

## A great time in Nepal

February/March 2013

In December 2012 I went to a presentation at my University in Mannheim, which was given by Hari Bhandary. The topic of it was the different projects run by the Friendship Clinic Nepal, besides that there was a lot of delicious Nepali food prepared for everyone, who wanted to taste. From the first moment I was fascinated by the history of the Friendship Clinic Nepal and all its work and effort for the people in Meghauri, Nepal. For a long time I already wanted to visit Nepal and I thought that doing an internship in Meghauri at the



Friendship Clinic Nepal would be the perfect way to realize it. Because it was only 4 weeks to go until my next holidays at University, I decided to hurry and just find out, if it would be possible to visit the Clinic in Meghauri in February and March. I have to say that I was surprised, how quick I got the response from Ms. Harder from Freiburg (Thanks a lot again!), that I should just discuss my plan with Hari, but that it was likely that there

would be no problems. Just some days later I got the answer from Hari that I would be hearty welcomed and that I can book my flights. Because time was already tight, I started organizing my journey to Nepal immediately. 5 days after I had finished my last exams I took the flight to Kathmandu, Nepal and was really looking forward to 2 months in Nepal and a lot of new experiences. Through my time in Nepal all the wonderful people of Haris and Rams family have been so friendly, kind, and helpful that I always had the feeling of being part of the family. During my internship at the Friendship Clinic Nepal in Meghauri I made a lot of new medical experiences, but also gained insight in the Nepali culture and everyday life. The fact that there have already been other volunteers from Europe in Meghauri when I arrived made it of course easier for me to accommodate to that totally

different life, country and culture. I was very lucky because when I arrived there had been some more days in which the staff of the Clinic and the other volunteers had organized Health Camps in more remote areas around Meghauri. I must say, that these days have been very busy and exhausting but also very interesting, because there was a lot of medical work and examinations to do but we also got to know some of the other problems and worries the people are trying to cope with.



During the rest of my stay I did not only work at the Clinic but also helped at the nursery.

Once again I want to thank all the people who made it possible for me to spend this wonderful time in Nepal, especially of course Hari and all the family for their kindness and hospitality, the other volunteers at Rams house who also contributed a lot to that incredible time and of course Ms. Harder who was my first contact to the Friendship Clinic Nepal.



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