

	Nepal is a beautiful country to visit, and after we were done in the hospital we enjoyed exploring temples, shops and restaurants nearby. Over the weekends we got the opportunity to travel to Pokhara where I went paragliding for the first time, as well as attempted day treks in the mountains of Nagarkot.
What problems did you encounter? (120 words max)	It was such a different experience being in a completely different country with a different healthcare system. One of the struggles I had was communicating with patients, who only spoke Nepali. Thankfully the doctors spoke English, but the language barrier restricted the amount of patient communication I had. The hospital itself was poorly resourced, and oftentimes lacked necessities to cater for all patients.
What accommodation was provided?	I went with Work the World – an international company based in the UK who specialise in offering medical electives. They provided a house in the city for all their elective students.
Would you recommend this to someone else? (explain if necessary)	I would highly recommend this experience. The plastic surgery opportunities were amazing, and I learned plenty in my weeks in Nepal. Additionally travelling with Work the World took a lot of stress and hassle out of planning my elective in a foreign country.

Are you more likely to choose a career in plastic surgery as a result of this experience?

Absolutely! My time there solidified my resolve to be a plastic surgeon.