



Press Kit



Dear Journalists/Media,

In this press kit, you will find comprehensive information about our organization, Explorers Sans Frontières (ESF). We have included our current press release that has been sent to local media outlets, background on ESF and its mission, biographical information on the founder and other ESF members, a fact sheet about our current programs and outreach activities, and our most recent newsletter.

We hope you learn more about what our organization does and how we are trying to make a difference not only in our local communities, but on a global level as well. ESF is constantly looking for opportunities to spread our message to the world and create long-lasting partnerships with other humanitarian organizations. ESF believes community is key to the success of creating a positive impact on the world and hopes to inspire that knowledge within future humanitarian initiatives.

Explorers Sans Frontières

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FOR IMMEDIATE RELEASE

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3rd Annual Spring Into Health Community Day

Philadelphia, PA / April 6, 2011 – Knowledge is important in living a healthy, active lifestyle. Unfortunately, many people in our community lack the resources necessary to maintain their wellness. Explorers Sans Frontières (ESF) in partnership with SCI-West, the Partnership CDC, Penn Medicine, and the US Soccer Federation is hosting their 3rd annual, Spring into Healthy Community Day, at Saunders Park April 30, 2011 from 12:00pm-4:00pm.

Coordinated by ESF Member, Lara Lechtenberg, this event will offer free medical and dental screenings, financial workshops for attendees, and a soccer clinic for the kids. The financial wellness workshop will be hosted by the Partnership CDC and Primerica and will include information on heart disease, infection control, nutrition, physical fitness, stress relief, smoking cessation, diabetes, mental health, medication consultations, and much more.

One of the beneficial perks of this community day are the free screenings for those who can't afford it. There will be CPR and 1st Aid education, social and referral services, and free 1st Aid kits and HIV testing for all ages. Most people don't know how or where to receive these services, so ESF is taking the initiative to provide these opportunities for the Philadelphia community.

As part of Michelle Obama's *Let's Move!* Initiative, the US Soccer Foundation will be hosting free soccer clinics for kids from 12:00pm-1:00pm and 1:30pm – 2:30pm. This will be an awesome event for kids to learn tricks and techniques from world renowned coaches and instructors. ESF will also be supplying free giveaway goodie-bags, healthy snacks, cultural performances, and other entertainment for the whole family. This event is a great way for people of all ages to learn more about how to lead a healthy life and bring a community together to ensure proper education on activity and wellness.

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About Explorers Sans Frontières (ESF)

ESF was founded in January 2008 with a goal to cultivate relationships within local and global communities as well as generate humanitarian efforts in education, healthcare, and community outreach. This grassroots organization is 100% volunteer-based and 95% of the funding is provided by private donors. The money that is raised provides disease prevention, health promotion and wellness to local and global communities.



Background

Explorers Sans Frontières (ESF) is a grassroots organization whose goal is to foster the growth and development of local professional and student humanitarians within the Philadelphia area to develop independent educational initiatives, travel abroad to countries in development, obtain hands-on practical experience in areas of interest, support humanitarian efforts and participate in cultural exchanges with people from diverse cultures and backgrounds.

ESF is 100% volunteer based and 95% of the funding is provided by private donors. The money that is raised supports disease prevention, health promotion, and wellness to local and global communities. In the 3 years since its inception, ESF has been recognized for supporting over 90 outreach projects, 3 global projects in Haiti, Senegal and Jamaica, and mobilizing local and regional persons to countries around the world resulting in 10 global missions to these respective countries.

In the wake of the 2010 earthquake in Haiti, ESF put together a team of volunteers to provide immediate disaster medical relief. These volunteers are responding to the crisis in Haiti by developing short and long-term projects to address the humanitarian needs, mobilizing local Philadelphia residents and deploy groups of multi-disciplinary teams over the next several years. ESF is not reacting, but supporting the long term needs and commitments to repairing the lives, well-being, and quality of life for the Haitian community.

