My experiences in Cali and at the Universidad Javeriana were truly unforgettable. Everyone from the faculty to the students was extremely welcoming. Talking to the students and faculty proved to be incredibly insightful and I learned so much about Colombia simply from talking to them. The week was incredibly busy and was over so suddenly, but it was one of the greatest experiences of my life and I believe my experiences in Cali will play an important role in my development as a health care professional in the United States.

I thoroughly enjoyed all the lectures and activities that we attended while in Colombia. However, I did have my favorites that stood out from the rest. The lecture on public health was especially intriguing to me. I learned so much about the health care system in Colombia and the public health issues that the country faces. It was particularly helpful to my research, which focused on indigenous medicine in Colombia. I was able to gather an ample amount of important information on the subject and incorporate it into my own work. Another lecture I enjoyed was Dr. Tamura’s lecture on semiology. Dr. Tamura was amazing and it was easy to see how passionate he was about his work. I loved this lecture because of how engaging Dr. Tamura was and because learning about the interactions between patients and doctors in Colombia was such a great insight into the health care system there. I find it interesting how differently doctors in Colombia interacted with their patients as compared with doctors in the United States. In addition to the lectures, the activities that were planned for us were incredible. All the activities truly gave me a firsthand experience of the culture in Colombia.

Visiting the hospitals and clinics gave me a clear idea of what health care in Colombia was like and also highlighted the unfortunate disparities between social classes in the country. I also really enjoyed our nonacademic activities. Taking salsa classes and going to the salsa club was unlike any other experience I have ever had. I had never been so immersed into a country’s culture like that. I felt so lucky to be able to see a side of Colombia I normally would not have seen. In addition to that, I really enjoyed the tours we went on. Through the tours I was able to fully admire the beauty of Cali and learn about its rich history. Overall the trip was unbelievable. I enjoyed every aspect about it and would recommend it to anyone. I learned so much about Colombia, medicine, and myself. Experiencing the culture of Colombia and learning about the health care system there has made me more aware of the opportunities and benefits we have in the United States, but also taught me that there are many things we have to change about our own medical practices in order to better serve our people.