



## Sofia Stechsulte

Leawood, Kansas

## Nut-Free Fliers

Sofia has been a Girl Scout for 13] years and is in Troop 2091 in Service Unit 620. She is currently a senior at Shawnee Mission East High School.

Sofia's Gold Award project addressed the issue of safety for travelers with severe nut allergies traveling on airlines. For travelers and airlines, a severe nut allergy can be a life or death situation if not handled properly and Sofia wanted to do her part to educate the public on those allergies and the dangers when traveling. It is her hope that by spreading awareness through informational videos and a website, she can combat the issue and make plane travel safer for everyone.

Sofia worked with Dr. Nancy Olson and a classmate to produce the informational videos for the website. Her goal was to create a series of short, catchy videos that would grab the viewer's attention and educate them along the way. The website and YouTube videos will be available indefinitely online, so she hopes that travelers and possibly airlines will be able to continue to view her project, learn and take action to make traveling safer. During this process Sofia learned the challenges of scheduling, the importance of editing and revision in video production and about allergy concerns that surround us every day.

**Because of Girl Scouts... I have been able to connect with my community and grow as a citizen of the world.**