ESF has been hailed a “local hero” by Fox 29 Good Day Philadelphia, received the Bank of America 2009 Neighborhood Excellence Initiative, recognized by Penn Presbyterian Medical Center for its efforts in Jamaica, and was the recipient of the SCI-West Community Award for their goal to improve whole communities. Collins has been featured in the Orijin Culture magazine for her work in Haiti, presented at the Entrepreneur USA conference, sat on the panel for the Delaware Valley Association of Black Psychological Professional Development to present her experience supporting their initiatives, and has been asked to speak at St. Joseph’s University, Columbia University, and within the Greater Philadelphia region.

ESF wants to build partnerships and grow trusting relationships through outreach activities, humanitarian efforts, and on-site experience with our local and global communities. Our goal is to foster the growth and development of our future world leaders through interrelationship building and limitless learning opportunities. We don’t want to make a profit, but rely on the goodness of others to give back to those in need. We are committed to outreach, to support students and communities of people that are underrepresented economically, socially, religiously, and/or ethically.



Every year ESF holds a Health Community Day in hopes of educating the people of Philadelphia on health and wellness in their every day lives. Each community day has free medical and dental screenings, financial wellness workshops, information on disease prevention, free 1st aid kits and HIV testing, giveaways, and usually an activity for kids to become involved. This event is supported by SCI-West, Partnership CDC, Primerica, and Penn Medicine.

We also hold many fundraisers and activities which have included a 5k Walk for Haiti, Dog Wash, Spoken Word/Art event, co-host CDC's Street Jazz Festival, Partnership with Dean's Beans, Caribbean Carnivale, and many social fundraisers at local restaurants and bars. These events support the efforts in Haiti, Senegal, Jamaica and the local Philadelphia community.

It is the goal to continue providing relief aid and assistance to countries all over the world as well as educating our local communities on how to provide help to one another and global communities in need.

ESF's mission statement is *"to build cultural connections, one person and one community at a time, impacting our local and global communities."*



ESF Member Bios

Shonta D. Collins, RN, BSN, MPA, MSN-FNPc – Founder and President

Shonta D. Collins, has a long history of working with these communities and has been extremely influential in the success of this organization. Collins received her undergraduate from Columbia College, received her Masters of Public Administration from the University of Missouri-Columbia and a Bachelor of Science in Nursing from LaSalle University. As a nurse, Collins has received the Nursing Excellence Award by Penn Presbyterian Hospital for her significant professional and voluntary contributions that have improved patient care and is a member of the American Critical Care Nurses Association. She was inducted to the Sigma Theta International Honor Society for her contributions to nursing leadership and was recently appointed to the Board of Directors for the United Nations Association of Greater Philadelphia. Collins has worked as an International Education Coordinator for LaSalle University and with Klasko, Rulon, Stock & Seltzer, LLP an immigration practice group in Philadelphia. She has published articles in nursing magazines and also been featured in print media. Collins wanted to make our world a better place and foster the growth and development of others to do the same. Her passion and dedication to this cause are what draw others to become involved in this organization. She hopes to one day become an International Nurse Educator who travels to assist with humanitarian projects in underdeveloped countries.

Crystal Taylor – Director of Mental Health and Wellness

Crystal Taylor has always had the desire to enhance her knowledge of mental health practice with ethnically/culturally diverse populations and became involved with ESF after hearing Shonta D. Collins speak about Haiti and the need for more mental health outreach. Taylor received her undergraduate degree in psychology from Temple University only to continue her education by attaining her Masters of Science in Clinical Psychology and now working towards her PhD in Clinical Psychology at Chestnut Hill College. Her goal is to obtain a license to conduct therapy and psychological assessments for individuals from diverse and underserved populations both domestically and globally. She also plans to become involved with mental health advocacy in both state and federal government and enhance her Spanish language skills and learn Haitian Creole. Taylor is currently the Vice President on the Board of Directors for College-Bound Home for Girls, an active member of the Delaware Valley Association of Black Psychologists and the Pennsylvania Psychological Association. Taylor is also a dancer performing with a small dance company in Philadelphia.



