



**Bethany Doda**

**Dietetics**

I would love the opportunity to visit Malawi, It is an amazing chance to gain an insight into the culture in Africa and the needs of the local population. It would be beneficial from a Dietetic perspective to find out about the diet of the locals and how they achieve adequate nutrition. I would also have the opportunity to try new foods and widen my knowledge which would also be beneficial from a dietetic perspective for future practice.

It would also be an interesting chance to gain an insight into the healthcare in Malawi and to find out how they cope with their limited resources. I will also be able to find out about disease prevalence and management. This trip would allow me to further develop my communication skills through having to communicate with a language barrier and little spoken English, this experience will also be beneficial for future practice as a dietitian.

I love working with people, I have previously carried out voluntary work in a care home for the elderly and have experience working with young children aged 5 to 6. From the age of 14 I have helped out at the 1st Barrow upon Soar rainbow unit. This has involved organising activities, crafts and games. I also help with reading and spelling. I have completed my young leader qualification and have also started working towards my adult leadership qualification.

I have also had lots of babysitting experience so am used to looking after children and entertaining them. I have experience of gardening and growing vegetables in my parent's allotment. My dietetic knowledge may also be of benefit and I may be able to share basic knowledge if this was appropriate. For example I could talk about the benefits of eating fruit and vegetables in regard to their vegetable growing. I would also enjoy the opportunity to help with food preparation and cooking and with serving the food. A special skill I have is the fact that I have achieved my black belt in Shotokan karate which may be interesting for the locals.

Visiting Malawi would give me the opportunity to make a difference and help to improve people's lives through helping with their education. Visiting a low resource country would also help me develop personally and would also make me much more appreciative of how fortunate we all are in the UK and how much we take everything we have for granted. This visit would allow me to learn from the people in Malawi and to appreciate their resourcefulness.