

# Foundation Friends of Nazareth

Tilburg - The Netherlands

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## Impressions of the students Contactbrief 48, June 2011

### Shorook

Here I am writing my letter again, announcing the beginning of the end. My last year as a medicine student is finally here. A storm of feeling is attacking me; Happiness and pride on one hand, and some fear of the unknown, of starting a new chapter in my life.

Volunteering is becoming more efficient for me at emergency department and for the department itself, since I'm getting more involved and learning more and more with every day that passes at the faculty of medicine. One of the main things that is helping me to get better is my work in Rambam hospital at Haifa. I'm working there as doctor's assistant at the emergency department and at the internal medicine department.

Working at two different places as Rambam medical center and the hospital at Nazareth is sometimes hard, and I find it not easy to adapt to the the two different places. Sometimes I feel that working at a big major medical center as Rambam makes my volunteering more fruitful and effective, since I get to learn from the hard cases I see at Rambam, and this way I can practice this experience I get while volunteering.

My 6<sup>th</sup> year is much more interesting than the ones before, since it's a sort of what we call here "mini-stage", which in we are supposed to work and participate in departments same as doctors do. 1<sup>st</sup> of all it makes our time more fun and challenging, and 2<sup>nd</sup> it gets you more prepared to the real doctors' life. As times passes I get appreciate more every single day I spend at hospitals as a student.

Few weeks ago I finished my duty departments, and at the moment I'm doing my electives: departments I would want to practice as a student. These days I'm found at the vascular surgery department at Rambam medical center. It's amazing what the humans' hands are capable of doing. Every day I see micro-surgeries, and it's simply fascinating.

Sometimes I wish I had some free to time to do some other stuff different than working and studying, but at the end of the day, after working hard, you always get this great feeling that you have done something good, and that u didn't waste any moment but on effective stuff.



*Shorook and Fatma*

And this feeling keeps you going on all the time.  
Working hard become my preferred routine.

Soon I'll have to start getting prepared to my national final exams. These exams are the most important one and those who lead the path to ending up a doctors. It's gonna a stressful period of time, and that's why I'm try to enjoy every moment I have as a student at the faculty of medicine.

Hopefully things will still be the same by then and my only worries will be how will I wake up at 6 am in the morning after. Best regards, Shorook.

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## **Fatma**

The Last year: this is the Sixth and final year of my studies, six years have passed very quickly even though I have experienced many experiences that taught me a lot and add to my abilities, my dreams. I still remember my first day in the medicine faculty, everything was different, the building of the Faculty was huge, professors speak another language I barely understood it, and strangers sitting next to me. But today it all looks familiar, old building of the faculty, professors giving us the same lecturers and they say always the same things and my friends that I cannot part with them. In 6 years, you supported me and gave me the strength to continue and succeed and thank God everything went well.

Studies: The year is almost past and we are working as doctors, we get patients to take physical examination and anamnesis, discuss their situation and decide on their treatment in consulting with senior physicians, I really enjoy my studies because I feel that at last I'm working as a doctor. Were very difficult cases this year, some patients I know them died that were very sick and it's very hard for me, on the other hand many patients recovered and were released home it was also very happy to me. We are exposed to various departments to learn and be exposed to different department so we can decide to which direction of specialization. I really connected with pediatrics and I hope I will be a pediatrician.

Volunteering: I still volunteer at a medical center Elnor in Um-El-Fahaem, I usually go on Saturdays volunteering for 4 hours, usually the doctor in charge is Dr. Maher, he is very nice and treated me as doctor is giving me to check the hospital to talk to them and decide together with the treatment I really enjoy my work with him and I learn how to behave in emergencies and how to think as doctor.

Future: I'm going to finish my school year in July, then I will do my final exams, at the end of this year, I am also getting married in late July this year, I'm very excited and very happy that I'm going to marry the person I love.

Finally I wish you years of joy and full of love and joy.

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**Marlen.** My volunteering.

