



**ACGC**

ALBERTA COUNCIL FOR  
GLOBAL COOPERATION



EIGHTH ANNUAL 2019

# TOP 30 UNDER 30

*The Gender Equality Edition*

Youth Partnering to Achieve the  
Sustainable Development Goals

#### **Editorial & Design Team**

**Kelly Eccles**

**Leah Ettarh**

**Heather McPherson**

**Karsen Mitchell**

#### **Front and Back Cover Photos**

**Glenielia Ariel Crawler**

*Photo Credit: Soloman Chiniquay*

#### **Publishing**

**Pioneer Press Ltd.**

# About ACGC

The Alberta Council for Global Cooperation (ACGC) is a coalition of voluntary sector organizations located in Alberta, working towards a world where all people can fulfill their potential and prosper, become engaged citizens in peaceful, just, and inclusive societies, and thrive in a healthy, sustainable world. The Council works towards ending poverty and achieving a peaceful and healthy world with dignity and full participation for all. Members of the Council pursue these goals through supporting global citizenship programs and participatory projects with international partners. The Council supports the work of its members through networking, leadership, information sharing, training and coordination, and representing their interests when dealing with government and others. The objectives of the Council are to promote and mobilize greater Albertan participation in assisting international development and encouraging global citizenship.



Global Affairs  
Canada

Affaires mondiales  
Canada

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The Top 30 Under 30 magazine is an annual publication by the Alberta Council for Global Cooperation featuring 30 outstanding young people, nominated by their community and selected by a committee of peers, for their commendable work in making the world a more just, fair, and sustainable place for all.

Find out how to nominate a deserving youth by visiting our website:

[top30under30.acgc.ca](http://top30under30.acgc.ca)

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# INTERNATIONAL DEVELOPMENT WEEK 2019

ACGC is proud to join over 50 international development and humanitarian organizations celebrating IDW in 2019. Visit the International Development Week website to read stories of how individuals and organizations are getting involved across the country.

[www.developmentweek.ca](http://www.developmentweek.ca)

## Together for Gender Equality

**February 3<sup>rd</sup> - 9<sup>th</sup>, 2019**

The Top 30 Under 30 magazine is part of ACGC's program for International Development Week (IDW). For 29 years, IDW has provided a unique opportunity for Canadian organizations and individuals to highlight their contributions towards poverty reduction and international humanitarian assistance in the developing world.

This year's theme, Together for Gender Equality, allows Canadians to reflect upon the global commitment to address SDG 5: Gender Equality, and encourages all Canadians to be changemakers in advancing gender equality at home and around the world.

Visit the Global Affairs Canada website to learn more about International Development Week and nationwide events: [www.international.gc.ca](http://www.international.gc.ca)

# SUSTAINABLE DEVELOPMENT GOALS



Canada signed onto the 2030 Agenda in 2015, recognizing the importance of the agenda for progress on sustainable development in Canada.

In September 2015, world leaders agreed on a transformative global agenda for sustainable development at the United Nations. The 2030 Agenda for Sustainable Development and its 17 Sustainable Development Goals (SDGs) commits countries to a universal, rights-based agenda that integrates economic, social, and environmental dimensions of sustainable development and aims to benefit all people everywhere with a particular focus on the most vulnerable and leaving no one behind.



**1 NO POVERTY**  
End poverty in all its forms everywhere.



**7 AFFORDABLE AND CLEAN ENERGY**  
Ensure access to affordable, reliable, sustainable and modern energy for all.



**13 CLIMATE ACTION**  
Take urgent action to combat climate change and its impacts.



**2 ZERO HUNGER**  
End hunger, achieve food security and improved nutrition and promote sustainable agriculture.



**8 DECENT WORK AND ECONOMIC GROWTH**  
Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all.



**14 LIFE BELOW WATER**  
Conserve and sustainably use the oceans, seas and marine resources for sustainable development.



**3 GOOD HEALTH AND WELL-BEING**  
Ensure healthy lives and promote well-being for all at all ages.



**9 INDUSTRY, INNOVATION AND INFRASTRUCTURE**  
Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation.



**15 LIFE ON LAND**  
Protect, restore and promote sustainable use of terrestrial ecosystems.



**4 QUALITY EDUCATION**  
Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.



**10 REDUCED INEQUALITIES**  
Reduce inequality within and among countries.



**16 PEACE, JUSTICE AND STRONG INSTITUTIONS**  
Promote peaceful and inclusive societies for sustainable development, provide access to justice.



**5 GENDER EQUALITY**  
Achieve gender equality and empower all women and girls.



**11 SUSTAINABLE CITIES AND COMMUNITIES**  
Make cities and human settlements inclusive, safe, resilient and sustainable.



**17 PARTNERSHIPS FOR THE GOALS**  
Strengthen the means of implementation and revitalize the global partnership for sustainable development.



**6 CLEAN WATER AND SANITATION**  
Ensure availability and sustainable management of water and sanitation for all.



**12 RESPONSIBLE CONSUMPTION AND PRODUCTION**  
Ensure sustainable consumption and production patterns.



# The Gender Equality Edition

ACGC's 8th Annual Top 30 Under 30 magazine:

The Gender Equality Edition features 30 outstanding young people contributing to the achievement of the United Nations Sustainable Development Goals (SDGs), with a particular focus on SDG 5: Gender Equality.

As the United Nations' Agenda 2030 for Sustainable Development articulates, and as the youth's stories demonstrate, addressing gender inequality is central to sustainable development and achieving the SDGs by 2030. The Top 30 Under 30 magazine offers readers the opportunity to learn about the contributions young people are making towards gender equality locally globally, and challenges us all to take meaningful action to address gender inequity in our own communities.

Throughout all of ACGC's work, including the Top 30 Under 30 magazine, the Council is committed to representing women's rights and gender equality with attention to issues of diversity and power across all forms of identities, acknowledging that identities coexist and intersect. Concepts, approaches, and practices towards realizing equality for women and historically oppressed peoples have evolved. Feminist approaches now bring an intersectional perspective: deconstructing established hierarchies; drawing attention to multiple forms of discrimination; and avoiding simplistic or inaccurate gender binaries and dichotomies. ACGC will continue to articulate this inclusive and affirming vision for the future.

# SDG Goal 5: Targets



## 5.1 END DISCRIMINATION AGAINST WOMEN AND GIRLS

End all forms of discrimination against all women and girls everywhere.



## 5.2 END ALL VIOLENCE AGAINST AND EXPLOITATION OF WOMEN AND GIRLS

Eliminate all forms of violence against all women and girls in the public and private spheres, including trafficking and sexual and other types of exploitation.



## 5.3 ELIMINATE FORCED MARRIAGES AND GENITAL MUTILATION

Eliminate all harmful practices, such as child, early and forced marriage and female genital mutilation.



## 5.4 VALUE UNPAID CARE AND PROMOTE SHARED DOMESTIC RESPONSIBILITIES

Recognize and value unpaid care and domestic work through the provision of public services, infrastructure and social protection policies and the promotion of shared responsibility within the household and the family as nationally appropriate.



## 5.5 ENSURE FULL PARTICIPATION IN LEADERSHIP AND DECISION-MAKING

Ensure women's full and effective participation and equal opportunities for leadership at all levels of decision-making in political, economic and public life.



## 5.6 UNIVERSAL ACCESS TO REPRODUCTIVE HEALTH AND RIGHTS

Ensure universal access to sexual and reproductive health and reproductive rights as agreed in accordance with the Programme of Action of the International Conference on Population and Development and the Beijing Platform for Action and the outcome documents of their review conferences.



## 5.A EQUAL RIGHTS TO ECONOMIC RESOURCES, PROPERTY OWNERSHIP AND FINANCIAL SERVICES

Undertake reforms to give women equal rights to economic resources, as well as access to ownership and control over land and other forms of property, financial services, inheritance and natural resources, in accordance with national laws.



## 5.B PROMOTE EMPOWERMENT OF WOMEN THROUGH TECHNOLOGY

Enhance the use of enabling technology, in particular information and communications technology, to promote the empowerment of women.



## 5.C ADOPT AND STRENGTHEN POLICIES AND ENFORCEABLE LEGISLATION FOR GENDER EQUALITY

Adopt and strengthen sound policies and enforceable legislation for the promotion of gender equality and the empowerment of all women and girls at all levels.



# MESSAGE FROM THE PREMIER OF ALBERTA

On behalf of the Government of Alberta, it is my pleasure to congratulate the recipients of the Alberta Council for Global Cooperation's 2019 Top 30 Under 30.

The United Nations' Sustainable Development Goals serve as a map to guide our collective efforts towards a better today and a brighter tomorrow for our planet and its inhabitants. The young Albertans profiled here have demonstrated an exceptional and exemplary commitment to achieving gender equality and empowering all women and girls.

Congratulations to each of you on being named one of ACGC's Top 30 Under 30. I am inspired and heartened by your courage, and I can't wait to see what you'll do next!

Best wishes in all of your future endeavours.

A blue ink handwritten signature of Rachel Notley, consisting of stylized initials and a surname.

**Rachel Notley, Premier of Alberta**





# Letter from ACGC's Executive Director

It is an incredible honour to introduce the 2019 Top 30 Under 30 award recipients in this year's Alberta Council for Global Cooperation Eighth Annual Top 30 Under 30 magazine. Each year I am amazed and inspired by the young people working in a multitude of ways to make the world better in Alberta, Canada, and around the world. In a world that can seem increasingly polarized, increasingly dangerous for women, minorities and marginalized people, stories of hope like those we share in this publication can inspire all of us to be better and do better within our communities.

This year's Top 30 Under 30 recipients are particularly inspiring because each of them has committed to working towards gender equality within their work. Recognizing that gender equality and the empowerment of women and girls is the single most valuable thing each of us can do to reduced poverty, increased economic prosperity for all people, and ensure better health for families, this magazine profiles the incredible commitment and energy young people are putting towards a future where all people, regardless of their gender identity, are treated equally and fairly.

And while ensuring gender equality becomes a closer reality is vitally important to our planet, recognizing that people exist in a multitude of gender identities and acknowledging the intrinsic value each individual has is a focus of many of our Top 30 recipients.

Young people are leading the way and these 30 individuals are amongst the most impressive of all. I want to send my heartfelt congratulations to each and every one of the recipients for their amazing work and encourage everyone to share the 30 inspiring stories in this publication.

Congratulations to all of the young people featured in our Top 30 Under 30 magazine and continue the amazing work you do. I can't wait to see all that our Top 30s this year will accomplish in the future and I wish you the very best in continuing the amazing work that you do.

Sincerely,

Heather McPherson



# Get Involved



## LEARN

### READ UP

Find books and articles that explore global and local issues with a critical insight on gender. Source a combination of mainstream and alternative media, remembering to critically analyze the content for biases.

### FOCUS YOUR KNOWLEDGE

Take the time to learn about the issues you are most passionate about. When you invest the time to understand an issue, your action will be more appropriate and meaningful.

### UNLEARN

Challenge simplistic notions of gender and critically examine social structures to uncover gender inequality. Though the process may be difficult and force you to confront privilege, it enables you to help build a more inclusive and compassionate society.

### UNDERSTAND CANADA'S ROLE

Visit the Global Affairs Canada website at [www.international.gc.ca](http://www.international.gc.ca) to learn how Canada's Feminist International Assistance Policy is applied across international policy and development issues. Stay informed about upcoming forums that Canada is involved in, including the [Women Deliver Conference](#) in Vancouver in June 2019.



