

Your full name and University of affiliation

Full name: Kwok Ching Yan Hannah

University: The University of Hong Kong

Title of your LiA project

Medical and Public Health Humanitarian Assistance in the Belt and Road Region

The organisation/charity you are working with

GX Foundation

Organisation/charity contact

Your key contact (supervisor) at the organisation/charity

Full name: Caroline Dubois

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The need or cause you are supporting

What is the specific problem, cause or opportunity you are exploring?

Through this internship, I will be exploring the problem of the lack of access to quality healthcare and prompt intervention faced by the underprivileged people in the Belt and Road region. In particular, Vanuatu is a developing country which faces challenging natural disasters and other healthcare problems. Due to the lack of resources and proper knowledge, citizens often suffer from great losses when disaster strikes and recovery is slow, undoubtedly affecting the physical and mental well-being of citizens. As GX Foundation is focused on providing humanitarian support for those in need, collaborating with this

organisation would allow me to help address this dire need through material distribution and education.

Goal

What is the big-picture idea/vision and desired outcome of what your LiA project is trying to achieve in order to address the need or problem above?

I will be supporting the distribution of disaster-preparedness bags, conducting health interventions and health checks to address the problem of the prevalence of non-communicable diseases. Additionally, I will also investigate the knowledge level and health status of the local citizens through the analysis of questionnaires to provide valuable suggestions. It is hoped that through these efforts, citizens will be better prepared for upcoming natural disasters and have adequate resources to maintain their basic quality of life in face of these challenges. Our aim is to also improve the health awareness of citizens to encourage them to lead healthier lifestyles to prevent common diseases such as hypertension and diabetes.

Objectives

These represent how you will achieve your goal. Write down three to five SMART objectives outlining how you will achieve the overall goal.

1. Learn to be a critical and creative thinker by making effective decisions in complex situations and turning ideas into actions.
2. Acquire skills of collaboration and team working by building supportive relationships and working across boundaries with emotional intelligence and respect.
3. Work with determination and a desire to achieve by utilizing available resources or support and staying resilient in face of challenges.
4. Develop research and project management skills by acquiring statistical skills to analyse data and interpret results as well as working independently.

List any challenges, barriers or risks to achieving your objectives

A major challenge is my lack of experience volunteering in a foreign country, leading to a sense of uncertainty and lack of confidence before the trip. Moreover, Vanuatu is a developing country that I do not have much concept or knowledge on, thus I found it quite

difficult to prepare myself for the possible challenges in advance. I also do not have the statistical skills needed to conduct analysis of the questionnaire data.

Ideas to overcome barriers or challenges

To better prepare myself for this opportunity to work overseas, I completed some online courses to learn about the proper attitudes and communication methods during such volunteering activities. I also took the time to learn about the local culture from colleagues who visited Vanuatu before. The pre-trip briefings were also helpful for me to develop an understanding on what to expect then and how I can collaborate with my trip-mates to tackle the challenges. Lastly, I had to utilize online courses and YouTube videos to learn how to use R effectively to analyse data. I also grasped opportunities to learn from my supervisors by asking questions and for advice proactively.

Milestones per week

**What are the significant activities/objectives of the LiA project outlined by week?
Please provide dates.**

| Week | Date | Milestone | Details |
|------|------------|---|---|
| 1 | 27/05/2025 | Adequate preparation before travelling to Vanuatu | <ol style="list-style-type: none"> 1. Familiarizing myself with the protocols and working ethics of overseas volunteering through online courses and reading past reports 2. Preparing health intervention materials and presentation methods with trip-mates 3. Equipping myself with necessary statistical skills |
| 2 | 09/06/2025 | Distribution of disaster preparedness bag and conduct interventions | <ol style="list-style-type: none"> 1. Exploring the skills of interviewing participants in an effective and respectful manner to collect accurate data 2. Tailoring the presentation method of health knowledge to suit the needs of participants 3. Understanding the logistics and preparation to conduct an intervention successfully |
| 3 | 09/06/2025 | Develop social and cultural intelligence | <ol style="list-style-type: none"> 1. Respecting the local culture and learning how to communicate with and have fun with local children and participants 2. Collaborating effectively with my trip-mates during disaster bag assembling and preparation work |
| 4 | 23/06/2025 | Acquire research and data management skills | <ol style="list-style-type: none"> 1. Learning the use of R to analyse data and aid data management effectively 2. Drafting a report on the questionnaire data |

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|---|------------|---------------------------------------|--|
| | | | collected 3. Assisting the documentation of information collected during the service trip |
| 5 | 23/06/2025 | Collaboration and team working skills | 1. Working collaboratively with colleagues 2. Build supportive relationships and networks with others |
| 6 | 07/07/2025 | Reflection on LiA Experience | 1. Reflecting meaningfully on both the local and overseas learning experiences in LiA 2. Identifying my limitations and areas for improvement |