

Country girl living in the Tanzanian world:

Who would have known that getting off the plane on May 29th of 2014, I would embark on an unforgettable experience in the beautiful land of Africa. I was greeted with warm smiles and hugs and immediately felt welcomed in this exotic country.

Tanzania
and
stayed in
is about
Arusha. I
plantation
Gladness)
cows,



flourished with vegetation
wildlife. The first 3 weeks I
a town called Tengeru, which
20 miles from the city
stayed near a coffee
with a host family (Mama
surrounded by banana trees,
and chickens.

Mama gladness was very nurturing and caring. One of her children passed away, so every time an international volunteer comes, she becomes very motherly and protective. Every morning she greeted me smiling with "Mambo Mia, Habari?" She made my experience very personal and showed me how family oriented Tanzanians were and how appreciative they were of volunteers.

The people of Tengeru spoke mostly Swahili and those who received further education pass secondary school spoke English. The Tanzanians were very welcoming and were overall intrigued about me as a person. Every one stopped and spoke to each

other no matter the time or place which created a close bond between the villages. I fell in love after having the pleasure of eating traditional cuisines such as Chip Mayai.



I walked to clinic every day to intern and help patients in any way I could. I worked at a small district hospital called the Patendi District hospital Monday through Friday from 8:30-3:30pm. I worked in the minor theatre with Dr. James where minor surgeries were

conducted. Our team consisted of Dr. James, a nurse and two nurse assistants. From assisting with extreme wounds, abortions and dog bites, machete motorcycle accidents, I worked with a number of doctors in providing adequate health care for the Tanzanian people. I also worked in outpatient sometimes and saw many HIV cases in



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free care from the government. The doctors genuinely cared about their patients and provided remarkable care with the limited resources provided.

The last week I stayed at a hostel in Njiro with other volunteers and helped out at an orphanage where I mostly gave my attention to the children. We played, did art work, and read books. It was such a joy to spend every moment with them because they all were truly beautiful kids.



. During my month in Tanzania I explored their natural wonders and experienced traditional customs as often as I could. I came during their winter which was perfect weather for me. The temperature stayed in the 70's and it only dropped slightly at night. I hiked almost 23 miles on Mt. Meru to a beautiful waterfall, swam in a hot spring, as well as experience an amazing safari in Ngorongoro Crater and Serengeti with wildlife only seen in the national geographic.



One unforgettable
celebrating my
Tanzania. The host
gave me traditional
out to dinner.
I am so grateful for
shared with



experience would be
birthday African style in
family remembered and
clothing as well as take me
Turning 23 was amazing and
the memories made and
wonderful people.

Another unique experience I must say would be the public transportation. The Dala Dala was interesting in that it was unavoidable and when being transported from one town to the next, personal space was nonexistent. Nevertheless it was quite the experience and I am glad I was fortunate to embark on the journey. Overall I had an amazing time and it could not have been possible without the Brody Family!

I also did summer research/shadow at the University of Virginia with Dr. Andy Southerland who is a Brody Scholar Alumni. I worked in the department of Neurology and was introduced to many neurological diseases. I became a part of the stroke team as well as received my certification in the NIH stroke scale. My summer couldn't have been better. It was enriched with so much culture.

