

February 2013

A nice experience in Nepal

We, Maria, Nazaret and Íngrid, had finished our medicine degree in June at the Barcelona Clinic Hospital and we wanted to have a nice time like volunteers in Clinic Nepal. We spent two weeks in Megghauli and one week in the Daldale children hostel.

Before, we had done a little bit of tourism in Nepal (Kathmandú, Pokhara...) and we had seen the Nepal life style.

When we arrived to Megghauli, doctors, organizers and other volunteers of Clinic Nepal had received us very well. They offered us a nice house to stay all days we spent there. Ram's family was sincerely warm.

Clinic Nepal is a pretty organization where people around Megghauli can go 24hours a day for any health problem. The medical assistant, doctors, nurse and even the ambulance driver were very nice. We could stay with the dentist, ophthalmologist... and give our opinion in all diagnostics and treatments. In Nepal medicine is very different than in Europe. At Clinic Nepal doctors have a lot of drugs and instruments but the way they do the things is quite different but maintaining and excellent praxis. We, perhaps, should have done the same processes in another way but, this was exciting, we could mix the two different ways to do medicine and we realize both were ok.

They taught us to do medicine using less resources and that was quite nice. They showed us that we waste an unnecessary quantity of drugs and instruments.



The health camp was really exciting and wonderful! We woke up at 9 o'clock. We went by ambulance to little villages far of Clinic Nepal. There, we could visit a lot of people of the village that received us with a nice welcome. Perhaps 150 people per day. We could take the pressure to the patients, take a first contact with them and talk about their most important health problem. We also could stay with the health assistant and discuss about diagnostics and the best possible treatments. Other days we could see gynecological problems (vaginal infections, pregnant women,

menstruation problems...). It was very interesting because we could see general problems of Nepali people, not only health problems, life problems too. The most common problems were gynecological pathologies or anomalies, joint diseases, dermatological problems, headaches and, of course, gastritis, because of the spicy food. Sometimes we could deal with people attacked by wild animals.

People of Nepal were adorable. We also could do Spanish language classes, sing Catalan and Spanish songs, dance with them, play football and do more funny things, of course, when we had finished our work.

We were so happy working and enjoying our time with them that we left Megghauli crying!! We really love people of Clinic Nepal and Ram's family.

Then we went to Daldale. We met 52 incredible children that lived there. When we arrived to Daldale, Vishnu was waiting for us at the bus station. Childs were at the school and he and his wife showed us the hostel. When children arrived they were very happy and they wanted to show us their rooms, songs, typical dances, games, sponsor's pictures, school books, homework and all the things they had there.

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The first day was incredible but the second was more. They wake up at 6 o'clock to study during an hour and to do some housework. Then they go at the school and come back at 4pm. After that they take a shower, clean their clothes and all of them do the home tasks. One hour to play games and then it was the dinner time. One more hour to study and then it arrived the time to sleep. Is really incredible how they study and the concepts they know looking to their ages. I think they know more than Spanish children.



We spent an afternoon explain them the importance of cleaning their teeth and how to do it, and how many times a day should clean them. We talked about the problems of not brushing teeth and they were very collaborative. We could give them toothbrush and toothpaste thanks to the donation of Dr. **Carmona!** They were very thankful!

Other afternoons we checked all children and we made a list with the different **pathologies** found, and we give a list to Vishnu.

Last day they gifted a lot of pictures to us. It was very lovely. At night we have dinner together and then they sang and danced for us until we go to sleep.

Next morning we were afraid for the farewell. We left Daldale crying again and walking to the bus station while they said us goodbye.

We were very surprised about the good education, the good feeding and the big family they are. We would like to say to all sponsors that the money they give is spent in a good way and it's really nice to see how the donations and the care of the hostel workers can make children happy and give them a nice future!

We never will forget all of their looks and prayers saying: "Please, try to come back again"!!

We love all of them.



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