



COURTESY OF LYNDSEY BRAHM

Memories of Kabale

THESE IMAGES were taken during a month-long global health education program in which I experienced unmasked exposure to life in southwestern Uganda—the broad spectrum of challenges the local Bakiga population faces day in and day out, as well as their resourcefulness and persistence to survive and live well. The program afforded me the opportunity to learn from a local development organization in Kabale-town, Kigezi Healthcare Foundation (KIHEFO), about what it means to be a subsistence farmer in southwestern Uganda, perpetual gender inequalities, widespread malnutrition, the urgency for development in Uganda, and creative new ways locals are adopting to enhance agricultural growth amidst challenges permeating the soil and the environment.

My global health education program abroad highlighted the importance of being an avid learner as a guest in international communities and taught us the value of listening to understand the local culture before acting, and to recognize local health professionals as experts. My time in Kabale, Uganda immersed in the Bakiga culture, exchanging stories, visiting farms, and observing in local clinics was an immensely rich learning experience that will stay with me for my lifetime. It opened up my world by fostering new relationships, provoking a myriad of questions, and strengthening my commitment to service and global health.

LYNDSEY BRAHM

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YOU'RE INVITED! We invite you to submit your photos along with a brief (approximately 200 words) description of why these images are important in your understanding of a person, place, idea, or incident from your experiences in international education. The photos could be of a simple moment on your home campus involving international students, a major event in an exotic location, or anything in between. The editors of *International Educator* will run selections on this page throughout the year. Please contact us for submission details at magazine@nafsa.org.