

## Uganda trip 2016/17

In January of 2016 six eager medical students travelled to the beautiful country Uganda. In our bags we carried 90kg of medical supplies to conduct screening tests and treat patients. On New Years we arrived in Entebbe, Uganda and three days later we driving down the dusty road to a rural clinic in Lubanda village. Staying at Subbi centre was amazing, the community that has been built by our partners HUG is so lovely and welcoming. At Subbi centre we conducted screening tests for infectious diseases, collected epidemiological information and provided some free procedures. We also conducted two outreach clinics to remote communities who otherwise wouldn't have had healthcare.

During the ten days we were there we saw:

- 249 patients:
  - HIV patients: 9
  - Malaria patients: 24
  - Typhoid patients: 82
  - Syphilis patients: 18
  - Brucella patients: 5
  - H pylori patients: 40

All of the patients were super grateful that we had visited the village some lined up for five hours before we started to register. Also during our stay at Subbi we taught dental hygiene at the local school, learned how to make crafts with the craft ladies, and how to make some Ugandan food. We were super lucky and on our day off got to attend a pre-introduction ceremony, which is sort of like an engagement party where the families decide how many cows will be in the dowry. This was an opening experience in so many ways, including how hot traditional dress is in Uganda.

After Subbi centre we travelled to another rural village where we spent four days teaching kids dental hygiene and hand-washing. The most amazing and confronting thing about this part of the trip was the two days we spent on a remote island where we taught our health promotion program to communities who had basically no health literacy. It was uncommon in these villages for girls to be married and pregnant at age 14, they were extremely poor communities with little access to doctors, school or other resources. Despite all this when they came together for our teaching they were the most enthusiastic groups we had talked to.

Our next stop was Kampala, the capital city of Uganda, here we did some souvenir shopping and relaxed as the volunteering part of our trip was over. We spent four days on Safari, the scenery was indescribable! We saw seven types of antelope, giraffe, bamboo, countless and four out the five big game animals. There is nothing quite like seeing the sun rise over the savannah or seeing a stray lion being chased by a pack of water buffalos.

All in all it was an amazing, rewarding trip that I would repeat again in a heart beat and the most amazing country I have been to thus far.