## SHARE

### SHARE STORIES

Invite people to share their experiences and stories with you, especially those whose voices are marginalized. This can help you understand the perspectives of others and the challenges they face. Engaging in storytelling will help you to learn more about the world and the people around you.

### SHARE YOUR SKILLS

Join networks in your community of others working towards social change. Share your ideas, talents, and skills in order to further the cause you are passionate about.

### CREATE CONVERSATION

What are you passionate about? Talk about the issues with your family, friends, and colleagues, and brainstorm innovative ways to be a part of the change.

### CONNECT ONLINE

Use digital platforms to connect with people across the globe on issues that matter! Follow people whose perspectives and thoughts are different than your own. Be sure to engage with us @ACGCNow on Facebook, Twitter, and Instagram.



## ACT

### ADVOCATE

Amplify your voice by connecting with others who are advocating for causes you believe in. Attend a rally, or sign a petition that supports change for greater equality. The small actions you take in your daily life to challenge gender inequality helps create a space that is safe for everyone.

### VOTE

Participation is key to a healthy democracy. Express your right and responsibility by voting in the 2019 provincial and federal elections. Ask your representatives about their plans to promote gender equality. Encourage women to participate in the democratic process.

### VOLUNTEER

There are many different organizations working to promote gender equality. Find an organization to work with that addresses issues you are passionate about. Volunteering provides a great opportunity to put your values into action.

### REFLECT

Evaluate your actions and approaches. Challenge the systems of power as well as privilege, and contemporary circumstances that shape how you live and think in the world. Reflect on whether your advocacy is hindering others, or preventing others from having their voices represented.

EIGHTH ANNUAL 2019

# TOP 30 UNDER 30

*The Gender Equality Edition*

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Sustainable Development Goals

# Halimia Al-Turk

**Age:** 21

**Hometown:** Edmonton, Alberta

**Lives In:** Edmonton, Alberta

**Affiliations:**

City of Edmonton Youth Council,  
Social Equity Subcommittee,  
Diabetes Canada Club

## What Influenced you to become a changemaker?

One of the wisest teachers to have taught me once said, “Compassion is the basis of all morality, so live your life as if you were a mirror that reflects the good back to people.” Being a student under her wing influenced my choice to study political science and sociology in order to create a positive and meaningful difference in the lives of others. Furthermore, my cultural identity as a first-generation Lebanese-Canadian and a Muslim pushes me to want to establish a platform from which I can advocate for underrepresented populations, gender equality, and the human rights of others.

## How does your work promote gender equality in Canada and around the world?

While serving on the City of Edmonton Youth Council Social Equity Subcommittee last year, I helped facilitate “Illuminate,” the first annual speaking event for youth to mark International Women’s Day. This event gave female-identifying and non-binary youth a chance to speak about gender discrimination or inequality in their lives. I also had the privilege of interning for the Minister of the Status of Women at the Alberta Legislature. This internship enabled me to identify, research, and understand how different policies or initiatives affect different genders through the application of the Gender-Based Analysis+ tool. Both these experiences have shaped my belief that in order to achieve gender equality, we need to create space for women to lead and participate in building strong and inclusive institutions at all levels and eliminate societal structures that are acting as barriers, depriving women from growing and developing into their fullest potential.



Gender equality is not just a women’s issue, but a human rights issue, and we all need to be part of the conversation.

## What inspires you to make a difference in the world?

Malcolm X once said, “I want to be remembered as someone who was sincere. Even if I made mistakes, they were made in sincerity.” This quote drives me to lead a life that impacts and influences others in a sincere, meaningful way. I want nothing more in my life than to serve humanity by uplifting others to their highest potential with passion, dedication, and most importantly, through hard work.

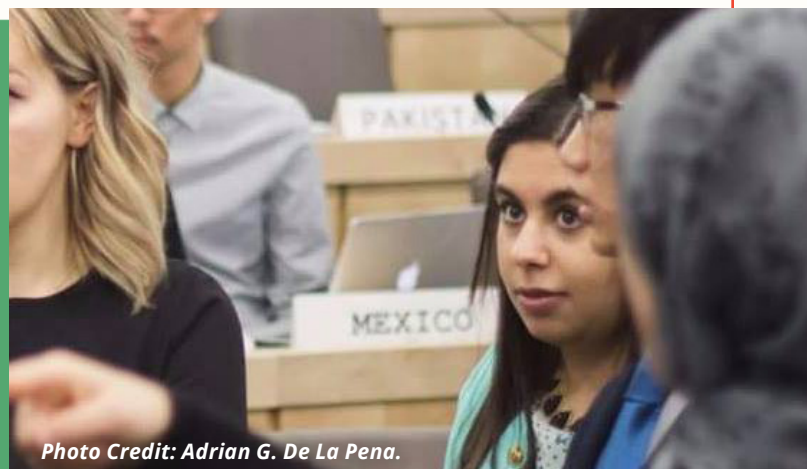


Photo Credit: Adrian G. De La Pena.

Halimia participates in a workshop addressing the impact of substance abuse on women.

# Ashley Anderson

**Age:** 23

**Hometown:** Olds, Alberta

**Lives In:** Calgary, Alberta

**Affiliations:**

Mama na Mtoto

## What change would you like to see in the world by 2030?

I want to see a world where access to quality education and health care is not determined by one's gender, race, or location. I would also like to see comprehensive policies and systems in place that address root causes of issues, instead of providing a surface level fix. Through my work with Mama na Mtoto, I've learned that addressing the social determinants of health is just as important as addressing clinical health. Similarly, I believe addressing social influences can have a significant impact on the prevalence of gender inequality. By using comprehensive and community-based solutions, gender inequality can be addressed and challenged.

Become informed and be aware of how gender inequality manifests itself in your own circles and your own experiences.

**I was raised in a rural community in Central Alberta. Although I love my hometown, I also really love travelling and learning about other cultures. During my undergraduate degree, I spent two semesters abroad, studying in both Sweden and in Singapore. For my final academic semester, I was an intern with Mama na Mtoto in Tanzania through the Queen Elizabeth II Diamond Jubilee Scholarship program. Living in these different environments not only gave me the chance to see how different cultures address their challenges, but also led me to truly understand the importance of working together to achieve a just, sustainable future for everyone.**

## How does your work promote gender equality in Canada and around the world?

After my internship in Tanzania with Mama na Mtoto, I was offered a full time position with the initiative at the University of Calgary. My position involves sharing stories of Mama na Mtoto's work to raise awareness of global health, and gender and equity issues. While I strive to consider the influence of gender in all aspects of my life, my current position gives me the opportunity to deeply explore the impact of gender inequality on health outcomes. Although Mama na Mtoto focuses primarily on health, the promotion of gender equity is fundamental to our work.



Mothers and their children wait outside the Nyamayinza Dispensary for their routine antenatal checkups, Misungwi District, Tanzania.

# Lindsay Brouwer

**Age:** 28

**Hometown:** Lethbridge, AB

**Lives In:** Edmonton, Alberta

**Affiliations:**

Young Nurses Take Action Foundation,  
Canadian Association of Medical Teams Abroad,  
Project Amazonas,  
Stollery Children's Hospital

First and foremost, my parents were the most influential people in shaping who I have become. They provided me with constant unconditional love and support, showing me how to be courageous and to work hard to achieve what you want in life. I currently live in Edmonton, and just celebrated my four year anniversary working at the Stollery Children's Hospital in the Operating Room as a Registered Nurse. If I were to give myself a personal brand, it would probably be that of a "nerdy adrenaline-seeking hippie," as I am always on the lookout for an adventure and tend to keep myself constantly busy living life to the fullest with friends and family in the outdoors.

## How does your work promote gender equality in Canada and around the world?

I volunteered at the 'Las Salinas' local public health clinic in the Tola region of Nicaragua, where maternal health and education was the main focus. I helped the local nurses create posters and information booklets about contraception and other sexual health information that could be accessed by women and young girls in the community.

In Peru, we travelled by boat to extremely remote areas of the Amazon to bring 13 nurses, as well as a Peruvian doctor and dentist, to communities so that everyone in the villages had access to health care. Many of the women and girls we saw in the clinics had little, if any, access to health care for themselves or their children.

4 Registered Nurses and 9 Nursing students from Young Nurses Take Action on our mentorship volunteer project in the Peruvian Amazon providing medical care.



We need to promote the idea that your gender does not limit you with what you chose to do with your life.

## What valuable lesson have you learned through your experience?

One lesson I have learned is the value of the human connection. When you decide to embark on the journey of planning and organizing global volunteer projects, you need to have a lot of people on your team. There is no way I would have been able to participate on the projects I have without the support of my peers—particularly my friends, family, and co-workers. I count myself very lucky to have incredible team members to plan and organize with and great friends and family members who are there to support the fundraisers year after year. I don't think there is a better feeling than seeing your dreams come to life, especially when it means seeing young people realize the impact they can have in both their local communities and abroad.





Photo Credit: Erin Brooke Burns

Realize that when you do not contribute to achieving gender equality, you are limiting the world from reaching its full potential.

I'm a musician, an engineer (in training), an absolute animal lover, but most importantly, a global citizen who is passionate about contributing towards a sustainable tomorrow. I used to think the world was only a beautiful place, but as I grew up, I realized that all this beauty was accompanied by a lot of problems. To address these problems, I joined Engineers Without Borders (EWB), which helped me realize the power I hold to make change in the world. What inspires me most is seeing young people galvanized in creating a better tomorrow. It gives me hope about the future and the motivation to do my bit.

**What change would you like to see in the world by 2030?**

I'd like to see a lot changed by 2030, including the achievement of all the SDGs. Many of the solutions are connected to each other, just like the problems they stem from. Seeing young people concerned and passionate about changing the world gives me hope that we stand a chance. By 2030, I would like to see all leaders in power be free of corruption and lead with citizens' best interests in mind. It might sound cheesy, but I want the world to become a utopia.

# Aditya Chaudhuri

**Age:** 25  
**Hometown:** Calgary, Alberta  
**Lives In:** Calgary, Alberta  
**Affiliations:**  
Engineers Without Borders Canada\*  
*\*ACGC Member*

**How does your work promote gender equality in Canada and around the world?**

My work promoting gender equality is fueled by the understanding that women make up roughly 50% of the world's population, so gender inequality means that same percentage of world's potential is held back. Some of my highlights with EWB have been working with Mining Shared Value to persuade the global mining industry to increase local procurement on projects, ensuring women are valued for their skills and abilities and offered equal opportunities; meeting with MPs to encourage foreign investments in women-owned and led companies in developing countries; and, helping plan the 2017 Kumvana Gala that brought together local organizations and leaders to celebrate and empower women in Calgary and around the world. Having a focus on SDG 5: Gender Equality in all my work is important because it helps connect the advancement of all other SDGs. I consider it like stepping into a two-player game with only one player unlocked—you just won't win the game.



Photo Credit: Julia Yuan

Aditya stands outside Parliament Hill meetings to implement Canada's Feminist International Assistance Policy internationally.

