

Project Logo: TuberCareLosis Philippines



Project Name: Students for Tuberculosis Awareness and Prevention (S.T.A.P)

Project Aim: To be able to raise awareness and educate the people on what tuberculosis is all about, its symptoms and prevention methods they can take in their own community to be able to decrease the risk of tuberculosis in their area. Tuberculosis is a major health problem as it is the 6th leading cause of death here in the Philippines and is most common in urban-poor areas, elderly, people with HIV, diabetes, malnutrition and smokers.

Sustainable Development Goals: Goal 3: Good Health and Well-Being

At least one photo of team and at least one of your project in action:



Highlights from your experiences so far:

Highlights from this experience so far are the bonds that have been formed, new experiences and memories made. We developed team skills and projects planning and management throughout this project. We did a fundraiser during the school fair wherein we sold cookies and shakes throughout the duration of the fair as well as an awareness presentation at a local barangay in Navotas. We spent a whole afternoon educating the people from the community about Tuberculosis. We worked on this for a few weeks. The people of the barangay enjoyed the time spent with us as we had games and we provided them with medical packages as a token of appreciation for participating in our event.

Outline any funds or in-kind donations:

We earned £131.00 or ₱8880.00 during our school fair which was conducted last February wherein we sold cookies and shakes to the families in our school community. This was then used to purchase the goods that we gave to the families who came to our awareness event last April 22, 2019. We also received medical goods donations that we packed and gave out as a token of appreciation to the people of Barangay Bangkulasi for their attendance and support for our cause.

Outcomes and Impacts of Project (Include any success or failures):

The main outcome of the project was the Tuberculosis Awareness and Prevention lecture that we conducted at Barangay Bangkulasi, Navotas wherein we raised awareness regarding one of the leading causes of death in the world, Tuberculosis. Although there was some difficulty throughout the course of preparation for the project due to the lack of communication between the members, in the end, we all gave our best effort and worked together to finalise all the things needed to make the presentation a success. We spent **approximately 140 hours in total** with each of the team members spending **approximately 20 hours** to work on this project. During the medical mission that we conducted at the barangay, there were **around 20 volunteers** who came to assist us throughout the project. These people were from the local barangay as well as the health centre, wherein there were **2 doctors and 3 nurses** who we partnered with to present about tuberculosis. There were around **80** local residents who came to attend our presentation.

Kagawad Garry Cruz (Barangay Bangkulasi, City of Navotas)

I would like to congratulate the TuberCareLosis Team of Singapore School Manila for a very successful lecture. It was very informative and entertaining at the same time. Our ka-barangays are so pleased and have gained information on how to prevent and cure tuberculosis. I would also like to commend the students for sharing their knowledge, time and efforts to our community. We deeply appreciate what you have done for our constituents. We hope that you will continue these humanitarian activities to help each other and spread awareness to stop or at least prevent this killer disease. Thank you!

Knowledge and learning you gained throughout the project:

Michelle Volante

Through this project, we have gained more knowledge and awareness about the disease, tuberculosis. We also now know how to properly prevent the disease from spreading, and we have shared this information with the people in the community. Throughout the project, we also learned how to carefully plan a seminar and how to run it, with the help of our mentor and the heads of the barangay.

Skills team members gained throughout doing the project:

Sean Hernandez

During the time of the planning of the awareness and prevention lecture in the Barangay Bangkulasi, I used my connections to work my way to get in touch in a barangay. Through there, I was able to plan with many people, (Kagawads, Barangay Chiefs, heads of the City Health Department) so that the awareness and prevention lecture mission wouldn't be a disaster.

Though the lecture mission was a success. I have gained more confidence with planning with people older than me, speaking in front of a crowd and while this is a very fun and frustrating event to organize I learned that patience and good planning is the key to having an organized event. During the lecture event, we have learned that plenty of the people residing in the barangay did not have much knowledge about the topic TuberCareLosis was about to discuss however they are well aware that Tuberculosis is a serious illness. This is evident when the people who have attended were also really motivated to watch, listen and learn, after the lecture, many unsure questions were asked to the group showing that they were really motivated to listen to the lecture and have learned about prevention and awareness of Tuberculosis and its worse states like Drug-Resistant Tuberculosis and Extensively Drug-Resistant Tuberculosis. In addition, some attendees asked us about Tuberculosis after the lecture. Through this, the whole team gained experience from conversing and giving confidence to some of the more "shy" groupmates.