This is my second year in volunteering at the Girls Center in my village, Makkir. And I can say that I'm pretty satisfied with my volunteering there. In this year I also participated in the courses that are taking place there, such as computer and art. In the computer course the girls are learning many interesting things such as building a presentation on the PowerPoint, recently they started with learning how to build websites. What I exactly do is helping the girls get their work done during the computer lessons. Besides, girls who still at high school bring their homework and materials that they have difficulties with and I tutor them.



I am very happy with my volunteering. It's very beautiful to benefit others and get good results at the end. I try to do my best there and get the best out of my experience.

But recently I have heard a bout an organization at the village where they teach elementary school kids English courses. The kids' parents pay something symbolic. The organization which runs this project is Al-ferdaws organization (which means heaven) and the one who's responsible for it is an English teacher from the village. I liked the idea and the project very much and I'm planning in the next semester to volunteer there. In the next couple of weeks after I finish my exams I'm going to take care of this issue.

I hope that everything will be good and things will go fine. I will inform you with the changes.

Wish you the best, Marleen Milhim.

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## Jeanne Aouda

I would like to talk in this impression, in addition to the usual political and/or systematical injustice that I'm learning about and facing with each day, but also about social injustice within the Palestinian society itself, especially when it comes to women!

I have been working along with a group of women as a part of a voluntary initiative suggested by a legal clinic in the Hebrew university in Jerusalem, its called the legal clinic for the empowerment of women who suggest an/or arrange voluntary work in NGO's, legal centers and/or private offices, while the main focus is women empowerment.

A fellow student and me are working together with a group of Palestinian women in Shu'fat,



a Palestinian suburb of Jerusalem, on a weekly basis, we try to provide as much information for them in a variety of relevant issues, for them to be familiar with their rights, knowing how to get them, and know about the opportunities they have.

It is an interactive lively group. Where we all discuss and have pleasant conversations, lots of questions are asked, and many times we do not have the answer, which is a disappointment sometimes but we are always working on getting the needed information to the women.

Of course the first issues that we have discussed are matters concerning the systematical injustice which make it near impossible for women to provide themselves with basic needs and rights, for example the Residency Issue, many times the women cannot be united with their husband and children when they are from the West Bank, and as I have discussed many times earlier, it is a great challenge to apply for the family's residency rights in Jerusalem. Moreover, Social Security issues, whenever a woman is denied of certain allowances, like children's allowance or medical benefits.

Since then we moved on to more personal Issues, like the women's status in the dominant male Palestinian society, many women feel that they are inferior and would like to change that. Family law is quite discriminative when it comes to matters of divorce, alimony, children's custody, heritage which usually are in favor of the man, this is because in family matters the religious law decides, in this case the Muslim law. since we have successfully discussed and came to positive conclusions, the women have found hope that they do have new chances and opportunities in these matters.

For example, one woman, whose brother denied her of her fathers heritage after he died,

did not know that she had the right to part of it, since our meetings, she has taken legal steps to claim what is rightfully hers. Another woman, whose husband pays very low alimony after they have been separated has a chance to legally force her husband to pay more alimony for her and her children.

Later we will discuss Domestic violence against women, which is unfortunately a very common phenomenon in the Palestinian society, and the women have openly said that they need help with knowing what they can do and how the state can help in case of abusive family members.

I am really excited to keep working with this group of women, I myself have learned so much in the past few months, and I am so honored to know that we are successful in our work and the women really appreciate it!

I am really touched by those women's lives and their stories that I realized that there is so much social injustice in the community itself regardless of political injustice by the state of Israel and I sooner or later I will do something about this, in any way possible, maybe in my future career!

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### **Kafa Mariam**

Hello , how are you ? I hope everything is going well with you. I apologize that it took me time to send you my impression about the first semester.

My first semester was Full of new life, and new things that i didn't know before.

I met new people with new traditions , new society and the most important thing it's a big or i can say it's a huge responsibility. In the first semester i started to learn how to see my future or how to reach my goal . and all of these things started when I learnt my first lesson , I thought in my mind "here we are".

At the beginning it was too difficult to me because we use the Hebrew language and there were lot's of new words for me, but now I feel that I'm better than before.

I passed all of my exams (you have all the grades).

I cannot deny that I faced some difficulties, about how to study to the university exams cause it's too far from studying to the high school exams.



