



Study Abroad Experience

SUMMER IN KENYA

by Isabel Brum

I spent the summer in Kisumu, Kenya as part of the "Summer 2022: Public Health in the Tropics" program from the School for International Training (SIT).

JUNE - JULY 2022

I traveled with a group of 20 students from universities in the US and program leaders from Kenya. During the weekdays, we worked on different sites in Kisumu to learn about public health issues. On the weekends, we often organized road trips and explored different areas in Kenya.

A TYPICAL WEEK PUBLIC HEALTH INTERNSHIP



In the mornings, I would shadow different clinicians at a major hospital to learn about significant health concerns in the region. I spent my internship learning about HIV care and the social determinants of health that impact people's quality of life in Western Kenya.



In the afternoons, we would take a Swahili class and work on a research project to further explore topics of interest. Once a week, we would read a journal article and meet with program advisors to discuss topics of health concern in Kenya.

ROAD TRIPS MASAAI MARA & UGANDA



One of the major excursions we did as part of the program was a trip to the Mara. We spent a weekend with local tour guides and saw many animals in the savanna of Kenya. The shadow in the picture above is of the car we were driving (we were super close to the elephants!)



We also drove across the border into Uganda. There, we spent the weekend in the city of Jinja where we saw the source of the Nile and kayaked along the river. It was great to spend time in such an iconic place and with an amazing group of people.