

An exceptional month in Rio de Janeiro at Hospital de Gamboa

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If you want to be an omniscient doctor in the future, it is necessary to have some foreign experience. This can be easily and very pleasantly achieved by taking part in the SCOPE exchange. Travelling around the world is very educational and at the same time enjoyable, especially when you encounter new people, places around the globe and combine this with gaining experience related to your future profession.

I had the opportunity to have my monthly exchange in heart of Brazil – the magnificent city of Rio de Janeiro. It was something unique for me to visit such a distant and exotic country. I'm sure everyone has heard of this city, but to fully experience the wonderful atmosphere and climate, the friendly people and the most stunning tourist attractions as well as the dazzling beaches, you have to be there!

Every day in the morning I took the train from the district of Madureira, where I was lodged with three Brazilian students, to the Center of Rio to Hospital de Gamboa. During my traineeship there I met many people – doctors, residents, nurses, students and other staff – spending time with all of these people was very educational, both from the medical point of view, but definitely also from the cultural point of view. All these people were very curious about me – a student from a country so far away (I was the only exchange student in that hospital at that time.) Thanks to this I had an opportunity to talk about differences in all aspects between Brazil and Poland.

Often in the afternoon and on the weekends I headed towards the Copacabana and Ipanema beaches. The weather was wonderful, 30°C, cloudless, sunny sky and this was wintertime! I enjoyed my time there laying on the beach, swimming and sipping refreshing coconut water – something everyone loves and drinks all the time. In Europe the sun and beach is usually connected with say a month of vacation time in the summer, but here this lasts all year long. Being here you understand why the people are so joyful, friendly, wanting to sing and party all the time. You can definitely excuse their slight laziness. The food is also amazing – I especially liked the ubiquitous beef steaks with Feijoada (rice with black beans).

Rio is located at the seashore, but at the same time there are many mountains, practically in the city, which create an unforgettable landscape. The most famous one is Corcovado (700 m) with the statue of Christ Redeemer, which is a must-see. I also visited the Sugar Loaf, Maracana Stadium, Saint Sebastian's Cathedral, Candelaria Church, Botanical Garden, Copacabana Fort, Barra, Lapa...

Rio de Janeiro is a breathtaking city to visit, with so many things to see and do, so if you if you still haven't been there I highly recommend it!