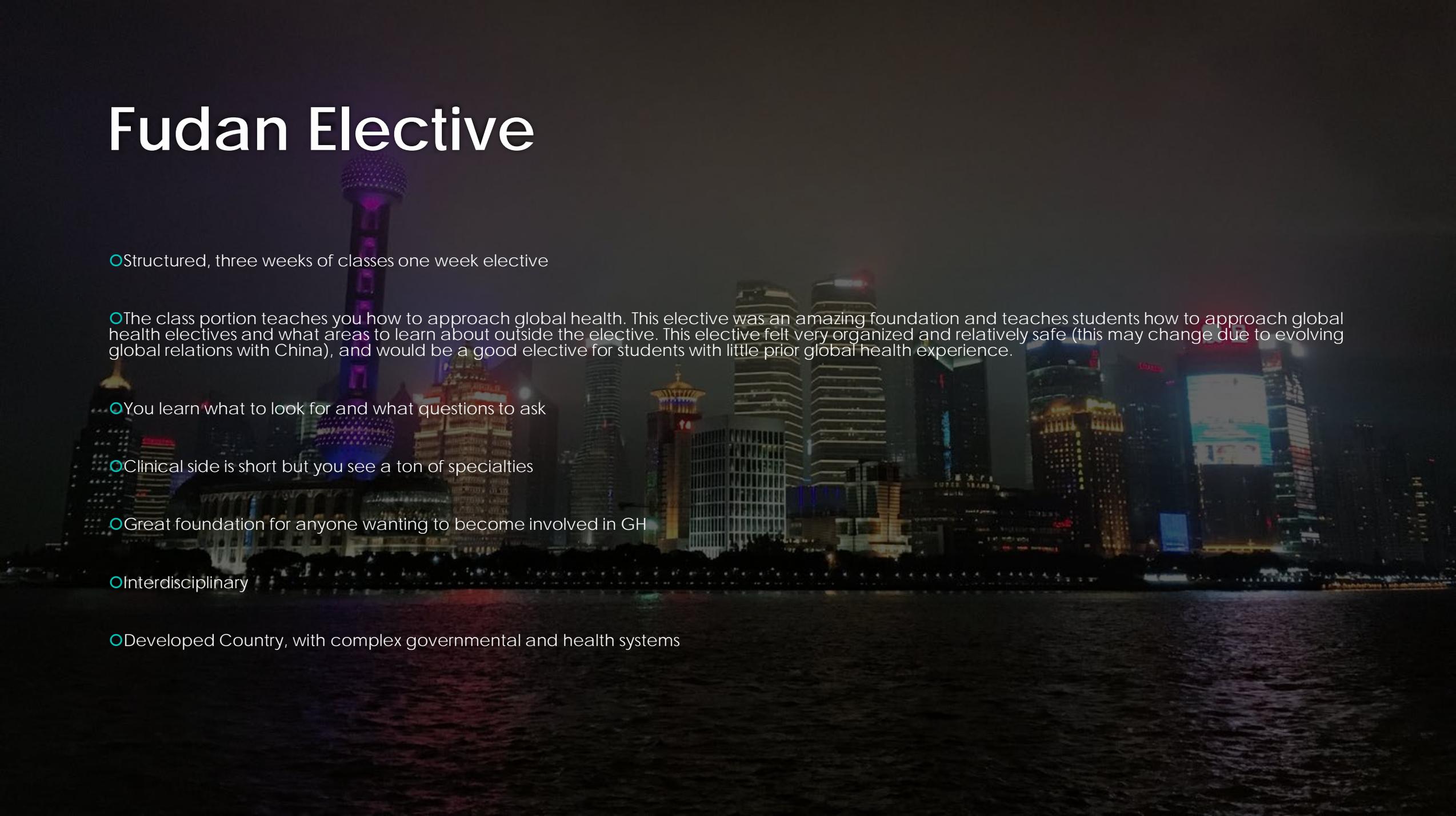


Global Health in Medical School



Fudan Elective



- Structured, three weeks of classes one week elective

- The class portion teaches you how to approach global health. This elective was an amazing foundation and teaches students how to approach global health electives and what areas to learn about outside the elective. This elective felt very organized and relatively safe (this may change due to evolving global relations with China), and would be a good elective for students with little prior global health experience.

- You learn what to look for and what questions to ask

- Clinical side is short but you see a ton of specialties

- Great foundation for anyone wanting to become involved in GH

- Interdisciplinary

- Developed Country, with complex governmental and health systems

Things I wish I knew before going

- Global Health involves some risk, don't treat it like a vacation. Make sure to do risk assessment before leaving, see travel clinic specialist, and make plans for area specific risks.
- Global Health is a learning experience, don't treat it like a vacation. It is your responsibility to represent the University and take the most out of the elective time.
- Global Health is super fun, travelling and learning can be more fun than a vacation. Aspects like travelling around the country and eating local cuisine are just as enjoyable as on a regular trip, but have the added benefit of being considered within the broader learning experience of global health.
- You do not have to speak the language (in fact, I think the cultural experience was greater going in without previous experience). You do live like a local and will probably need to pick up a few phrases. (For example, "I would like that *point*", numbers 1-5, "coffee", "toilet" "thank you", "how much?")



Kathmandu

Patan Elective

- Less structured

- Two specialties (more focused)

- Learning Objectives up to you to define. I found having done the Shanghai Fudan elective a very good foundation for knowing what I should be learning and what to read up on in evenings regarding public health, epidemiology, and education systems in Nepal.

- Clinical experience, but little didactic session learning.

- Developing Country and Health System (spending a month in Nepal can be exhausting but very valuable experience)

- Think of it as a GH clinical elective not a specialty. There are better clinical electives in Edmonton if you're seeking clinical skills and clerkship specific experience. Global health electives are in their own class and provide their own unique knowledge and experience.

Things I wish I knew before going

- Earlier in the summer is better (monsoons were a bigger deal than anticipated)
- Earthquakes (aftershocks) common, don't worry too much about them
 - Have an earthquake and escape plan in the very rare case of disaster
- May want to explore outside the city, consideration for vaccinations
- You will get food poisoning
- Going to need to take responsibility for learning



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