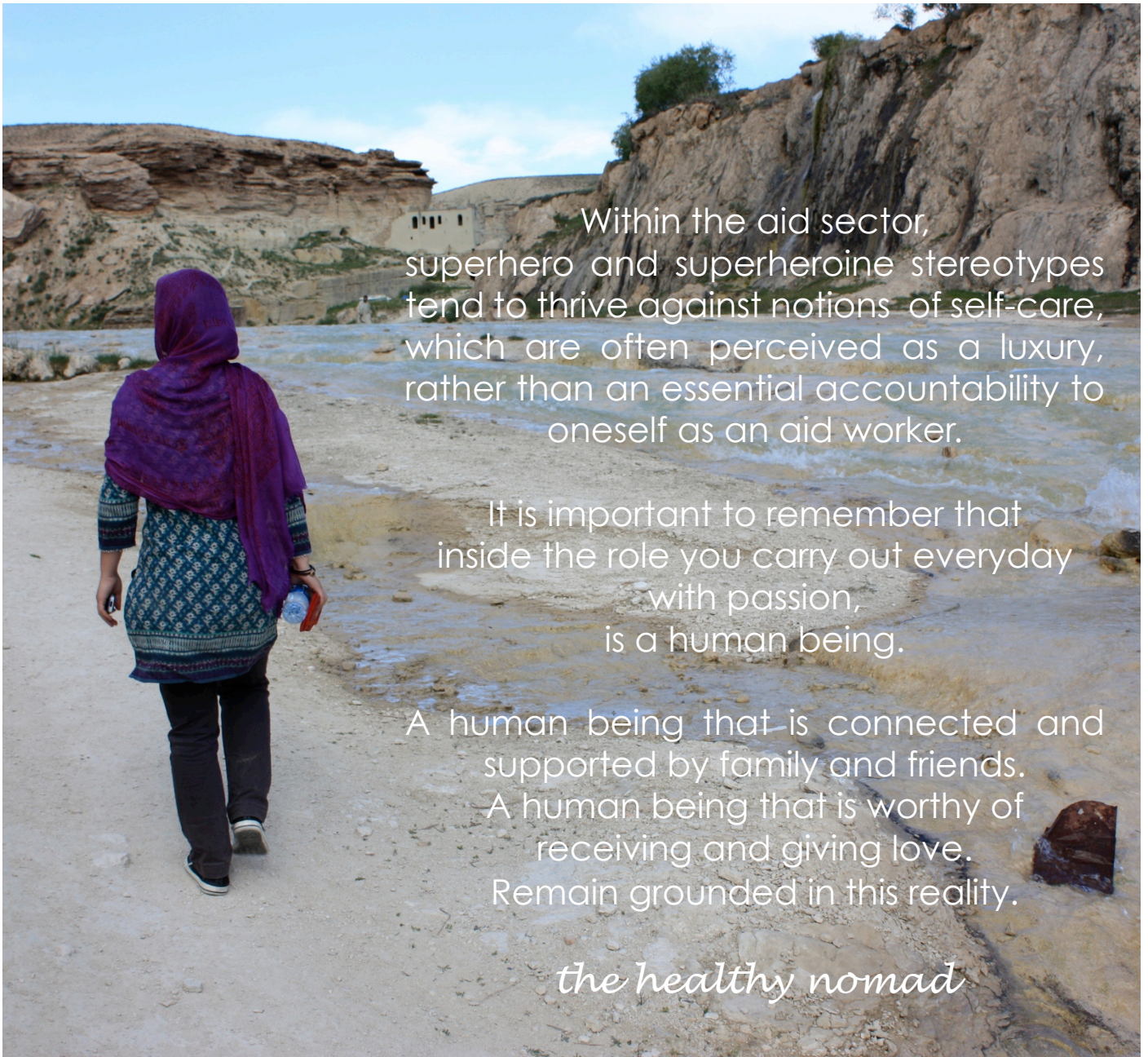


EMERGENCY AIDio



Within the aid sector, superhero and superheroine stereotypes tend to thrive against notions of self-care, which are often perceived as a luxury, rather than an essential accountability to oneself as an aid worker.

It is important to remember that inside the role you carry out everyday with passion, is a human being.

A human being that is connected and supported by family and friends. A human being that is worthy of receiving and giving love. Remain grounded in this reality.

the healthy nomad

**Live the truth of who you are, be resilient
and positive change in the world**

You have the power to do good, be well, and live your life in the now.

**Together, promote diversity, tolerance and peace through
rhythm and movement.**

Listen, feel, and see where positive action can take you.



aid workers
that drive
powerful action



how?



music
that unearths
authentic purpose

knowledge & conversation
that ignites
positive change



connection
that transforms
global good



what?

An independent online radio show connecting a global community of aid workers to discuss real issues that shape our lives; and enjoy music with a purpose, to strengthen the human dimension back into life.

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