

**Advocates for
Rural
Community
Health**

Make a global difference



Enhance your education

Advocates for Rural Community Health is a registered 501c3 providing healthcare services in rural regions.

Mission: ARCH provides quality healthcare services to rural regions on a global scale.

Vision: To make sure everyone has access to quality healthcare.

- Founded in 2015 by Leissan Sadykova, based on research conducted in Gulu District with the World Health Organization
- Primary location in Gulu, northern Uganda - post-conflict region
- Programs are based on the needs of the community as identified by the community

Volunteer in Uganda

Primary location: Gulu, Uganda

- Post-conflict region stemming from a 20-year conflict between Joseph Kony and Government of Uganda
- Most nonprofit organizations left the area once it became post-conflict
- Ample opportunity for impact



ARCH Programs and Services

1. International elective rotation for 4th year medical students
2. Change Rides - provide bus tickets and food for patients to return home
3. Stitch Cycle - teach adolescent girls how to make reusable sanitary pads
4. Soap and Water - teach primary and secondary kids how to properly wash their hands with soap



Why ARCH?

What makes ARCH unique:

- Homestays with local host families
- Service public rural health centers
- Unique experience in remote regions
- Public health outreach



Cost of Attendance

Student responsibility:

- \$500 deposit \$1,500 program
 - Total = \$2000
- Visa
- Flight
- Vaccinations
- Spending money

ARCH will coordinate:

- Housing with local host families
- Food (breakfast and dinner along with a lunch stipend Mon - Fri)
- Water
- Transportation
- Travel and health insurance



Testimonials and student experiences

I am a different physician, no, a different person now than I would have been had I never set foot in Gulu Regional Hospital. I will strive to cherish relationships with others. Recollections of a smiling face, the remembrance of a pungent smell, or visions of dying patients, forever etched in my memory, will offer perspective when confronting future challenges. I will constantly seek to learn from patients, nurses, students, mentors and others around me. What I brought to Africa was not nearly as valuable as the lessons I took home.

- Robert Childs, MD '17



Your impact matters

Direct impact while servicing the population; long-term impact through programs and services



Growing Alumni Group



Make the commitment

Follow ARCH on social media

Twitter, Facebook, and Instagram: @ARCHRuralHealth

Email: Leissan@ARCHRuralHealth.org with any questions