Why this internship has been so meaningful for me:

- I was able to witness the ins and outs of a health nonprofit, especially being able to see Timmy carry out its process for leading a medical brigade from beginning to end. In nonprofits, resources are limited, so people have to be very creative and smart about the way they fundraise and spend the money they do receive. Timmy staff spent money very sparingly, and made sure to research if there was a cheaper way to fundraise. For example, when I did grant research, I used a free software in the Indianapolis Public Library. However, while resources were limited, the Timmy staff and volunteers were incredibly dedicated to the work they did. Timmy staff clearly believed in Timmy’s mission and didn’t mind the long hours to make sure that their end goal (better healthcare access to those with a lack of it) was achieved. This was especially touching to see.

- I learned how hard it is to carry out effective public/global health research. Even though Timmy only carries out medical brigades in four countries, it was still very easy to hit dead ends when conducting research because of how broad topical areas such as water sanitation, community health promoter programs, and chronic disease management can be.

- Because one of my projects included helping create an alumni network, I conducted many interviews of alumni and current Timmy staff. This experience made me realize how alumni are the greatest resource to building an organization’s words and stories create a lasting impact on anyone who listens to them. I was so grateful to be working for Timmy by the end of my internships, because all the alumni attributed Timmy to changing their life in one way or another.

- I gained many valuable skillsets, such as familiarity with public health research, grant research, learning to be a more critical evaluator of system processes, improving my interviewing and spotlight writing skills, and improving my time management. Besides the hard skills that I gained, my experience especially highlighted the importance for global health organizations to tackle community health first and foremost through local businesses and organizations to create sustainable health systems in these regions with a lack of access. Despite the severe limitation most global health organization face in the aid they are able to give, Timmy’s model of creating sustainable health systems truly stood out to me.

Timmy Global Health
Indianapolis, Indiana

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