

Russian Exchange

We are Arthur Fernandes Fusco Pessoa and Caroline Cunha Fernandes Carvalho. In this month something amazing is happening in our lives. We are on an exchange in Samara by IFMSA-SCOPE. It is not easy to make a text about this experience because there are many things to talk about.

The wheatear is something everybody ask us about. For our surprise, it is not as bad as we expected. Of course, we have got a cold as soon as we arrived. But in 3 days everything was solved. Until now the lowest we have seen was -20o C and, with the special coats that our hosts borrowed us, we could handle it. Sometimes Carol thought she would freeze. But she got used to that. Everything gets better when we see the beautiful views of the white in the ground and the trees all covered in snow.

We also have to talk about hospital experience, which is the most important of this exchange. Here we could see great structure, resolute doctors, good surgical techniques, seriousness on work but also with good humor. We can say that all the hospitals have surprised us with the structure and organization, specially the Oncological center. On this two weeks we had the opportunity to watch pediatric surgeries (hidronephrosis, varicocele, cryptorquidism), neurosurgery (tumor, aneurysms, strokes), endoscopies(bronchoscopy, colonoscopy) and intervention radiology for applying local chemotherapy in the liver. The diversity of specialties was the main point of this exchange.

Talking about the experiences outside the hospital we have a special list of things that we have done and things that we haven't done yet. We went to contact zoo which was the best one we have been in our lives, specially for the beautiful and exotic animals there and the opportunity of taking them in our hands. We have also skated on the ice and had wonderful time with our friends from IFMSA. At least, our great dreams, to make angels and ball war at the snow have come true as well, an amazing experience we had with our hosts Petr and Alice.

The experience of being in a family house also contributed for the quality of this exchange. For sure, it is the best way to learn about the culture of a country. We have eaten typical foods (ikra,borsh...) and drinks, listened to Russian music, and also seen many typical habits(take off shoes and coat when you arrive home) that makes us understand better how the Russian people are. Besides, it is a great opportunity to make friends for the whole life, like the couple Petr and Alice is for us in this moment.

We would recommend everyone to have an experience like this. Not only for scientific knowledge, but for life experience. And, for sure, we would recommend everyone to go to Samara city because of the beauty, entertainment options, high quality medicine and also for the great local IFMSA committee.

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