Vunda Moutchia – ESF French Instructor and International Correspondent

Vunda Moutchia believes there is no better gift that one can offer to one's community other than that of 'giving back'. ESF is an organization that engenders one of Moutchia's most cherished dreams and ambitions: that of bringing people together, bridging people and building communities. Moutchia is originally from Cameroon and received his Bachelor of Arts in Foreign Languages and Literature from the University of Port Harcourt in Nigeria. He then completed both his Master of Arts in Applied Foreign Languages and Master of Philosophy in African Studies from the University of Dschang in Cameroon. He is a Junior Chamber International Certified Local Trainer with a concentration in Leadership Development and has a broad range of volunteer activities; mostly in two areas: Church – Education, Pastoral, and Evangelistic Ministries, and Secular – Building People's Skills and Community Development. Moutchia also enjoys meditation, meeting people, reading and writing, teaching, and traveling.

Lara Lechtenberg – Director of Student Outreach and Services

Lara Lechtenberg felt a strong connection with ESF's mission as it addressed two important issues: not only the plight of impoverished groups in foreign countries, but also the need to enable students with the skills necessary to create the change we desire in the world. Lechtenberg has a BA in International Affairs and a minor in French Language & Literature and Political Science. She has lived in France and the US, but also hopes to travel to Africa, Southeast Asia, Eastern Europe, Central Asia, Israel, and most of the Middle East. She also plans to pursue a MA/MS in International Development & Public Health. Lechtenberg wants to one day work with War Child, an organization like the US Committee for Refugees and Immigrants. She truly believes ESF turns local students into global leaders while helping communities worldwide and is the perfect bridge between serving the global community and her own in Philadelphia.



April Elder – Student Leader

April Elder is one of ESF's student leaders and traveled to Haiti a few months after the 2010 earthquake. She has a passion for people, healthcare, and education which is strongly in line with the values and mission of ESF. Elder is a graduate of Longwood University with a BS in Psychology and is currently working to become a Doctor of Osteopathic Medicine from the Philadelphia College of Osteopathic Medicine. She is a leader within the Student National Medical Association at PCOM and is involved with a variety of community service activities. She volunteers her time with middle school students at KIPP Charter School in North Philadelphia working with kids who are interested in careers in healthcare.

David Pierre Jr – Student Leader

David Pierre Jr. was determined to find a way to assist the earthquake victims of Haiti when he came into contact with Shonta D. Collins. He is dedicated to assisting Haiti in its rehabilitation efforts. Pierre received a BS in Biological Sciences from Rutgers, his Master of Science at the University of Medicine and Dentistry of New Jersey Graduate School of Biomedical Sciences, and is currently working to become a Doctor of Osteopathic Medicine from the Philadelphia College of Osteopathic Medicine. He plans to utilize his medical training as a vehicle to bring about change in areas that affect health. Pierre's goal with ESF is to find a way to hone his professional, humanitarian, organizational, and leadership skills. He will forever be grateful for having the opportunity to work with individuals from diverse backgrounds with the same common interests in using their knowledge and experiences to help those in their time of need.



ESF Fact Sheet

ESF Programs:

- Volunteering with local organizations in Philadelphia that serve underserved populations
- Working with health care professionals abroad in hospital and clinical settings
- Teaching and tutoring English as a second language
- Collaborating with key informants abroad to establish long-term projects for long term sustainability

ESF's key goal is to expand within our local and global communities around the world. Our international experiences are usually in duration of 1-2 weeks.

ESF Outreach:

- ESF also participates in and hosts many outreach opportunities including:
- Community health fairs
- Educational seminars
- Workshops
- Developing customizable programs
- Act as health care advisors
- Provide nursing care services
- Support dental and physical health education
- Promote overall wellness advocacy

ESF Leadership:

- ESF promotes leadership development among student volunteers. We foster their development and creation of specific community projects and provide educational programs that allow them to explore without borders, have direct input, and a "voice" in the ESF organization.
 - Each ESF Student leader is charged with the responsibility of retaining a leadership position as an Advisory Board member after the completion of their trip
 - ESF Student Leaders also function as Peer Mentors and grow to become Professional Mentors and eventually Group Leaders
 - Benefits include:
 - independent learning and practical application
 - be seen as a leader in the community
 - develop a social network at home and abroad
 - participate in fundraising efforts that support their travel and experience
 - become fully immersed with persons of various cultures and ethnic groups
 - making a difference in the world
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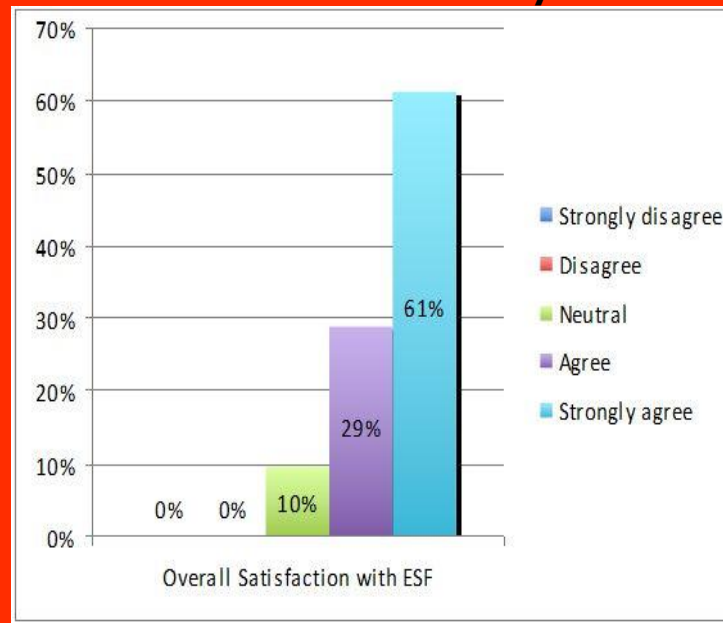
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Explorers Sans Frontières (ESF)

ESF Volunteer Survey



ESF's mission is to, "**build cultural connections one person and one community at a time.**"

Greetings-

At ESF, We dream, We believe, and We DO!

During the month of February, ESF conducted their first volunteer satisfaction survey. The survey was sent to 102 volunteers, of which a statistically significant 34 responded. 61% were very satisfied with their ESF experience and 71% said they would recommend ESF to their

Spring into Health Community Day
Physical and Financial Fitness

Penn Medicine

EXPLORERS SANS FRONTIÈRES

***April 16, 2011
12-4 pm at Saunders
Park***
Across from the
Emergency Department
at
Penn Presbyterian
Medical Center
W. Philadelphia
(38-39th and Powelton
Ave, near Lancaster
Ave.).

Rain Date April 30

ESF in partnership with SCI-West, the Partnership CDC, Primerica, and Penn Medicine and other community organizations will host this event, which will include:

- FREE Medical and Dental Screenings
- FREE Financial Wellness Workshops hosted by the Partnership CDC and Primerica
- Information on Heart Disease, Infection Control, Nutrition, Physical Fitness, Stress Relief, Smoking Cessation, Diabetes, Mental Health, Medication Consultations, and much more
- CPR and 1st Aid education
- Social and Referral Services
- FREE 1st Aid Kits for the first 150 guests
- FREE HIV Testing for all ages
- FREE giveaway goodie-bags, healthy food, cultural performances, entertainment for kids
- FREE kids' soccer clinics by US Soccer Foundation — part of Michelle Obama's Let's Move! initiative
- The event is FREE for children, adults and seniors.

For more information regarding the event, please contact the ESF Volunteer Coordinator at 215-850-4743. info@ExplorersSF.org or visit www.ExplorersSF.org



SCI: WEST

PRIMERICA

US SOCCER FOUNDATION
PASSBACKS



Contact Us

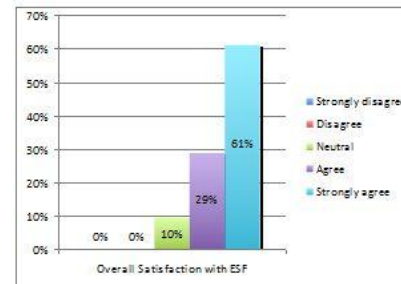
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friend. These results reflect very positively on the organization and display the volunteers' strong overall satisfaction with ESF and their willingness to invite others to take part in the organizations missions and projects.