# Glenielia Ariel Crawler

**Age:** 27

**Hometown:** Big Horn First Nation

**Lives In:** Morley First Nation

**Affiliations:**

Nakoda Youth Council - Mni Ki Wakan

My name is Glenielia Crawler, but I also go by Ariel Waskewitch. I am Nakoda Sioux and Plains Cree, and I come from the small community of Big Horn First Nation. I am a proud mother to my three-year-old daughter named Nakoda, and I am a dancer, singer, and artist, and a young Indigenous female role model for many young Indigenous and young non-Indigenous girls and boys. As a youth leader and member of the Stoney Nakoda Youth Council in Morley, I am the co-convener for the upcoming Mni Ki Wakan: World Indigenous Peoples Decade of Water Summit. I am currently enrolled in the Aboriginal Education Program at Mount Royal University pursuing a degree in the science field.

## How does your work promote gender equality in Canada and around the world?

For the past year, I have worked at the Exshaw School as a Youth Cultural Teacher, offering cultural teachings through art, storytelling, song, and leadership activities. I co-facilitate sharing circles with classes once a week, where I plan and deliver lessons and sharing opportunities for youth focusing on issues of gender equality, individual strengths, and working together to make positive and impactful change—locally and globally.

Internationally, I work with the Mni Ki Wakan: World Indigenous Peoples Decade of Water Summit. In many Indigenous communities, women share a spiritual relationship with water that guides their communities in many ways. Mni Ki Wakan recognizes and values the central role Indigenous women play. As Mni Ki Wakan continues to develop and grow, we ensure women who are involved in fronts to protect the sacred water



Be a changemaker by being a leader.

Think big and believe in yourself.

Be resilient; work with communities.

Do what moves you.

## How does the work you do addressing gender inequality connect to progress on the other Sustainable Development Goals?

Women and girls are sacred beings, and they should be valued as such. Because of the many missing and murdered Indigenous women, some of our young Indigenous girls are vulnerable and do not have a strong female role model in their lives. I tell the youth I work with that self-care and taking care of their spirits is very important. And if they needed someone to talk to, I am there for them.



Photo Credit: Daryl Kootenay

Glenielia giving a presentation at the Truth and Reconciliation Speaker Series at the Buffalo Nations Museum.





# Emilie Duchesne

**Age:** 25

**Hometown:** Edmonton, Alberta

**Lives In:** Edmonton, Alberta

**Affiliations:**

Youth Empowerment and Supports Services (YESS),  
Comité Francoqueer de l'Ouest,  
Francophonie Jeunesse de l'Alberta (FJA)

Knowing when to take and give space for others is the very first step in taking a stance against gender inequality.

**What influenced you to become a changemaker?**

Who I am is shaped and moulded by my belief in equity and inclusion for all types of people. I am a passionate, part-time social work student currently working with youth experiencing the difficult realities of homelessness, addictions, mental health struggles, and histories of trauma and complex issues. In my role as a youth worker, I strive to advocate and walk alongside youth with compassion, and to create spaces where their voices are heard and validated. As a young queer-identifying Franco-Albertan, my involvement with the Francoqueer committee inspired me to use my own voice and experience to advocate and initiate change to bridge the LGBTQ2S+ community and the Francophone community.

**What valuable lesson have you learned through your experience?**

The youth I work with challenge my perspective on the world daily, which keeps me grounded and allows me to learn something new every day. They never cease to remind me that there are so many ways of knowing, and that every way is valid. The rawness and sheer humanity of their experiences, and their stories of resilience despite extreme hardships, inspires me to create equal opportunities for all types of minorities. This has also taught me the immeasurable value of a person's story and the impact it can have to listen and empower their lived experience. In order to create a queer safe space that accommodates the specific and unique needs and interests of the youth served at the agency.

**How does your work promote gender equality in Canada and around the world?**

It is imperative when addressing gender equality to also include gender and sexual minorities, as these intersect in concrete ways. Excluding folks who exist outside of the cisgender norm hinders the fight for equality or equity. The Francophone community is one where LGBTQ2S+ realities are rarely highlighted. Through my work with the FrancoQueer committee, I have assisted in creating workshops and guides to raise awareness of LGBTQ2S+ realities within the Francophone community, the Francophone school system in Alberta, and Francophone minority communities. Furthermore, in my work with communities and high-risk youth populations, I engage people in creating safe spaces by initiating conversations around inclusive language and practices. I am currently spearheading a Queer-Straight-Alliance initiative within YESS in order to create a queer safe space that accommodates the specific and unique needs and interests of the youth served at the agency.



The Comité FrancoQueer de l'Ouest participates for the first time in history in the Edmonton Pride Parade in 2017.

# Janica Altea L. Echavez

**Age:** 23

**Hometown:** Cebu, Philippines

**Lives In:** Calgary, Alberta

**Affiliations:**

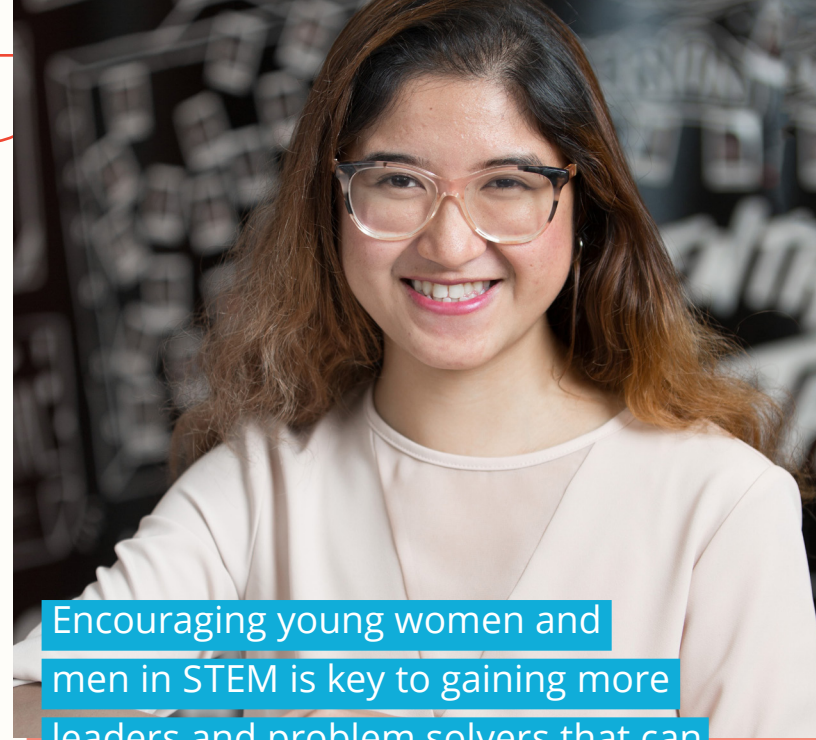
Next 36 Canada,  
Canadian Commission for UNESCO Youth Advisory Group,  
Science Expo Canada,  
Foundation of Student Science and Technology

**What influenced you to become a changemaker?**

I was born and raised in the Philippines. While we owned a family exporting business, I was aware that additional support would be needed for me to complete my education. This had an impact on how I approached my schooling and caused me to question why opportunities were not equitably shared amongst young people. The gaps in the Philippines became more apparent when I moved to Canada and saw that clean water was offered abundantly from the tap. Inspired by this, I wanted to become an engineer, focusing on smart water technologies for managing water resources in urban and rural settings. In the past, I focused my solutions on identifying better water filtration in rural places, modelling means to reduce disease carriers in water, and assisting in the development of a mobile app to detect water disruptors. While these are important solutions, I believe the greater challenge is rethinking and addressing the way we live.

**What inspires you to make a difference in the world?**

Growing up with creative and industrious parents, I've always enjoyed making new things and solving different problems. This process is even more fulfilling when done for a greater cause. The capacity to create high impact, matched with the fact that I can work with other talented and passionate people, motivates me on a daily basis.



Encouraging young women and men in STEM is key to gaining more leaders and problem solvers that can address our current concerns in new, innovative ways.

**How does your work promote gender equality in Canada and around the world?**

One of the most fulfilling endeavors that I've been able to participate in involves building communities of passionate students around science, technology, engineering, and math (STEM). Through Science Expo Canada and the Foundation of Student Science and Technology, I've been heavily involved in expanding student enrichment programs in Alberta, eventually helping to increase the organizations' reach to roughly 1500 students. In the process, I was named an Ambassador for Women in Science for the Prairie region through the Canadian Engineering Memorial Foundation. I spoke at local high schools and newcomer-focused conferences about the importance of getting more girls into STEM, encouraging youth to take advantage of youth leadership and engagement programs geared towards science.



# Ameer Farooq

**Age:** 29

**Hometown:** Edmonton, Alberta

**Lives In:** Calgary, Alberta

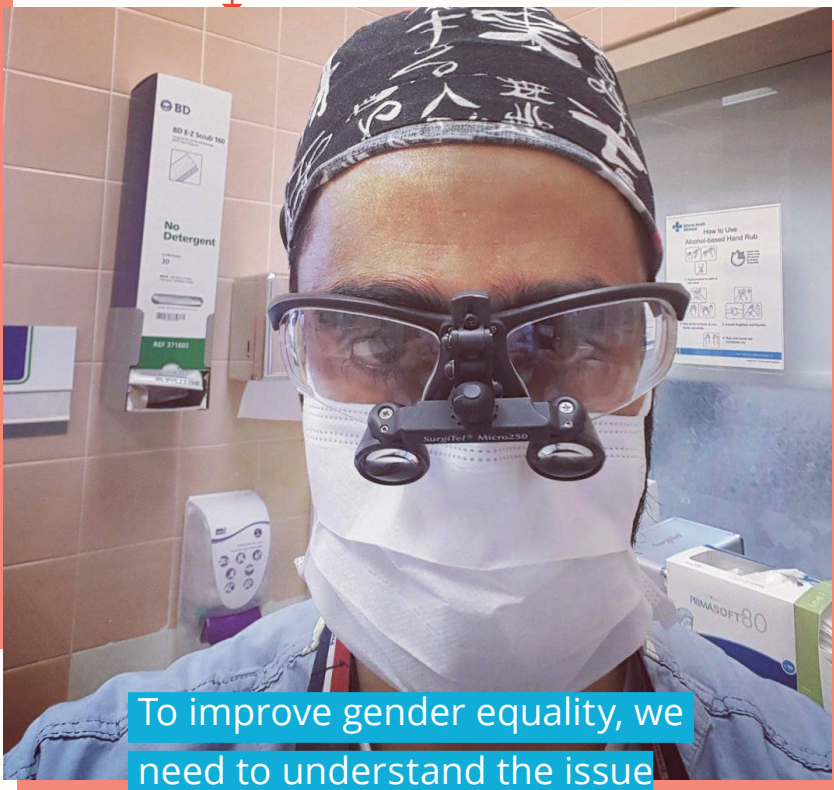
**Affiliations:**

Alberta Health Services

## How does your work promote gender equality in Canada and around the world?

I am focused on improving the quality of surgical care being delivered in low-resource settings. Surgical care is an under-recognized global health issue, yet it impacts the healthcare system on many levels. Addressing the surgical needs of women and building surgical capacity globally would help save the lives of millions of pregnant women who die during childbirth, prevent complications that impact women's lives, and prevent negative impacts on other areas of development. Working on a kidney transplant program in Guyana with the Ministry of Public Health has inspired me to continue to address the quality of global surgical care through improving decision-making and creating high quality surgical systems.

