

Amanaki Fo'ou information

Internship Description:

'Amanaki Fo'ou, a non-profit organization, has a vision of eradicating type two diabetes from the island nations of the Pacific. This is an extraordinarily ambitious aspiration but one that we believe is possible through culture-specific education, inspiration, and collaboration. We are looking for interns from the Pacific Islands who will learn how to teach our program, practice facilitating the program with local groups in Hawaii, practice in diabetes screening, and then facilitate the program in their home countries when they return.

Over the past two years, we have all experienced the impact of a global pandemic that has overshadowed many of the health challenges faced by people all over the world. Type two diabetes is one of these long-standing, ongoing diseases. What many people don't know is that type two diabetes is a growing problem worldwide, especially in the Pacific Island Nations, and is fast reaching epidemic proportions. Diabetes is a challenging disease whose end results are often disfiguration through amputation, dialysis due to kidney failure, and early death. **Important** - It does not have to be that way. Type two diabetes can be managed very successfully through consistent, positive lifestyle change.

Background: 'Amanaki Fo'ou has been working with the Pacific Island nations for the past 7 years. As we have worked side by side with partners in the community, government, hospitals and churches, we have been able to inspire change. Likewise, we envision that this internship will be a collaboration between multiple disciplines.

Details: Individuals will be expected to commit to six hours per week for eight weeks. The time will be used initially in learning the 'Amanaki Fo'ou vision and offerings, and how to facilitate the diabetes education prevention program. Then, in line with the principle of *see one, do one, teach one*, individuals will facilitate the program with a group of participants from the community. This internship will provide an opportunity for individuals to learn and apply several important skills associated with personal change - for self and others.

An ideal candidate:

- is interested in making an investment in the healthcare in their native country
- contributes to a dynamic group by coming to meetings with ideas and solutions
- understands how to support change with enthusiasm without oversimplifying the challenge at hand
- shows evidence of making and keeping commitments and goals
- sees this opportunity as a chance to inspire others to make positive lifestyle changes as they model healthy habits and realistic attitudes toward change

The 'Amanaki Fo'ou vision is ultimately about change, specifically positive lifestyle change. We believe that this type of change happens most effectively when individuals align with our Savior, Jesus Christ. We invite you to join with us in this extraordinary project!

To apply, please submit a current resume and a cover letter addressing why you are a good fit

for this internship position to aferguson@tongadiabetes.com. Subject line "Internship Application: 'Amanaki Fo'ou"

Internship details:

February 14-March 4: Application open

March 7-17: Interview students

March 18: students selected

April 4-April 7: “Building the team”

We will hold team building and leadership training activities with the student internship participants. More details will follow.

April 27-May 17: “see one; do one”

During the first half of the internship, Interns will learn the diabetes prevention course with a mentor by participating. They will also be meeting as a group to make plans for recruiting participants and carrying out the teaching. They will meet with a faculty advisor to learn about major-specific applications of this program.

May 18-June 17: “teach one”

Students will then facilitate the diabetes prevention course to the group recruited. They will also participate in group exercise and healthy cooking related activities.

Diabetes Prevention Program details:

Overview: Diabetes prevention course taught in “Self Reliance Style”, tailored to the Pacific. It involves hands-on learning activities, goal setting and reporting, group discussions

Length: 9 lessons

Language: Tongan, French or in English

Lesson Topics:

establishing a vision, understanding diabetes, exercise, healthy eating, mental health, understanding historical and cultural implications of diabetes, and the importance of water