ESF's First Volunteer Survey

The following data is from the first ESF volunteer survey. Thank you to the 34 of you who took the time to complete the survey. The 34 participants represent a statistical response rate of over 30%. Some of the most important results from the data are shown below.

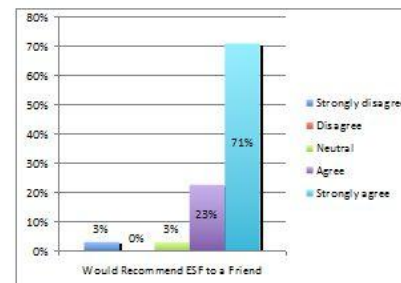
Question: I am very satisfied with my ESF experience



90% (n=31) of the ESF volunteers replied that they are satisfied with ESF as an organization. No one who responded expressed dissatisfaction with the organization.

One key measure of satisfaction is whether you would recommend an organization to a friend.

Question: I would recommend ESF to a friend.



Results showed that 94% (n=32) of the volunteers would recommend ESF to a friend, whereas only 3% responded that they would not recommend ESF.

These results reflect very positively on the organization and display the volunteer's strong overall satisfaction with ESF and their willingness to invite others to take part in the organizations missions and projects. The full survey results are available here. www.explorerssf.org

Now that we have our base line results, we will continue to survey the volunteers on an annual basis. The results are of great importance to us as we complete our first strategic plan.

Sincerely,
ESF Team Locally and Abroad

Domestic Programs

Shonta D. Collins to speak at Columbia University, April 11, 2011

Shonta D. Collins has been asked, along with other experts from Non-Governmental Organizations (NGO), to speak on a panel discussing the ongoing collaborations with Haiti in the wake of last

year's tragic earthquake. Specific discussion topics will include peacekeeping, health, and gender-based violence. Other speakers will include Patrick Hein (UN DPKO Political Affairs Officer), a representative from UN Women, and a representative from Columbia University's Earth Institute.

This is a wonderful opportunity for ESF to gain momentum in efforts to provide aid and assistance to Haiti!

Spring into Health Community Day, April 16, 2011

ESF, in partnership with SCI-West, The Partnership CDC, Primerica, Penn Medicine, and Michelle Obama's Obesity Initiative, U.S. Soccer Foundation presents, "**Physical and Financial Health**." This 3rd annual Spring Into Health Community Day is coordinated by Lara Lechtenberg. The event on April 16, 2011 from 12-4 pm will offer free health and wellness screenings including dental, blood pressure, cholesterol, and much more. We will also be hosting financial workshops for attendees and a soccer clinic for the kids. Furthermore, there will be free food, fruit, drinks, entertainment, and prizes!

Visit ESF online to view the latest flyer and learn about opportunities to sponsor this terrific event!

Dog Wash for Haiti, April 30, 2011

Join us for a fun event as we raise money for Haiti, Saturday from 10am-3pm at The Groove Hound, 2236 Frankford Ave. Bring your pooch and let us do the dirty work! There is a suggested donation of \$15 for this event. Many thanks to ESF volunteer Jen Leary for making this event possible. It's a great opportunity to get the whole family together in support of Haiti. Visit ESF online to view the flyer for this event and the next dog wash in May!

Save Summer Jobs, May 19, 2011

WorkReady Philadelphia will be contending massive cuts in federal funding this year. In order to sustain as many youth employment opportunities as possible, they have launched a [Save Summer Jobs campaign](#), to call attention to the fact that thousands of summer jobs will be lost this year. A key part of their campaign, is the Youth Networking Fundraiser Gala which will be held Thursday May 19, 2011 from 5:30pm-7:30pm which will be held at Two Liberty Place, 57th Floor, 50 S. 16th Street. This gala is sponsored by R2L and Ernst & Young. ESF has also volunteered to sell tickets to this event for \$75. Contact Sheila Ballen at 267-502-3787 for more information.