I am also committed to making surgery a better career for women. Fewer women go into surgery than men, and fewer female surgeons are offered the same positions or the same remuneration as their male colleagues doing the same work. Through my writing, I continue to advocate for surgeons, including improving gender equity for our female colleagues.



To improve gender equality, we need to understand the issue through data and research and make informed decisions that get at the heart of the problem.

*The corridors of Mohammad Ali Jinnah Hospital are smeared with the stains of spit-up paan. There are people everywhere—under the stairs, in every chair, in every bed, some moaning, some simply staring with large desperate eyes. We finally find the room we are looking for. The imam of our mosque is lying on the bed, looking gaunt. He had just been shot by a rival religious group for his views on moderate Islam. After being shot, he was bundled into a car because there is no ambulance system in Pakistan. Thankfully nothing critical had been injured, otherwise he likely would have exsanguinated during transport.*

The experiences that I have had on my trips to Pakistan, such as the one above, have had a profound impact on me. As a general surgery resident, I love healing people with my own hands. However, after pursuing a master's degree in public health at Harvard, I have become passionate about improving global surgical care through the improvement of health systems, specifically through quality improvement and human-centred design.



Ameer (pictured second from the right) and his team participating in MIT Grand Hack, a multidisciplinary challenge to design solutions to pressing global health issues.

# Saige Godberson

**Age:** 23

**Hometown:** Spruce Grove, Alberta

**Lives In:** Spruce Grove, Alberta

**Affiliations:**

Youthnited Nations International,  
Stollery Children's Hospital Neonatal Intensive Care Unit,  
Sigma Nursing Honors Society,  
Ronald McDonald House Charities,  
Special Olympics Edmonton

**I often say that "if everyone makes a small change, together we will make a big difference." As a registered nurse in neonatal intensive care and co-founder of the international non-profit organization Youthnited Nations, I truly believe in engaging individuals worldwide to create global change. Being diagnosed with cancer in 2017 impacted my outlook on health and strengthened my passion to provide better health care access globally. As a youth that personally experienced significant adversity, it is important to me to inspire and support individuals undergoing similar situations. Working as a family services coordinator at Ronald McDonald House Charities provides me with the opportunity to give back, as well as a place to understand an alternative aspect of patient and family care, independent of the medical setting.**

**How does your work promote gender equality in Canada and around the world?**

Growing up with a single mother allowed me to learn at a very young age the importance of gender equality. Through advancing gender equality, we are able to have a positive impact on the lives of those that may not have otherwise had the opportunity to reach their potential. This is why much of my work in leading Youthnited Nations has been related to empowering the women and children in Uganda. In a remote community primarily composed of widowed women and children, we have established a project to construct a clinic and provide health care resources. As a registered nurse, I am privileged to be able to work closely with this population and play a role supporting them when facing uncertainty. Recognizing the strength and resilience of women and children has been inspiring, to say the least, and solidifies my passion to cultivate change early on.



**In the face of adversity, do not settle but rather speak up and create change.**

**What change would you like to see in the world by 2030?**

I am so inspired by the work that youth are doing worldwide, every single day. I believe it is essential to create continued opportunity for youth to get involved in making change, while highlighting the active work they are currently doing. Youth and children together, including all those aged 24 years and younger, account for nearly 40 percent of the world's population. This means we have a massive opportunity, and responsibility, to foster leadership within them to achieve the Sustainable Development Goals by 2030



**Saige on a Medical trip to Baja, Mexico to support people in remote communities.**



Incorporate changes to address gender equality in your daily life. This can be in your own community, at the regional level, or through an international opportunity.

# Adam Goodwin

**Age:** 29

**Hometown:** Red Deer, Alberta

**Lives In:** Red Deer, Alberta

**Affiliations:**  
sport4one

## How does your work promote gender equality in Canada and around the world?

The sport4one group's sole purpose is to find ways to allow all individuals to participate in sport. I helped start the group several years ago and have been proud to work on many initiatives in Alberta, in Canada, and around the world. Recently, we wrapped up a long-term project supporting a Canadian boxing program for girls from lower-income homes. It brought young female leaders from the community together with young girls through boxing to promote both physical activity and the empowerment of young girls.

## How does the work you do addressing gender inequality connect to progress on the other Sustainable Development Goals?

Through sport4one, I am working on gender equity, among other SDGs-related objectives, in and through sport. Increasing participation in recreation and sport has a positive health impact for participants. Positive health can play a role in success in education and in the job market.

## What influenced you to become a changemaker?

I spend a considerable amount of my personal time investing in the sport for development and peace industry. The industry employs sport as a means for economic, environmental, and social development. I became a changemaker in recreation and sport due to some of its inequities. There is at least a 20% difference in participation rates between males and females in terms of who participates in sport in Canada; this is seen in many areas around the world.

## What valuable lesson have you learned through your experience?

As I fit a nearly clinical definition of an introvert, I have been told my entire life that I need to be "more." Speak more. Be more outgoing. Socialize more. Be more like "them." Be more unlike my true self. However, I just focus on being my introverted self, which has helped me to where I am today.



Our rugby ball in the Sahara Desert after a long day learning about ancient sport and games from the Bedouin People.

# Tina Guo

**Age:** 22

**Hometown:** Calgary, Alberta

**Lives In:** Calgary, Alberta

**Affiliations:**

Students Against Domestic Abuse Association,  
Outrun the Stigma Calgary,  
Student Run Clinic

**What influenced you to become a change-maker?**

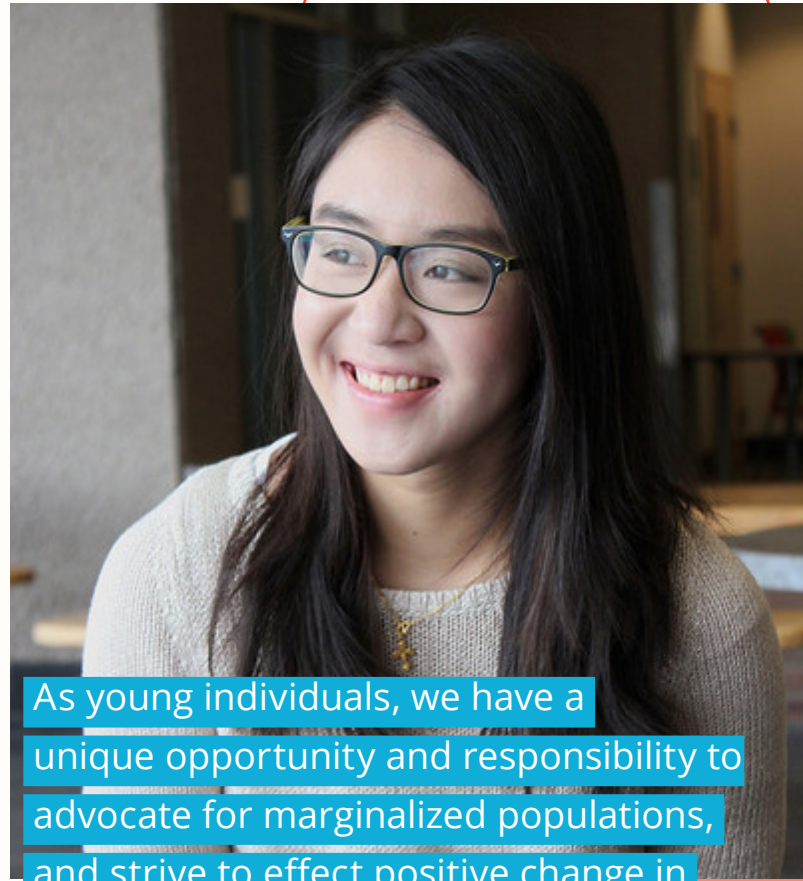
Born to a poor, first-generation immigrant family, I understood at a tender age the irreplaceability of diligence and tenacity. However, because of the many opportunities afforded me and generous individuals who invested in my potential, I have been able to follow my passion and am now a medical student at the University of Calgary's Cumming School of Medicine. My desire to repay my community for this support propels me to help others access similar opportunities. Therefore, when one of my closest friends confided in me about her experience with domestic abuse, her tenacity inspired me to champion domestic abuse survivors and pioneer a movement to raise awareness about domestic abuse and dating violence.

**How does your work promote gender equality in Canada and around the world?**

Domestic abuse and dating violence disproportionately affect women. Statistics report that 80% of survivors of intimate partner violence are women, which has remained consistent over time. To raise awareness about the misconceptions and realities surrounding domestic abuse, I founded the Students Against Domestic Abuse Association, the first student-run initiative of its kind in Canada. As the co-executive director, I have collaborated with a team of students to organize three annual Road to Resilience conferences, which have empowered survivors to share their stories, and constructed the foundations of a campus wide support network for survivors.

**What change would you like to see in the world by 2030?**

It may be ambitious to aspire to a world without domestic abuse in the next 11 years. However, by 2030, it is entirely reasonable to aspire to a world in which educational curricula addresses healthy relationship dynamics and the various forms in which domestic abuse manifests itself.



As young individuals, we have a unique opportunity and responsibility to advocate for marginalized populations, and strive to effect positive change in our communities.

We also need to focus on the proactive measures of early interventions and prevention, which are critical in addressing the origins of domestic abuse, rather than relying on reactive measures such as domestic violence shelters and law enforcement. All professions which may interact with survivors, such as law enforcement, medicine, and counselling, should provide training on how to respectfully interact with survivors.



Students Against Domestic Abuse Association executive team photo at inaugural YW Walk a Mile in Her Shoes on Campus fundraiser.



# Janine Heber

**Age:** 19

**Hometown:** Edmonton, Alberta

**Lives In:** Edmonton, Alberta

**Affiliations:**

Queer Flex, Sexual Violence Awareness/Office of Human Rights, Plan International Canada Speakers' Bureau, Rainbow Alliance Youth for Edmonton, the Quiltbag, MacEwan Office of Sustainability

**How does the work you do addressing gender inequality connect to progress on the other Sustainable Development Goals?**

I think a huge part of reducing inequality is increasing representation, especially supporting diversity in conversations around gender equality. Volunteering and working with organizations that support youth and increase understandings of LGBTQIA2S+ communities is a big part of that for me.

Good Health and Well-Being is a global goal I am incredibly passionate about in my work. Structures of inequality make health and wellness inaccessible to marginalized people. I aim to prioritize the health of LGBTQIA2S+ communities by offering accessible trauma-informed classes, developing a queer-centred health resource guide, and supporting organizations with similar missions

Continually question and re-evaluate how spaces can be made more accessible, and take action to reduce barriers for marginalized folks.

I am a queer, non-binary artist, activist, and student. I have a background in yoga-inspired movement (RYT-500) and am currently studying psychology and gender studies. I am passionate about creating safer, trauma-sensitive, and inclusive spaces and services for LGBTQIA2S+ communities, especially within the context of health and wellness. I also love creating and supporting art as a powerful tool for social change. Currently, I am part of the Edmonton Speaker's Bureau, a youth-led gender equality initiative organized by Juliana Kaneda. I am excited to work with Queer Flex, which is Canada's First queer-centred non-profit gym. I am also a member of the youth committee of Rainbow Alliances for Youth Edmonton (RAYES), which aims to promote increased understanding, knowledge, and empathy around the experiences of LGBTQIA2S+ communities.

