

Grass Roots and Human-Focused



Senegalese Youths in Thies, Senegal

About ESF

Explorers Sans Frontières (ESF) is a grass roots organization seeking to support emerging leaders and professionals to develop independent research, travel to countries in development, support humanitarian efforts and participate in cultural exchanges with people from diverse cultures and backgrounds. *Our outreach is both local and global.* ESF hosts health fairs, education seminars, conduct healthcare screenings and education both locally and globally. ESF Student Leaders are active participants and mentored every step of the way!

Our Journey

In summary, ESF was founded in January 2008, we have provided healthcare screening for 1000's of African, Caribbean and other immigrant populations focused on:

>Blood Pressure, Diabetes, Infection Control, Cholesterol, Obesity, Nutrition, Heart Disease, and overall health and wellness education;

An Alternate Approach

>ESF partners with other organizations and supporters to help our local and global communities. **ESF are Health Education Consultants** for incoming Refugees, Asylees, and Immigrants from around the world. We develop programming that is



Team ESF Senegal, W. Africa 2008

culturally appropriate.

>ESF Student Leaders volunteer and assist with healthcare initiatives and ESL classes;

>ESF hosts social fundraisers to raise awareness and gain global support to offset the costs for our ESF Student Leaders who are underrepresented economically, socially, religiously and/or ethnically;

>ESF Leadership Team has experience, dedication and passion to move agenda's forward; and

>ESF Leadership Team and ESF Student Leaders are **VOLUNTEERS!** The majority of your donations go into **SERVICES!**

"The greatest benefit from the ESF experience is the personal journey: I went through an understanding of how people live, the help they need, that I can help them, and what kind of humanitarian I am. I realized that I need to reconnect with that outlook and just enjoy my blessing." --Chiara deLeon, ESF Member

Please help ESF help others. Visit our website and click on "Make Donations" and "How You Can Help ESF?" from our home page at www.ExplorersSF.org or email us at Info@ExplorersSF.org.

ESF provides opportunities, support independent-learning and help save lives!



Abdoulaye Salle, 1997-2008

ESF is a humanitarian organization focused on local and global outreach and education.

Explorers Sans Frontières (ESF)

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Explorers Sans Frontières (ESF)

ESF is a program under the Greater Philadelphia Urban Affairs Coalition (GPUAC), a 501 (c) (3) organization



Building Cultural Connections, One Person and One Community at a Time

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