Now I can say that the first semester gave me lot's of points and instructions about how to study and how to arrange my time and to use it in the right way. Finally , I hope my second semester will be easier and I will study more to get high grades .

P.S: According to my volunteering , after I finished all my exams I went home back and started my volunteering in a medical center in the village as a secretary and as an assistant to the doctors . it was so interesting I really had fun I gained lot's of new information I think it will help in my life ☺. Sincerely, Kafa Mariam.

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### **Moamena**

This year of my study is very different than the other years. It is easier and less stressful because we do not have examinations during the year and most of the departments are short; they last two weeks except of cardiology (three weeks), pediatrics (four weeks) and internal medicine which I have not had yet. So I exposed almost to all the departments of medicine, therefore I can think about what kind of specialization I want. Currently, I think about pediatrics; I enjoyed the four weeks I spent there. Children are the most beautiful gift in our life and it is very satisfactory to feel that you are helping them and reducing their pain especially that in many cases they cannot express what they feel and what they want. On the other hand, it is very difficult to see them suffering; in some instances in the department I could not control my feelings and cried.



*Tasim, Moamana's sun*

About my personal life, this year I have much more time for my family and son. I spend with my son much more hours in the day because I finish my study day earlier than before and I am not stressful because of the relative easiness of this year compared to the other years. About my examinations, we will have three exams in the end of the year; in internal medicine, pediatrics and surgery. These are exams of the ministry of health for giving us the license.

About my volunteering work, I volunteer in ALNOOR CLINIC in Um-Ei-Fahaem this a very

active clinic that many patients come to it especially in afternoon and night because KUPAT KHOLIM is closed in these hours. I volunteer there as a physician assistant; I take blood, put infusions, make ECG for patients who come with chest pain, I also help the secretary in arranging turns. What is more, I check the medications for expiration date especially in the resuscitation room. My volunteering work helped me very much in my study of medicine because I am involved in the management and treatment of patients. What is more important is that this volunteering helped the clinic very much and encouraged others to come and volunteer. Moamena.

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### **Yosor Watad**

I'm very sorry for the delay in sending my personal impression. Also I am sorry because there is no marks in my forms, because in the 6<sup>th</sup> year in medicine school there is a short rotation in many sub-department, there is no exams through the year, but there is serious exams in the last of the year.

Today is the first day in the doctor's strike. The working and teaching in the hospitals these days is very hard because there is just one doctor in each department and a lot of patients. I think that this strike is very justified, because doctors study seven years at least, work many hours and get low salary. But, in the other hand I hope that this strike will stop soon, because it is very difficult for the patients, students and to me.



*Yosor helpt met de voorbereiding op de wiskunde-olympiade*

Getting to my personal life, we do a lottery to know where and which hospital each student will do his internship. I get "KARMEL" hospital in HAIFA, I'm very happy with this hospital. In the other hand, I'm very sad these days because we just find out that my grand-mother has a malignancy cancer in the intestine with metastasis to the bones an vagina, she suffers a lot of pain and massive bleeding. This type of cancer is a rare one in Israel and in the world, there is just up to 25 cases in the world, because of that there is no experience in dealing with this type of cancer. I asked many seniors in oncology how to deal or to treat this

cancer, there is no consensus. Experimentally we decide to try radiotherapy. The only thing we know is that she has poor prognosis. Until yet, she doesn't know that she has a cancer, and we can't tell her.

To my volunteering work, it is well as usual. I continue to help talented pupils in mathematics, this year I get an increased in the number of pupils who wants to participate in this project, to prepare themselves to the mathematics competition. A month ago these pupils participate in step A of the competition. We don't get the results yet. But I'm convenience that they do well in the exams.