**How can other people become changemakers for gender equality?**

Be an ally to LGBTQIA2S+, especially QTBIPOC. Educate yourself. Recognize intersectionality and remember your privilege. Advocate for gender-neutral bathrooms and language. Language is a powerful tool. Cis-folks can practice stating their name and pronouns during introductions to help normalize this practice and reduce the emotional labour experienced by trans people. Support non-binary/trans activists and artists. Reflect and challenge your own and other's oppressive ideas. Who is represented? Who is not? Ask who is left out of conversations, spaces, services, and question why.



Photo Credit: Juliana Kaneda

This design was inspired by the reclamation of the term "queer" and the beauty in allowing queerness to bloom and flourish.

# John Christy Johnson

**Age:** 22

**Hometown:** Angadical, Kerala, India

**Lives In:** Edmonton, Alberta

**Affiliations:**

University of Alberta Rehabilitation Robotics Laboratory,  
ClickandPush Accessibility Inc.

TEDxUAlberta

## What influenced you to become a changemaker?

As an Indo-Canadian and identical twin, I spend a fair proportion of my time thinking about fairness and equitability. How can we level the playing field of society for participation of all? I am an advocate of “leaving no person behind” and passionate about universal design, accessibility, and engineering a more inclusive society.

I collaborate with a team of engineers, scientists, and artists at the Rehabilitation Robotics Lab. A few of us co-created a start-up called ClickandPush Accessibility Inc. to develop a centralized mapping app highlighting barriers to wheelchair mobility and universal access. We formed an accessibility advisory council united by a common desire—to create safe, inclusive physical spaces where people of all capacities are valued, respected, and empowered. We are currently working to map the University of Alberta to make the institution a leader in accessibility.

## How does your work promote gender equality in Canada and around the world?

Discrimination, bias, expectations, and stereotyping are limiting the potential of girls and women around the globe and, in doing so, deterring sustainable development. One way my work bridges this gap is through sparking interest in STEM for girls and women. At our laboratory, we routinely showcase interactive tours of our cutting-edge innovations in virtual reality and robotics. Catalyzed by work of organizations such as Women in Scholarship, Engineering, Science and Technology (WISEST), we’ve been able to engage with high school girls and young mothers. We hope this early exposure recruits women into STEM fields around the world.



Photo Credit: MEDxEdmonton

I urge you to pay back to community, leave a trail of breadcrumbs for the prospective engineer, scientist, or astronaut, and pass the baton as you strive for personal success.

Storytelling represents a powerful way to question societal gender norms and roles. In selecting speakers for TEDxUAlberta, I gathered and vetted a diverse roster of women hailing from disciplines where they are traditionally underrepresented, including politics, tech, and engineering, bringing them to the global spotlight.



Photo Credit: University of Alberta Rehabilitation Robotics Laboratory

Stay open-minded. Inclusivity starts when you begin viewing the world through somebody else's lens.





Photo Credit: Dave Tameling & City of Edmonton

People become changemakers when they work towards a mutually benefitting outcome—one based on tolerance and respect.

### How does your work promote gender equality in Canada and around the world?

As I work towards promoting women’s rights and gender equality, I believe it is important to consider the role of women as mothers. My undergraduate research involved studying iron-deficiency in mothers, a particularly prevalent issue in developing nations where accessibility to iron or other nutritional supplements are limited. I have also piloted the Physical Literacy for Active Youth (PLAY) program, a student-led physical literacy program in which university students lead play-oriented sessions at campus daycare centres. By fostering healthy habits in children from a young age, not only do children learn to integrate physical and mental health in their lives, but also university students gain these same benefits by teaching the children.

### What change would you like to see in the world by 2030?

In 2030, I’d like to see a world where our social systems offer equal opportunity for women and children. As we are all living lives as members of different families and communities, I believe our policies should be reflective and more empathetic towards our different situations. In this way, we can develop our society to innovate, grow, and sustainably develop.

# Peter Anto Johnson

**Age:** 22

**Hometown:** Angadical, Kerala, India

**Lives In:** Edmonton, Alberta

**Affiliations:**

Run for Support and Health (RuSH), University Infant Toddler Centre – University of Alberta, Student Health Committee, Health & Wellness Movement, Obesity Canada - Students & New Professional

### What influenced you to become a changemaker?

I’m a women and children’s health researcher, community builder, and a “world-class daydreamer” according to my mom. Born alongside my identical twin brother in rural India, I was diagnosed with a developmental abnormality called intussusception at the age of two. This was an especially stressful time for my family, as the condition was life-threatening and the privatized rural health care system in Kerala was far from ideal. When I was six, we immigrated to Canada seeking out opportunity, investing in my early education. As I matured, I came to the realization that equality, sense of belonging, and respect was not always the status quo. Facing more challenges forced me to adapt and become resilient. This drove me to act—for children, for families, and for society.



Photo Credit: HIV Edmonton

Peter and the rest of RuSH in a charity run for raising awareness, education and prevention of HIV/AIDS.

# Nicole Jones-Abad

**Age:** 23

**Hometown:** Quito, Ecuador

**Lives In:** Edmonton, Alberta

**Affiliations:**

Shades of Colour, RAYE (Rainbow Alliance for Youth of Edmonton), QWTF (Queer Women and Trans-folk Fest), The Edmonton Shift Lab (Former Job)

**What influenced you to become a changemaker?**

While I've lived in Canada virtually my whole life, I was adopted from Ecuador at seven weeks old, which is something that has influenced the way that I directly, and indirectly, navigate the world. I entered university dreaming of becoming either a doctor or a clinical psychologist, but realized that academia just wasn't what I was meant to do. I found other things that got me excited, like public speaking, making videos, navigating governance, planning festivals, managing campaigns, and administrative work. But most of all, I have realized how important community is. I think when we have bodies that are politicized in particular ways, it becomes an act of survival to care about politics, and to care about, and hold space for each other.

**How does your work promote gender equality in Canada and around the world?**

I wear many hats within the queer and trans communities, but I would say that my main focus of work would be with Shades of Colour (SOC). SOC is a community in Edmonton for people that are QTIBPOC (queer and/or trans, Indigenous, Black, and/or People of Colour). This kind of space is needed because often queer spaces are white-centred and dominated, while spaces that aren't white-centred may not always feel queer- or trans-friendly. In SOC, we acknowledge that our existence is political; however, we also acknowledge that it's political to sit with each other, laugh sometimes, eat food together, build community, and hold space. The group has seen a lot of growth and community support in the past half year, and my amazing co-organizers and I are excited for what this could mean for outreach and becoming a self-sustaining group.



Photo Credit: Jonah Angeles | Instagram: channelsurfcinema

It's important to honour people's pronouns, have physically accessible all-gender washrooms at events, and talk about gender in less binary terms. It's also important to check in on your trans and non-binary friends, and make room for them.

**What change would you like to see in the world by 2030?**

I feel much of the work in the trans community (especially for QTIBPOC) surrounds survival and basic needs, so it would be nice to move beyond that. Trans rights have become a highly politicized issue and currently there's a lot of backlash. It makes so many of us feel hyper-visible and unsafe whenever we see the news or social media. With a provincial election this year, many of us fear what will happen to our rights that we were granted only recently, and we're preparing for the worst.



Some of Shade's of Colour's attendees during the final meeting of 2018!

# Sara Kardash

**Age:** 22

**Hometown:** Edmonton, Alberta

**Lives In:** Edmonton, Alberta

**Affiliations:**

Engineers Without Borders Canada; University of Alberta Chapter\*

\*ACGC Member

## How does the work you do addressing gender inequality connect to progress on the other Sustainable Development Goals?

The University of Alberta EWB Chapter has been actively working for the past year on our national advocacy campaign, #Hello2030. It has been exciting to see our chapter members engaging with the public around the SDGs and Canada's role on the global stage. We have been collecting support for the SDGs and plan on taking this to the federal government as proof that Canadians believe there is more that can be done to implement and achieve the SDGs by 2030.

As an organization, our work investing in early-stage social enterprises in Sub-Saharan Africa supports several of the SDGs. Working with grassroots organizations, we are able to see change in the economic, environmental, and social systems that have enabled poverty and inequality for so long. Additionally, our chapter has had conversations with large Canadian companies who are interested in incorporating the SDGs into their businesses.

Listen to the stories of the women and gender-diverse people in our communities and take the time to unpack your unconscious biases.

**I am in my final year of civil environmental engineering at the University of Alberta, where I have been involved with the on-campus Engineers Without Borders (EWB) Canada chapter as co-president. I went into engineering with a desire to help others and have created a space where I am able to learn and grow as an engineer and as a systems-change leader.**

## How does your work promote gender equality in Canada and around the world?

I lead a team of young individuals who want to see change in our community, change in the world, and change in their own lives. These young people fuel my desire to continue learning and uncovering the ways that I, as a white woman, have benefitted from inequality and the oppression of others. I have an opportunity to be an example as a woman in engineering who is not afraid to ask tough questions and stand out as someone who cares. I am proud to represent an organization that continually invests in women—both overseas and within Canada—and sees the value in having gender representation at our table.



Photo Credit: Brittany Gawley Photography

EWB Chapter Members coming together on parliament hill for Day of Action 2018 to shape innovative international policy change.

# Daryl Kootenay

**Age:** 27

**Hometown:** Morley, Alberta

**Lives In:** Morley, Alberta

**Affiliations:**

Stoney Nakoda Youth Council,

Banff Center for indigenous leadership,

Mni Ki Waka: Decade of Water Summit

Since I was in high school, I have always felt a deep sense of the need and desire to help others. This aligns with my identity as a Stoney Nakoda Youth in my community of the Stoney Nakoda First Nation. I have always had a belief and deep understanding of being a warrior amongst our tribe. What it means to be a warrior is to be a provider and to ensure that the young and elderly are able to enjoy comfort before a warrior does. The warrior only experiences satisfaction when seeing their community members happy and healthy. This ancient truth is what I interpret into my modern way of living today.

**How does your work promote gender equality in Canada and around the world?**

My wife Ariel and I work together with the Stoney Nakoda Youth Council, delivering workshops that promote awareness of gender equality in a local and global context. We aim to make a positive impact in the world for our youth by setting an example, igniting their spirits, teaching the importance of treating everyone with dignity, and valuing their ideas when collaborating together.

**What change would you like to see in the world by 2030?**

I feel that the internet and social platforms are not used enough to promote changemakers in the world or to help people engage in their communities. I envision a world where technology enables people to truly connect at a grassroots level for greater global impact.



Photo Credit: @markhortonimages

We must support gender equality in our gatherings by creating spaces in which female leaders can learn, engage, and act on each other's ideas.

**How does the work you do addressing gender inequality connect to progress on the other Sustainable Development Goals?**

Traditional Stoney Nakoda leadership values responsibility, respect, generosity, and spirituality. Similar to the Sustainable Development Goals, we prioritize eliminating poverty, reducing inequality, promoting good health and well-being, and maintaining healthy ecosystems to help us be healthy individuals and, in turn, creating a strong community.

In Stoney Nakoda culture, we believe there is a responsibility to yourself, to family, and to the community to be a provider and teacher. This creates a community where members do not live in poverty and everyone has a role. Through what I do, I give life to these principles, hand in hand with all generations to remember "all our relations."



