



# [Helping the Youth in Alaska] [Sabrina Perez, Public Health, May 2020]

Cultural  
Exploration

## SUMMARY

**What:** Aided the youth in Alaska  
**When:** May 2019-August 2019  
**Where:** Alaska  
**Mission:** Give the youth a noble foundation  
**My responsibility:** Assisted with all of the skits, was in charge of a group of teen team members, explored trainings for how to work with the youth, had background checks, and spoke to a variety age groups.  
**Details:** My whole summer was spent prepping in order to support the youth in Alaska. I nourished these kids in become a community. Although Alaska may be beautiful, there are a lot of problems that lead the kids to the wrong path, but this program helps better their future. We spent weeks working on skits and activities that would uplift the kids spirits and give them a good foundation. We left all of our tools to the young adults so they can have the resources to continue this program. In Alaska, we were able to climb mountains with them, have a barbecue, and teach each other the different dances we were familiar to.



## SPICES

**Cultural Exploration:** A group of Texans traveled to Alaska and it provided an opportunity for the two states to learn about each other. It was interesting because you wouldn't think that two states in the same country could be so diverse.

## HERBS

**Honorable:** We wanted to match what the community needed, and not what we thought they needed  
**Support:** We each worked together to use our gifts and talents to make a great week for the kids. We supported the kids and listened to their struggles and helped provide a good foundation for them.

## LEARNING OUTCOMES

**Team Independent Learning and Decision Making:** We were all strangers who had different backgrounds and opinions, but we used our gifts and talents to come together and create something beautiful.  
**Adaptability & Resilience:** Overcoming the first day of the teens who were not being receptive and matching that with understanding and compassion. & the interpersonal adaptability that was achieved by learning from each other and coming together as one.  
**Communicating Effectively:** Talking to the different age groups, relating the intent of each group activity, leading the skits, helping lead meetings and leading small group discussions.



## IMPACT

**Impact on others:** Helped give the youth a good foundation  
**Impact on me:** Opened my eyes that there can be so many differences in two states in the same country, and showed me how much of an impact you can make in just a week.  
**Who benefited?:** The community of Anchorage Alaska and the San Antonio team.  
**How did I benefit/ grow?:** I was able to really dive into this experience with an open mind and an open heart. I was able to grow in my communication/ organizational skills.

## ADVICE

*"You don't have to travel out of the country to gain cultural exploration. There is so much diversity already in the United States."*