

## Elective Report: A 3-month journey through Nepal and Kenya

My name is Natalie Irving, I am currently a Trainee Intern at the Christchurch School of Medicine. I grew up and went to school in my hometown of Feilding, before venturing to Dunedin for University (much to the delight of my Highlanders' supporting father).

In 2014 I spent my 5<sup>th</sup> year of Medicine with the Rural Medical Immersion Programme (RMIP) in Masterton. While I knew I would enjoy my time in a rural setting, my depth of experience and learning here was well above expectations. There are many challenges working rurally and operating in a more isolated, resource limited setting makes for intellectually challenging medicine. It requires resourcefulness and adaptability and I was inspired by the dedication and skill of the rural health providers I learnt from while I was there.

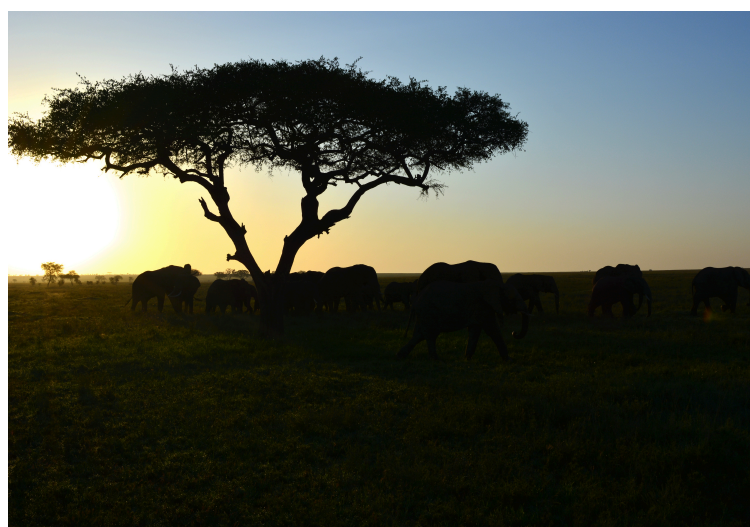
I have been a very fortunate recipient of the Pat Farry Rural Health Education Trust Travelling Scholarship. With the aid of this scholarship, I travelled to Nepal and Kenya during November 2014 to February 2015 where I wished to continue my experience in rural health, but this time in a developing country setting.

I hope you have enjoyed my blogs reporting my weekly experiences while in Nepal and Kenya. It was a truly eye opening 3 months providing plenty of challenges, medical and non medical. It has certainly stood me in good stead for the coming challenges as a junior doctor in the not too distant future.

With an extended thank-you to the Pat Farry Trust for their support, this report intends to bring together the important experiences and knowledge I have gained from my three months in these two amazing countries.



*Buddhist Monastery looking out towards Annapurna Ranges*



*African Sunrise*

