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	Furthermore, I found the academic activities that I took part in extremely valuable. These exposed me to a broader range of plastic surgery techniques such as liposuction and abdominoplasty which were not regularly performed at GMCH. The surgical skills workshop I joined allowed me to practice my practical surgical skills under expert supervision with real-time feedback.
What problems did you encounter? (120 words max)	Organising the placement was time-consuming and occasionally difficult. GMCH is a government hospital, so foreign medical students require clearance from both the Medical Council of India and different government departments. To coordinate between these bodies and obtain the necessary documents to undergo the elective required organisation and forward-planning. Furthermore, it was sometimes difficult to adapt to different medical practices. For example, the organisation of clinics is performed very differently at GMCH, as several patients will be assessed, examined and advised at once. At first, these differences confused me as they were at odds with the clinical environment I was used to. However, by remaining flexible and patient, I grew accustomed to these differences with time, and I gained valuable experience from these varied learning opportunities.
What accommodation was provided?	I was hosted in a small apartment a bus ride away from the hospital, with all necessary facilities.
Would you recommend this to someone else? (explain if necessary)	I would absolutely recommend this experience to others. Whatever specialty you are interested in, the opportunity to experience medical practice in a different sociocultural environment can expand your understanding of medical and surgical service provision. Furthermore, it is an unparalleled opportunity to immerse yourself in clinical practice and learn