In addition, I do at the beginning of the learning year a meeting for the pupils who started to learn in new high schools, to talk about their adaptation, difficulties, and tried to help them in specific problems especially in adaptation. In a month we plan to do another meeting to deal with problems, .... And to plan a seminar day to the pupils who in this time dealing with the issue of choosing high school for the next year, which subject to choose. So I plan a seminar day, in this day pupils from different high school come to the junior high school "ALBYRONI" where I volunteering to talk to him about the different high schools in our area, each one from his point of view. Yours, Yosor Watad

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### **Mona**

Many hopes and dreams are growing now with the approach of the end of the third and last year of my theoretical study; I have a complex feelings: of happiness for my achievement in my study, sadness for leaving a place and people I love and leaved with three years, and concern about the next step I will do for my further. When I image every moment and second I spent here I can realized how much experience I get; actually not only from my study but also from my volunteering work.....

As you know I do my volunteering work in home of elderly-Sallam Association- ; an warm and intimate palace. To work in this place is mean to exposed to another side of the life.

I knew many people there; everyone have a story or a "special" one; that love to tell it many and many times. Many stories that illustrated a lot of experiences they leaved before ; is so exciting and emotional feeling when you lessen to; I study a lot from these people.

My volunteering work focused on helping elderly people to do their daily activities as;



reading magazines or books; movement; eating and the most important is to hear them when they have not anyone to listen for their speeches.

I learned a lot about life and death. The most sad thing that happened to me is losing one of these people I lived with; help and listen for. Every one enter these home defined as a visitor for some times and he will left us; it is the cycle of the life and we should accept it..... Mona.

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## **Fedaa**

Sorry I forgot to send these papers maybe because I was too confused.

In the first year I felt that I am not in the right place and I do not want to be here and my choose to this subject ( accounting ) was wrong such as every Arab student in a Hebrew university that we recognize later that it is not what we want , but all these thoughts were gone because I am who choose this subject after a lot of thinking and I started to like this subjects and if you see my grades in accounting are much higher because I realize that this what I wanted. In the second year I have more energy I have I well to work, to study more and to give my max.



In addition, in the second year I feel more comfortable, and it is more easy to deal with others (Jewish). And to be well organized and to know what to do in the right time (time management)

In my volunteering, in this mar7ale I feel that I learned the max from the women study center, I feel that they are working and doing the same things that I am already know. And I see that their work in accounting is limited and don't include all the things that I am learning in the university . So I decided to talk with Francis Tams (an

accountant) who come once a week to the center and to volunteer with him because his work is more relative to my study and much wider.

In these days I am volunteering with the alternative to Niveen (the accountant that I was working with her.

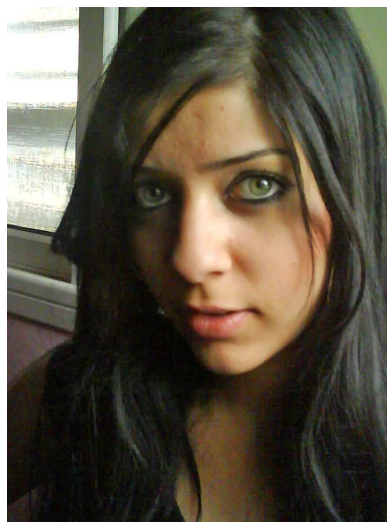
The idea of volunteering is giving me many things like responsibility, discipline, knowing people from Palestine and giving to my society.

I want to thank you for your supporting because it gives me motive to continue and to success. With love and peace. Fedaa.

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## Amna

She is working for her last year for dental hygienist, it is now the practical period. I finished theoretical stage, That's about two years and a half of tests. I am now at the clinical stage that is the final stage and i will finish it in august. thanks a lot to you for helping me succeed and become a person with beautiful future..



Thanks a lot really i will never forget it I know that just writing or talking is not enough for what are you doing for me i promise you I will keep helping needed people and keep in touch with you and to join your activities I really wish that....

This clinical stage is very difficult and will not leave me enough time to keep volunteering so I will do that twice a week, I have to be in the clinics from 8 at morning until 18 in the evening then I have to collect randomly people with unhealthy teeth and to take them to the clinics and to practice on their teeth so it is also a kind of volunteering so these people will have healthy teeth without paying money..but I have to pay them. I must collect 35 patients to finish this clinics, so am working on this now.

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*In 2009 we met Rozan. In March 2011 she let us know she finished successful her study medicine and is very proud to this result.*