My Practicum in the Grounded Project
Becoming an Agent of Change

Gurjot Bansi • BHS Honours Health Management • School of Health Policy and Management

Project Objectives:
- explore issues related to indigenous territorial rights, food sovereignty, the commodification of indigenous identity, and the pursuit of well-being of Costa Rica

My role in the team:
- prepared ethnographic research
- researched indigenous perspectives
- understanding and appreciating inter-cultural communications
- completed multiple video analyses

Accomplishments:
- project management skills
- communication skills
- presentation skills
- production contributor
- film creator
- leadership skills

Overview of my Projects & Initiatives:

1. Project management:
   Assigned videos by working with Costa Rican students to complete transcriptions and translations on a timely manner

2. Video review analysis:
   Reviewed videos with translations and selected clips and important topics to analyze through my short-film

3. Storyboarding and scriptwriting:
   Compiled a thorough storyboard as a guide for team members through my video's rough edits

4. Contributing to the documentary and other team member's short films:
   Offered advice and different perspectives to ensure a thorough and meaningful film

5. Film creation:
   Created a short-film highlighting the tragedy of the loss of culture in a medicinal perspective & its impact on their spiritual, physical, and mental well-being.

Impacts of the Grounded Project:
- providing a platform to address challenges faced by the Indigenous
- spreading awareness of the impact that issues bring to their overall well-being
- highlighting the connection between culture and well-being & how the loss of culture is a serious topic

My advice to future students:
- a great opportunity to make a large impact while making friends
- the perfect project that unites creativity with the passion to make a difference
- take the initiative of connecting and asking for feedback along the journey
- be flexible & go with the flow of the project - don't be afraid to have fun!