# Vivian Kwan

**Age:** 26

**Hometown:** Edmonton, Alberta

**Lives In:** Edmonton, Alberta

**Affiliations:**

Centre for Race and Culture,  
UN Women,  
Edmonton Mental Health Awareness Committee,  
World Economic Forum Global Shapers Community,  
Lieutenant Governor's Circle for Mental Health and Addiction

## How does your work promote gender equality in Canada and around the world?

My first experience opening up about my personal struggles made me realize how powerful dialogue is to addressing mental health. As a result, I committed myself to opportunities where I am able to interact with underrepresented populations to talk about stigmatized topics like mental health. As a summer intern with UN Women, I created a summer magazine feature highlighting stories of female interns from different demographic backgrounds who struggle with mental health issues, providing inspiring tips for enduring difficult times. Furthermore, I also helped work on the HeforShe social media campaign by featuring young men's views on gender equity in Canada. In January, I will be joining the Centre for Race and Culture board to work on initiatives specifically in reducing inequalities and building strong institutions.

Photo Credit: Joshua Barr

Everyone can be a changemaker for gender equality by educating themselves about the prominent issues and showing respect for diversity.

## What influenced you to become a change-maker?

Growing up in a traditional Chinese family, I was never encouraged to speak about mental health. However, in my third year of university, I was diagnosed with depression and anxiety, and I lost friends to suicide. These experiences prompted me to become vocal about mental health issues, especially mental health in a cultural context. In 2015, I was inspired by my peers to run for student government and was elected as the Vice-President of Student Life with the University of Alberta Students' Union. I was surprised to find out my willingness to share my vulnerability and put myself in the spotlight encouraged other females to challenge the status quo.

## What change would you like to see in the world by 2030?

My biggest dream is to be able to witness a change in history, such as being alive to see the very first female secretary general being appointed to the United Nations. A lot can happen between now and 2030, so I am hopeful that we will be able to make progress if we work together. I also hope to see an increased awareness for mental health in ethnic communities. It would be amazing to see mental health become a mandatory component of the school curriculum for young students.



Vivian with her summer 2018 UN Women colleagues from around the world at the Daily News Building in New York City.

# Sonia Lal

**Age:** 18

**Hometown:** Edmonton, Alberta

**Lives In:** Edmonton, Alberta

**Affiliations:**

John Humphrey Centre for Peace and Human Rights,\*  
Students Invested in Health Association,  
Live Different,  
Big Brothers Big Sisters

\*ACGC Member

## What influenced you to become a changemaker?

From a cheerleader with a bow in her hair to a Taekwondo competitor gearing up to spar on the mat, I've earned my fair share of scoffs and eyebrow raises. Society conditions us to believe that there are only two types of women: tomboys and girly-girls. Strict gender roles perpetuated from a young age insinuate that women can't be multifaceted and must be fit into neat separate boxes. However, boxes are for toys, not people. No activity should be restricted by gender, and no one should feel intimidated or ashamed for passionately pursuing any "contrasting" activities. As an athlete and community leader, I work to break the negative notion that engaging in certain activities automatically files one into a certain stereotype. Be it on the field, in the classroom, or out on the streets, anyone should be able to pursue their passion without barrier or fear of societal rebuke.

## How does your work promote gender equality in Canada and around the world?

When choosing which bathroom to go to, I simply look up at the sign with the skirt and proceed to walk in without a worry. However, this lack of thought is a privilege I'd never acknowledged until I talked with Tess Adams, a student from the LGBTQ+ club at my school. Gender-neutral bathrooms are scarcely available, and the importance of having accessible and inclusive bathrooms for students of all gender identities is often overlooked. As an ally, and through my position as editor in chief for the school Newspaper, I worked with Tess to mould an article shedding light on the situation. In doing so, we raised awareness about the lack of facilities to the administration and successfully implemented a gender-neutral bathroom at our school.



Photo Credit: Melissa Raimondi

Reflect on the stereotypes and prejudiced views you may apply to others. Recognize if you're discriminatory, and rectify your behaviour. Change starts with you.

## How does the work you do addressing gender inequality connect to progress on the other Sustainable Development Goals?

Through the Students Invested in Health Association (SIHA) Local Outreach team, I've been working to simultaneously address gender inequality and SDG 3: Good Health and Well Being. Currently, I am helping coordinate the installation of menstrual product dispensers around campus in women's bathrooms. Menstrual cycles aren't voluntary and can come unexpectedly. No one individual should have to use wads of toilet paper as a substitute for pads or suffer embarrassment from the dreaded red stain. Providing the proper resources for those who menstruate is pivotal in creating the sparks that ignite change and extinguishing the stigma around reproductive health that exists today. Sanitary products are not a luxury or a privilege; they're a human right.



Photo Credit: Pip Pomroy

Sonia Lal (right) and Tess Adams (left) pictured in front of the newly installed gender-neutral bathroom.

# Gideon Mentie

**Age:** 22

**Hometown:** Brooks, Alberta

**Lives In:** Calgary, Alberta

**Affiliations:**

SPECT, FullSoul Uganda, CAWST\*, Canadian Foodgrains Bank

\*ACGC Member

An estimated 99% of maternal deaths occur in low- and middle-income countries, and 11.6% of those deaths are due to sepsis, an infection of the blood that can be caused by improperly sterilized instruments. By reducing rates of post-surgical site infection in maternal health clinics supported by SPECT's partner FullSoul Uganda, we are actively promoting gender equality in health care. Women should not be scared to access health care services in Uganda or anywhere else worldwide.

**How does the work you do addressing gender inequality connect to progress on the other Sustainable Development Goals?**

Having spent time in rural Ethiopia, I have seen how limited access to clean water disproportionately affects women and girls. In 2016, I spent the summer studying development in Ethiopia, and met many young girls who didn't attend school consistently because they would spend upwards of four hours a day fetching water. This intersection of injustices reignited my passion for Global Goal 6: Clean Water and Sanitation, and inspired me to begin volunteering with CAWST, where I was recognized as one of their star volunteers.



Photo Credit: Kerri Singh

Stories can multiply the impact of a good initiative, so let's learn how to be captivating storytellers!

**What influenced you to become a changemaker?**

I am a 22-year-old Ethiopian-Canadian civil engineering student, born and raised in the little prairie town of Brooks, Alberta. Growing up in Brooks, where over 100 different languages are spoken, I was always surrounded by a multitude of different cultures and traditions and was constantly learning about new countries from friends and strangers. My perspective has consequently been global since elementary school, so I have chosen to study civil engineering with the intention of being a changemaker in the field of water resource management. I would like to see a world where communities worldwide are not scared of their hospitals or drinking water. That is why I am working to improve technology and infrastructure for low- and middle-income countries.

**How does your work promote gender equality in Canada and around the world?**

Early last year, I became involved with the Sterile Processing Education Charitable Trust (SPECT), which trains health care workers in low- and middle-income countries to properly sterilize surgical equipment. I am currently leading a team of engineering students in the redesign of SPECT's surgical instrument support basket, used by SPECT to promote proper sterilization in low-resource health care environments.



Gideon and the Hon. Marie Claude-Bibeau, Minister of International Development, on Parliament Hill.

# Hannah Mercader

**Age:** 27

**Hometown:** Calgary, AB

**Lives In:** Calgary, AB

**Affiliations:**

Mama na Mtoto,  
Cumming School of Medicine,  
University of Calgary

**What influenced you to become a changemaker?**

From a very young age, I have always had an interest in the health of vulnerable populations. Being born in rural Philippines and growing up in a low-income immigrant family in Canada, I understand the challenges of navigating through socio-economic inequities to achieve a healthy and well-balanced life. I'm passionate about working in public health as I hope to lessen these barriers for families, especially among vulnerable women and children, so that they can reach their potential and have happy and healthy lives.

**How does your work promote gender equality in Canada and around the world?**

As the Research Coordinator for Mama na Mtoto, I help support several maternal, newborn, and child health projects in Tanzania and Uganda. Through having a gender and health equity advisory committee and conducting gender-sensitive qualitative research, we are able to better understand the barriers that prevent pregnant women and mothers from accessing quality care. One interesting finding from our research is that many health facilities give preferential treatment to women who are accompanied by their husbands, in an effort to encourage male involvement. While this is a well-intentioned rule, it inadvertently isolates single mothers, particularly pregnant adolescent girls. Such findings have facilitated powerful discussions with government and health representatives regarding how to better provide equitable health care to the most vulnerable women.

Hannah working with Tanzanian colleagues on a research study exploring barriers for pregnant adolescent girls in accessing health services.



You don't have to do something out of the ordinary to make a special impact. Be mindful of how to make the small moments count.

**How does the work you do addressing gender inequality connect to progress on the other Sustainable Development Goals?**

In many countries and societies, women are not provided the same opportunities and rights as men, yet they comprise about half of our population and are often the primary caregivers of their households. If we want to fight for global sustainable development, we need to ensure that girls and women are equally equipped to take on the challenge. When young girls are provided quality education, they can pursue a career that can help lift their families out of poverty. When women have safe working conditions and are provided equitable pay, they can help contribute to their country's economic growth. When working towards gender equity, it's important that men are also educated and encouraged to be advocates. When youth have strong male and female role models practicing gender equity, the achievements made through the SDGs will be sustained throughout many generations.







The most important thing for anyone wanting to make a change is to get involved. Whether you are able to volunteer a little bit of your time or a lot, it is always important.

**How does your work promote gender equality in Canada and around the world?**

I am currently a senior policy advisor with the Government of Alberta. Prior to my current role, I worked in both the public and private sectors and spent time working in my hometown with an organization helping refugee children adapt to Canadian society. This work was important to me, as I grew up in an immigrant family and knew the challenges immigrant children face with the education system in Canada. This experience ignited my passion for community development, especially working with new Canadians, youth, and women. Along with many friends in Edmonton, I helped create the Edmonton Somali Professionals (ESP) group. Through this volunteer group, we work on various community-based projects, including running a mentorship program for university and college students, hosting an annual career night, and running fundraisers for local charitable causes.

# Koshin Mohomoud

**Age:** 29

**Hometown:** Surrey, British Columbia

**Lives In:** Edmonton, Alberta

**Affiliations:**

Edmonton Somali Professionals

**How does your work promote gender equality in Canada and around the world?**

Within the Somali-Canadian community, females play a very strong and prominent role. However, when it comes to formal leadership positions, they are underrepresented and often overlooked. As a member of ESP, I encourage female membership and a gender balance, at a minimum, within our organization's leadership and committees. I also recognize the importance of having more female leaders participate in Canadian politics and am committed to make this happen. I am currently on the campaign team helping a female member of ESP coordinate volunteers and register party members to vote for her to represent them in her Edmonton riding in the next federal election.

**What change would you like to see in the world by 2030?**

I would like to see a reduction in gender-based violence and poverty. All too often, race and gender negatively affect one's economic well-being. I believe that if we have more females in leadership positions, including in government and in the non-profit and private sectors, we will see greater change in our society on these issues. While I believe we as Canadians have made humble progress, I know that there will always be more work to be done nationally and globally.



Career Mentorship Program Launch.

# Karl Narvacan

**Age:** 29

**Hometown:** Manila, Philippines

**Lives In:** Edmonton, Alberta

**Affiliations:**

Spinal Cord Injury Treatment Centre Society,  
Choosing Wisely Canada

## What influenced you to become a changemaker?

As first-generation immigrants from the Philippines, our family faced a common challenge—navigating the health care system. I vividly remember going to the ER one day when I had a severe toothache, only to be told eight hours later that dental care was not a covered service. This early experience, combined with my passion for education, inspired me to apply for a grant to launch HealthLINC (Literacy and Information for Newcomers to Canada), a presentation-based community program that provides relevant information about our health care system to newcomers to Canada. We worked with Migrant Alberta to deliver sessions on subjects such as how to navigate the Canadian system, covered health care services, and when to use the emergency room. After our presentations, we hold one-on-one sessions to assist these new Canadians in finding family doctors near their places of residence or work.

