effort to communicate with them directly even though a deep and meaningful connection would be hard to form



# Project Recommendations

- Ensure that the yoghurt coming from the kitchens is indeed probiotic
- **All** the kitchens need to be extremely familiar with the protocol and have the necessary tools to test the yoghurt
- Establish a meeting with all the kitchens so they can learn from each other's successes and failures



# Mwanza, Tanzania

Linda Marroquin– Ponce

4th Year Honors Specialization in Biology  
Major in French  
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# Project Goals

- To observe and learn the yoghurt making process and provide feedback to address any problems or concerns
- To assess the quality of the yoghurt produced and to devise training in order to improve quality and production
- To help APYN assess what tools the kitchens need to make the yoghurt according to protocol
- To assist researchers with their projects in ensuring that the yoghurt used for their experimentation was up to standards
- To get a better sense of the location of all the yoghurt kitchens in Mwanza

# Project Activities

- Helped APYN provide all the kitchens with lactometers and thermometers , key tools in the yoghurt making process
- Created a brief interactive workshop in order to familiarize the kitchens on how to use these new instruments
- Visited all the kitchens, taking very detailed notes on the routes and with that information located them on Google Maps

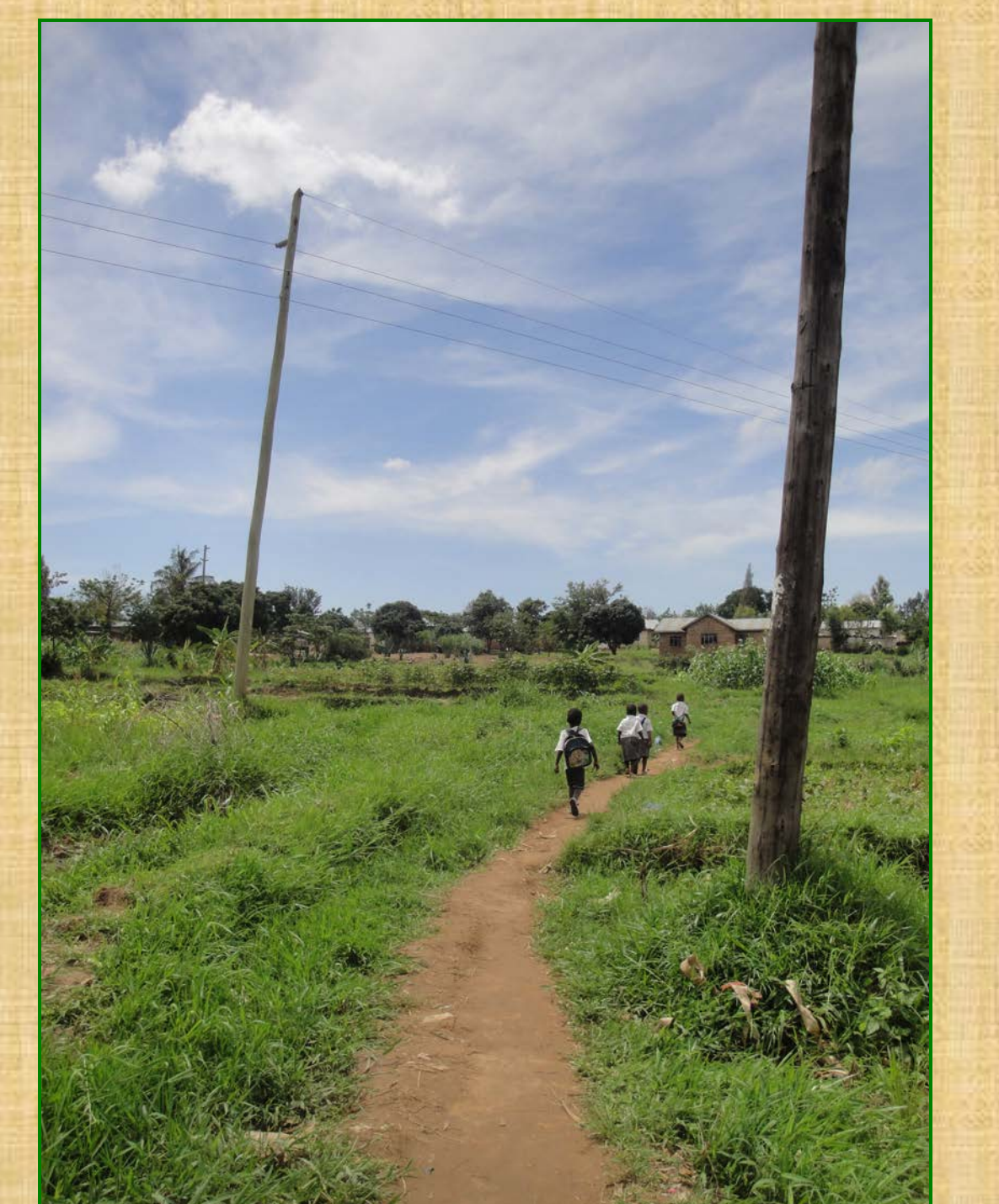
# Project Outcomes

- I was able to create some materials for a workshop on the yoghurt making process and the importance of using lactometers and thermometers
- I created a map that will be available to future interns and anyone interested in the WHE-APYN Project



# Project Impact

- Helped the Yoghurt Mamas understand the yoghurt making process better
- Provided all the kitchens with the right tools to help the Yoghurt Mamas feel supported
- The lactometer was extremely valuable because it would ensure that they are receiving quality milk from the dairy farmers
- I felt that with these new tools, there was a renewed sense of accountability; the dairy farmers were now going to have to be accountable for the quality of their milk which will also make the Yoghurt Mamas feel more accountable



# Impact on Me

- The WHE internship was a great experience for me because I learned about the obstacles involved in international development work
- After my internship, I began to consider my different career options
- I know that regardless of what I choose, I want to include an international aspect to my career