Honors, Awards and Recognition of ESF Volunteers

International Peace and Humanitarian Award

Our very own volunteer, **Dr. Kelly Eberhardt**, will be receiving the International Peace and Humanitarian Award from Grow to

Strength, Inc at the International Peace and Humanitarian Recognition Gala for her work with ESF and the mission to Haiti. The event which was scheduled for April 9th, 2011 will be postponed to November 18th, 2011. This is an extremely prestigious award as it focuses on recognizing people who have made a positive impact on the world. Thank you Dr. Eberhardt for your continuous support in the community and dedication to providing disaster medical relief to underserved countries!

ESF Local Outreach

St. Joseph's University

Ben Guillaume and **Shonta D. Collins** successfully spoke at St. Joseph's University to the students of Dr. Eileen Sullivan in the Health and Society Department at SJU. They discussed the importance of humanitarian efforts in local and global communities as well as the value of accepting leadership roles to better serve the world.

Temple University

Ben and **Shonta** spoke with Temple University's Nursing School student body to address their interests in critical care and global health nursing. They discussed ESF's trips to Haiti to perform medical disaster relief, the impact of nurses in communities/countries in need, and the demands of critical care nursing.

International Programs

Braille Books for Senegal

ESF has had a longstanding relationship with the National Institute for the Education and Formation of Young Blind People (INEFJA) in Thies, Senegal. Over the years, ESF has also partnered with Philly's own Overbrook School for the Blind and the National Resource Center for Blind Musicians' summer music program to educate ESF Senegal volunteers about the vision-impaired community and provide a helping hand whenever possible. This relationship led to a fortuitous connection with David Goldstein, a long-time friend of ESF who works at the National Resource Center for Blind Musicians in Connecticut, and who had an attic full of Braille books he wished to donate to the upper-level English classes in Senegal.

On Saturday, April 2nd, **Lara Lechtenberg** woke up at 4am to take a train to Stamford, CT, where she picked up a UHAUL and drove to Bridgeport to meet David. Between his apartment and his parents' house in Stamford, Lara and David were able to pack and ship 10 boxes of Braille books to Senegal and 10 to another school in Sri Lanka. Because the post office was closing, Lara brought another 10 boxes of books back to Philly to ship to Senegal as soon as possible.



It was a very successful trip, and English professor Souleyman Gueye is anxiously anticipating the arrival of these books for the English classes and Conversation Club at INEFJA!. A million thanks to David and his parents for their generous donation and helping coordinate this trip!

Haiti

Be sure to view this amazing video made by Chris Rathmann, ESF Volunteer, http://www.youtube.com/watch?v=JM_N24-R0pc.

Medical and Disaster Relief Programs

ESF Opens New Health and Wellness Center in Haiti



ESF Team Haiti has the pleasure of working with the new Global Health and Wellness Clinic in Haiti. The facility will host ESF volunteer teams every three months and partner with members of the Haitian community to ensure the maximum benefit from our continued presence. The centers redesign was lead by ESF staff **Ysmaille Jean Baptiste, Roosevelt Ocean** and **Anderson Pierre**. Thanks everyone and we look forward to many great memories with you in Haiti.

ESF Team Haiti-Group G to be deployed June 9-15, 2011

ESF's 8th team will be led by Jen Leary, local Philadelphia

Firefighter and Shonta D. Collins. The team will partner with Yele Haiti, long-term partner, Haitian American Caucus (HAC), and Special Olympics. ESF will support both public health education and medical evaluations along with initiating an urban gardening program with HAC and PROVIDE. This will also be the first time ESF will work out of the new health and wellness center. We are always accepting financial donations but need certain antibiotics and hygiene products. Thank you again for your support.

New ESF Members



We would also like to introduce our new "trio" consisting of **Christopher Prieur**, **Karina Ambartsoumian**, and **Michele Bongiorni**. They will be assisting in the day-to-day administrative needs, marketing and special events, and online web programs. ESF is excited to bring these talented professionals on board!

Thanks for being part of our journey and be sure to visit us online for more details about these upcoming or past events. Also, you can give year-round through the **Giving Seed** www.TheGivingSeed.com or buy Trade Free Coffee through **Dean's Bean Coffee** at www.ExplorersSF.org.

Sincerely yours,
Explorers Sans Frontières (ESF)