## How does your work promote gender equality in Canada and around the world?

As a student in health care, I have had the privilege of listening to stories of people from all walks of life. Unfortunately, time and again, some of the stories we encounter relate to gender-related abuse and assault. Being a clinical clerk in the hospital allows me the opportunity to convey to patients that there are people they can speak to about their stories and that there are people willing to listen and help. As future medical practitioners, we are at the forefront of reducing gender inequities through the sheer power of listening and appropriate collaboration with interdisciplinary resources.



Be inclusive and accepting of other people's ideas and habits, and you can be a changemaker for gender equality.

## How does the work you do addressing gender inequality connect to progress on the other Sustainable Development Goals?

My work helps to address SDG 3: Good Health and Well-Being. Through the help of the Women and Children's Health Research Institute (WCHRI) and Alberta Innovates Health Solutions (AIHS), I was able to perform research in medical school related to prenatal alcohol exposure in children, as well as differences in sizes of deep brain structures between males and females. These opportunities highlighted the notion that there is a big gap in health literature specifically regarding women's health, as clinical research on women's health is still severely lacking and underfunded. These research opportunities help highlight why medical research is important for our community.



Board members of SCITCS at the Glenrose Foundation Courage Gala raising funds for spinal cord injury and rehabilitation.

# Amber Rai

**Age:** 20

**Hometown:** Edmonton, Alberta

**Lives In:** Sherwood Park, Alberta

**Affiliations:**

Learning Beyond Borders, HEAL International

## How does your work promote gender equality in Canada and around the world?

Learning Beyond Borders supports the Rugaaga and Kakooga primary schools in rural Uganda by providing the resources needed to ensure the children have access to a good education. These resources improve their academic achievement and motivate the students to stay in school. This is crucial, especially for young girls who are some of the first to drop out of school due to obligations to their families, financial restrictions, and social conventions. With an education, these girls learn about their rights, can aspire to achieve their goals, and are able to work towards improving their own communities. Education is one of the many tools that empowers girls and can help them escape poverty.

## What change would you like to see in the world by 2030?

By 2030, I hope that every child has access to the educational opportunities that I have had, including primary, secondary, and post-secondary education and beyond, if they so choose to continue on that path. Education is the most powerful tool for any person; it is the key to unlock the potential in every child so that they can dream of a better future, achieve that dream, and serve as an inspiration for future generations. If the millions of children around the world who currently do not have access to adequate education were given this opportunity, they would uplift their entire communities and contribute to the betterment of current global issues.

To be a changemaker, you must identify an issue that needs to be addressed, think of ways to bring about the change, and evaluate your efforts to ensure you are making the impact that you hoped for.

## What influenced you to become a changemaker?

Ever since I joined the Learning Beyond Borders club over five years ago, I have been working on programs to help students in rural Uganda. Growing up, I was always aware that I was fortunate to have access to a good education, and I realized at a young age that it is something every child deserves to have. My third grade teacher was my first inspiration; she showed me that small actions can have a huge impact. Rwanda had a special place in her heart, and she would share pictures of all the children she sponsored. She was very vocal about her passion for the people of Rwanda, but she remained humble about the impact of her actions. Her dedication inspired me to get involved.

Eager to learn, students at Rugaaga Primary school are sharing a textbook in their classroom.



Photo Credit: Robert Wallace Photography

# Elizabeth Roden

**Age:** 29

**Hometown:** Glendon, Alberta

**Lives In:** Calgary, Alberta

**Affiliations:**

Operation Eyesight\*

\*ACGC Member

## What influenced you to become a changemaker

From an early age, I've always believed that everyone deserves to be treated with dignity and respect. I helped form a leadership group at my high school and was eager to learn more about world issues. In 2007, I moved to Calgary to pursue a degree in public relations at Mount Royal University. Having grown up in a relatively homogeneous community during the early days of social media, I was aware that my worldview was a bit limited. I was eager to learn more about the world by getting to know those in my new community, taking an international relations class, and travelling. Now I'm leading the Communications team at an international development organization. Through all of this, I never thought of myself as a changemaker; I'm simply a global citizen, learning, sharing, and doing my part to make the world a better place. You could say I'm a lifelong learner.

## How does your work promote gender equality in Canada and around the world?

253 million people in the world are blind or visually impaired, and close to two thirds of those are women, as they don't get access to services with the same frequency as men. I'm passionate about Operation Eyesight's program model, in which women are empowered to become part of the solution. We train women who live and work in communities surrounding our partner hospitals to become community health workers. They go door-to-door, screening every single person in their communities, and referring those with eye problems to the nearest hospital or vision centre for treatment. They educate families about eye health and other topics such as nutrition, immunization, and maternal health.



You don't have to do something on a grand scale; just live your values and stand up for what you believe in.

## How does the work you do addressing gender inequality connect to progress on the other Sustainable Development Goals?

There are many examples of how our work helps achieve many of the SDGs: When people can see, they can work (#1) and go to school (#4), and communities thrive as a whole (#8). We promote eye health and general health (#3), empower women and provide them with equal care (#5), and we partner with governments, hospitals, and other INGOs to achieve all of this (#17).



Photo Credit: Shivam Maini

A community health worker examines a girl's eyes.



Acknowledge the call to relationship and reconciliation that is present with the land you stand upon.

I am a Zimbabwean-born Eritrean settler with migration experiences as a refugee. I currently exist on Treaty 6 territory, where over the past five years, I worked at the Africa Centre and at Youth Empowerment and Support Services (YESS). This work addressed issues of migration amongst Black and people of colour and shared realities of homelessness amongst Indigenous and refugee populations. I currently work at Supports Through Dreaming Rainbow, a non-profit organization in Stony Plain that works to support individuals with disabilities. I am able to promote anti-racism and work towards equity through creating inclusive policies and coordinating health and safety procedures. While completing my Master of Education in educational policy studies at the University of Alberta, I continue to contribute towards anti-racism education across various organizations.

# Belen Samuel

**Age:** 26

**Hometown:** Born in Zimbabwe, originally from Eritrea

**Lives In:** Treaty 6 (Amiskwaskahegan/Edmonton)

**Affiliations:**

Supports with Dreaming Rainbow

## How does your work promote gender equality in Canada and around the world?

As a Black woman committed to anti-racism education and community work, I am vigilant about going beyond equality and instead work towards gender equity. I created and coordinated the Africa Centre’s African and Caribbean youth collective, YEGTheComeUp for five years. This initiative continues to encourage individual and collective empowerment from within the involved individuals of African and Caribbean backgrounds. This project creates leadership opportunities for Black women to address gender disparity and inequities within our communities, and it builds understanding of the experiences and challenges of Black marginalized gender identities and expressions.

## What change would you like to see in the world by 2030?

I would like to see less conversation and consultation, and more action around issues of inequity. I would like to see people learn how to improve their practices and environments through anti-racism and anti-oppression work. I would like to see a prioritization of Indigenous experiences and knowledges centred within every solution or strategy.



YEGTheComeUp 2018 Black History Month event, Melanin Narratives III: Community Black Panther Screening.

# Mabel Smith

**Age:** 22

**Hometown:** Edmonton, Alberta

**Lives In:** Edmonton, Alberta

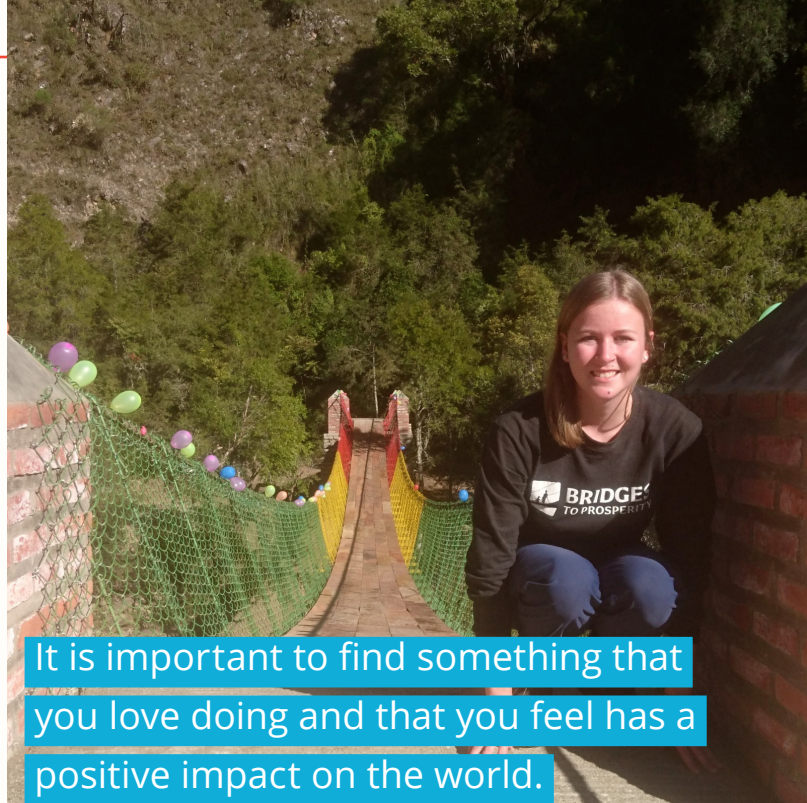
**Affiliations:**  
Engineers in Action

## What influenced you to become a changemaker

I have always felt a strong sense of environmental and social responsibility. While still in elementary school, I became an obsessive recycler as well as a vegetarian, and I would carry home banana peels and apple cores to compost. More recently, I have developed a passion for exploring new areas of the world and living in different cultures. This has led me to work and volunteer in five different continents over the past five years, including volunteering as a dance teacher with E4C's ArtStart in Edmonton; working as an English teacher in Thailand; conducting wastewater treatment research at the University of Auckland; and working on renewable energy projects with Boreal Water Resources. Most recently, I have been working to build footbridges to connect rural isolated communities to essential services in Bolivia, as the president of the University of Alberta student chapter of Engineers in Action.

## How does your work promote gender equality in Canada and around the world?

In May 2018, I travelled to Chavarria, Bolivia, as the Safety Manager on a month-long bridge building project with the Engineers in Action Bridge Program. A footbridge is a catalyst for many positive changes in a community, allowing women to spend less time fetching water, going to the market, and completing other household tasks. The bridge we built now serves 450 people, including 30 children, providing them with year-round access to essential services. It is enabling children to get to school, farmers to get their crops and livestock to the markets, families to access health services, and women to enter the labour force.



It is important to find something that you love doing and that you feel has a positive impact on the world.

## What change would you like to see in the world by 2030?

I would like to see many changes in our world by 2030, including complete gender equality and definitive action on climate change. I feel that gender equality is a catalyst for many other positive changes in our world, especially when it comes to equal employment opportunities. I would also like to see stronger action regarding climate change because it has the potential to impact the severity of poverty in our world. I believe that investing in clean, affordable energy and building more environmentally sustainable cities and communities are critical to our future.



