

Global Brigades: Medical and Public Health Brigade to Honduras

Over the summer I went to Honduras on a Medical and Public Health Brigade with Global brigades. It was a brilliant experience full of laughter, heartache and learning; and a time I will remember for the rest of my life. As it was my first time travelling towards the central America I was quite excited, but at the same time nervous; Honduras not very well known for being a “safe” environment for visitor. However, when we finally arrived to the capital city Tegucigalpa I was awestruck by the beautiful country covered with greenery, sunny skies, and smiling faces; my anxieties left me almost instantly.



Tegucigalpa

As we were a small group we had to merge our brigade with 2 other brigades, one from the United States and one from Canada, the first of its kind according to the organisation. However, surprisingly we made many new friends and we were able to work brilliantly side by side despite not knowing each other very well. It was interesting to meet new people who share the same values and goals as yourself but live on the other side of the globe, which made our brigade that much more special.



Accommodations location

Our location was towards the more rural outskirts of the city, as we had come to provide medical assistance and provision for those living far from hospitals or could not afford to visit a hospital. In the first few days we set up a clinic in different rural locations, looking at least 300 visitors a day; duties involved triage, pharmaceutical station, shadowing of Honduran doctors, La Charla (teaching kids about dental hygiene) and the most undesirable job which was data informatics. Overall, these days were tiring, as soon as we got back to our sleeping accommodations I would eat dinner and head straight to bed, however it was truly fulfilling and worthwhile despite this. I learnt a lot about the Honduran people, whom lived in dire circumstances, some of them did not have any clean water and some whose only food choice was beans, and most of them had never seen a doctor in their lives. Nevertheless, their struggle and strong spirit persisted which was truly inspiring to myself.



During the last few days we did our public health brigade, in which we helped construct a lavatory which would aid the hygiene and health of many people of the community. It was tough and tiresome; however, it was truly worth all the effort.



In conclusion, my expedition to Honduras was truly unforgettable as cliché as that may sound. It has allowed me to understand what I truly want to do with my future career and what makes me happy. Global brigades in particular was wonderful in accommodating to us, allowing us to feel safe and well looked after during our stay in such an unfamiliar place; in addition, the QM expeditions fund allowed lightened my financial burdens regarding the trip, thus allowing me to truly enjoy and delve into the experience. I can say honestly that I highly recommend to anyone to take on an experience like this no matter how daunting it may seem it will truly be invaluable to you in the future!