

## Summary of Tanzania Trip: Victoria Earl

In July, I travelled to Morogoro in Tanzania for a medical work experience placement with an organisation called Gap Medics. I spent my first week in the regional hospital and shadowed the lead doctor on the female, general ward. I witnessed cases of malaria, tuberculosis, HIV/Aids and meningitis, to name a few. I also saw sickle-cell anaemia, which was of particular interest, having recently studied it in class. I was able to visit intensive care, the psychiatric ward as well as observe a night shift in the labour ward. I found this first week to be an incredible experience as I saw some truly moving events such as child birth as well as becoming accustomed to the beautiful country that is Tanzania.

During my second week, I was based at Mafiga Health Centre where I completed a carousel through a range of departments. These included dentistry, anti-natal, post-natal, family planning, a vaccinations clinic and pathology as well as sitting in on GP appointments. Whilst there I took the vitals of patients and carried out malaria and blood group testing on my fellow students. This was one of my favourite tasks as I was able to interact with patients and was allowed a surprising amount of independence, considering the very basic level of my Swahili! As part of the placement I also attended Global Health tutorials on a range of issues including malnourishment, malaria and HIV/Aids, which I found to be very interesting particularly having witnessed all these first hand.

In my free time I was able to volunteer at the local orphanage, go hiking up to the waterfalls, explore the town and play football with the local children, as well as relaxing back at the Gap Medics house. On the middle weekend I went on safari and visited a traditional Maasai village which was an amazing cultural experience. I saw so many amazing things on this trip and met some incredible people. It confirmed to me that medicine is what I want to do and has motivated me to work hard so I can travel around the world and further explore different cultures. I would like to thank the United Wards' Club for their generous bursary which made this trip possible.