The inauguration day after completing the construction of a footbridge in Chavarrias, Bolivia involved dancing, speeches, and confetti.



# Stephanie Southgate

**Age:** 28

**Hometown:** Ipswich, United Kingdom

**Lives In:** Calgary, Alberta

**Affiliations:**

CAWST\* \*ACGC Member

Never underestimate the effect that your actions have on other people. Follow your interests and skills, and use them to make a positive impact.

## What influenced you to become a change-maker

I have always been driven to make a positive contribution to others and the world. However, during a university internship in rural India, my resolve to shift my career path towards education was solidified upon seeing the power that education had in changing young women's lives. I spent two years working as an elementary teacher in the UK before moving to Calgary, where I was fortunate to find an opportunity that harnessed my passions for education and international development: running the Youth Wavemakers program with CAWST. The students I work with, whether they are high school students I work with throughout the school year or elementary students I teach for just an hour, continually inspire me. Young people are so open to new ideas, unintimidated by challenges, and full of innovative ideas for making a positive impact. I feel so privileged to work alongside them.

Delivering a classroom workshop about global water issues to a Calgary kindergarten group.

## How does your work promote gender equality in Canada and around the world?

Through the Wavemakers program, I work to raise youth's understanding of global and local water issues, working alongside and supporting inspirational students as they take action on these issues. One key issue is raising awareness of how water, sanitation, and hygiene challenges impact gender equality. Students are often surprised to find that it commonly falls to women and girls to collect water and that many children miss an education in order to fulfill their families' basic needs. I believe taking meaningful action on SDG 6: Clean Water and Sanitation, will help us to achieve a number of other goals, including SDG 5: Gender Equality.

## What valuable lesson have you learned through your experience?

You will make the biggest impact if you are working towards a goal that means something to you personally. The biggest lesson that I have learned is to take things one step at a time. The bigger picture can be daunting, especially when you are working towards one of the Sustainable Development Goals. I believe it is important to remain optimistic about the changes we can make, and the action we can take, to change the world. Start taking action on something that you are passionate about, and keep working towards that goal.



# Bryce Thomsen

**Age:** 23

**Hometown:** Camrose, Alberta

**Lives In:** Edmonton, Alberta

**Affiliations:**

TEC Edmonton,

Health City,

University of Alberta Faculty of Medicine

## What influenced you to become a changemaker?

Growing up in a small town in rural Alberta, I always wondered what life was like on the global stage. I was fascinated with various cultures and their ways of life, but soon realized individuals faced inequities solely because of the environment they were born into. Passionate and motivated to make a change, I started to address these inequities by founding a polio campaign to vaccinate children in refugee camps, and moving to Australia to improve health outcomes amongst Indigenous communities through collaborative research. This journey has since led me into the field of medicine, where I have a special interest in reducing sexual violence, improving access to sexual and reproductive health care services, and increasing gender equality. I have since entered into the field of social entrepreneurship, co-founding a medical software technology aimed at reducing barriers to sexual and reproductive health care services.

## How does the work you do addressing gender inequality connect to progress on the other Sustainable Development Goals?

The Sustainable Development Goal of gender equality is fundamental to the progress of society towards a just and equitable world. Gender is interwoven into all aspects of our lives, and the intersectionality between gender and race, sexual orientation, and socioeconomic status may combine to further compound inequality. We must continually work to remove the negative impacts that gender discrimination has on our communities.



I invite all youth in our community to identify opportunities to create change and to not be afraid to pitch their idea to mentors for support.

## How does your work promote gender equality in Canada and around the world?

One of the projects I am a part of has been aiming to reduce the prevalence of HPV-related cancer through the use of an innovative, self-administered cervical cancer screening device developed at the University of Alberta. This technology is meant to replace traditional pap smears, which some women avoid due to the stigma associated with the examination process. The technology is currently being validated in partnership with a hospital in Kenya, where women perform the self-administered vaginal swab themselves, empowering them to take ownership over their health and, hence, reducing barriers to reproductive health care.

Additionally, I have worked to reduce sexual violence on campus, in the community, and on the global stage. Recently, I attended a summit in Romania with leaders from all over the world discussing methods to reduce gender-based violence, and have since spoken at various events regarding bystander intervention strategies and the reduction of rape culture on campus.



Bryce in Australia on his research internship, studying ethical cooperation to identify healthcare needs.



# Alex Wong

**Age:** 22

**Hometown:** Calgary, Alberta

**Lives In:** Edmonton, Alberta


**Affiliations:**

MD Admissions Initiative for Diversity and Equity,  
Medical Students' Association - University of Alberta,  
Canadian Federation of Medical Students,  
Net Impact

## How does your work promote gender equality in Canada and around the world?

I promote gender equity by working to create spaces within my community that recognize and celebrate diversity. In collaboration with the University of Alberta's Faculty of Medicine, I co-founded the MD AIDE program last year to provide free tutoring and mentorship for low-income and Indigenous students wishing to pursue medical school. Reducing financial and social barriers inherent in the admissions process will serve to produce a physician population that is more reflective of Canada's diversity.

I also sit on the Equity, Diversity and Inclusion Advisory Committee for the University of Alberta's Faculty of Medicine, helping to create a more inclusive working and learning environment by reviewing existing systems, policies, and practices. Outside of the university, I volunteer with Net Impact, in which I am part of a team working to assist a local firm to incorporate gender and other diversity targets within their human resource practices.



As an advocate, it is important to recognize your own privilege and help elevate the voices of others, rather than replace them with your own.

## What influenced you to become a changemaker?

My passion for medicine stems from my belief that good health is one of the cornerstones of being able to live a happy and meaningful life. As an MD/MBA student, I have been struck by how important social determinants, such as one's income, housing, and education, are in influencing the well-being of our communities. Groups that have been marginalized by society are disproportionately burdened by chronic disease and poor health outcomes compared to the general population. My desire to correct this injustice has driven me to correct the social environments that create and perpetuate health inequities.

## What change would you like to see in the world by 2030?

I would like to see a world where everyone is able to fully participate in society, regardless of gender, race, or other identity factors. I would like to see a world where barriers in our institutions have been eliminated, where there is no longer inequity in health outcomes, and where the unique contributions of historically marginalized populations are valued.

The MD AIDE program Alex co-founded with the support of community partners helps encourage students from underrepresented backgrounds to pursue medicine.



Photo Credit: Laughing Dog Photography  
University of Alberta Faculty of Medicine and Dentistry

# ACGC MEMBERS



## Alberta Teachers' Association

[www.teachers.ab.ca](http://www.teachers.ab.ca)



## Change for Children Association

[www.changeforchildren.org](http://www.changeforchildren.org)



## Bow Valley College, International Education

[www.bowvalleycollege.ca/schools-and-centres/international-education](http://www.bowvalleycollege.ca/schools-and-centres/international-education)

D. KEITH MACDONALD FOUNDATION

## D. Keith MacDonald Foundation

[www.dkmfoundation.org](http://www.dkmfoundation.org)



## Bridges of Hope International Network of Dev Agencies

[www.thebridgesofhope.com](http://www.thebridgesofhope.com)



## Development and Peace

<https://www.devp.org>



## Calgary Board of Education

[www.cbe.ab.ca](http://www.cbe.ab.ca)



## Edmonton Public School Board

[www.epsb.ca](http://www.epsb.ca)



## Canadian Center for Ethnomusicology (CCE)

[www.artsrn.ualberta.ca/ccewiki](http://www.artsrn.ualberta.ca/ccewiki)



## Engineers Without Borders Calgary City Chapter

[www.calgary.ewb.ca](http://www.calgary.ewb.ca)



## Canadian Global Care Society

[www.canadianglobalcare.com](http://www.canadianglobalcare.com)



## Four Worlds Centre for Development Learning

[www.fourworlds.ca](http://www.fourworlds.ca)



## Canadian Humanitarian Organization for International Relief

[www.canadianhumanitarian.com](http://www.canadianhumanitarian.com)



## Giving Hope to Children Society

[www.givinghopesociety.org](http://www.givinghopesociety.org)



## Canadian Peacemakers International

[www.canadianpeacemakers.org](http://www.canadianpeacemakers.org)



## Global Education Program, University of Alberta

[www.ualberta.ca/global-education](http://www.ualberta.ca/global-education)



## Canadian Women for Women in Afghanistan

[www.cw4wafghan.ca](http://www.cw4wafghan.ca)



## HEAL International

[www.healinternational.ca](http://www.healinternational.ca)



## CAUSE Canada

[www.cause.ca](http://www.cause.ca)



## International Society of Sustainability Professionals Alberta Chapter

<https://www.sustainabilityprofessionals.org/>



## Centre for Affordable Water and Sanitation Technology (CAWST)

[www.cawst.org](http://www.cawst.org)



## John Humphrey Centre

[www.jhcentre.org](http://www.jhcentre.org)



## Junior Global Citizen Club

[www.juniorglobalcitizen.org](http://www.juniorglobalcitizen.org)



**Keiskamma Canada Foundation**  
www.keiskammaCanada.com



**Partners for Humanity**  
<https://partnersforhumanityfoundation.com/>



**LUTW**  
POWERING OPPORTUNITY  
**Light Up the World Foundation**  
lutw.org



**PlanNET Limited.**  
<https://www.plannet.ca/>



**Living Channel Services Agency**  
<http://www.livingchannel.ca/>



**Rainbow for the Future**  
[www.rainbowftf.ngo](http://www.rainbowftf.ngo)



**Mahatma Gandhi Canadian Foundation for World Peace**  
[www.gandhifoundation.ca](http://www.gandhifoundation.ca)



**Rainbow of Hope for Children**  
[www.rainbowofhopeforchildren.ca](http://www.rainbowofhopeforchildren.ca)



**Samaritan's Purse Canada**  
[www.samaritan.ca](http://www.samaritan.ca)



**Norquest College**  
<https://www.norquest.ca/>



**Somali-Canadian Education and Rural Development Organization (SCERDO)**  
[www.scerdo.org](http://www.scerdo.org)



**Mennonite Central Committee Alberta**  
[www.mccab.ca](http://www.mccab.ca)



**Sihle-Sizwe Vineyard Organization**



**Micah Center, The King's University**  
[www.micahcentre.ca](http://www.micahcentre.ca)



**Sinkunia Community Development Organization**  
[www.sinkuniacommunity.org](http://www.sinkuniacommunity.org)



**Nafasi Opportunity Society**  
[www.nafasi-opportunity.org](http://www.nafasi-opportunity.org)



**Sombrilla International Development Society**  
[www.sombrilla.ca](http://www.sombrilla.ca)



**One Child's Village**  
[www.onechildsvillage.org](http://www.onechildsvillage.org)



**Trebi Kuma Ollenu Foundation for Community Development**  
[www.tkofcd.org](http://www.tkofcd.org)



**One! International Poverty Relief**  
[www.one-international.com](http://www.one-international.com)



**United Nations Association in Canada - Calgary Branch**  
[www.calgary.unac.org](http://www.calgary.unac.org)



**Operation Eyesight Universal**  
[operationeyesight.com](http://operationeyesight.com)



**United Nations Association in Canada - Edmonton Branch**  
[www.edmonton.unac.org](http://www.edmonton.unac.org)



**Oxfam Canada**  
[www.oxfam.ca](http://www.oxfam.ca)



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<http://www.ucalgary.ca/>

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