

Going to Green Pastures Hospital in Pokhara in Nepal alone for my 4-week overseas clinical elective in April 2023 is the best decision made in my life. I cannot tell how great the impact of the trip would be on my whole life.

In August 2022, when I first learnt from my faculty that I have to go abroad for a clinical elective, I already prayed to God that I would only want to dedicate my elective to God. If I am not going to mission hospitals, I would not want to go at all. Thank God, through the help of CMDF-HK I was arranged to go to Green Pastures Hospital, which is a mission hospital founded by International Nepal Fellowship.

### My daily routine

I was mainly attached to the general rehabilitation team and palliative care team during my elective.

Every morning at 9 am there is a 15-minute devotional and prayer meeting for all staff of the hospital. Then I will follow ward rounds and OPD sessions. In most of the consultations, I could not understand due to the language barrier, but I am grateful that some doctors will explain what's going on to me when they have time and I can also learn by reading the case notes. When I do not understand what they are saying, I thank God that I could have more space to observe the environment and the non-verbal communication, and I could also pray for the patients in my heart.

In my palliative care team attachment, I can understand how palliative care is 'not adding days to life but is adding life to days'. Their emphasis on improving quality of life and holistic care with a multidisciplinary approach is so impressive to me. I also joined some community visits with the multidisciplinary team which provide some home care for palliative patients. It is such a unique experience where I can observe the home environment of local Nepalese of different social classes and get a better understanding of how a disease affects the whole family.

I also get to attach some other departments shortly such as the leprosy department and ear centre. My learning experiences were all very fruitful and all the doctors are so willing to teach me. This broadened my exposure to some rarer diseases in Hong Kong such as leprosy.

### How I experienced God's grace

Going to an unfamiliar country alone is not easy for me. But what I experienced the most is God's grace and how abundant His supply is. In Hong Kong, I am too used to getting full control of my stuff. But when I am in an unfamiliar place, all I have is the promise from God that He is with me, protects me and is my provider.

There were times in my guest house when there was no hot water or sometimes even no water for a shower, no electricity, no wifi, no washing machine, etc. I also have one episode of diarrhoea more than 20 times within 2 days and collapsed for a short while at the church. Everything was so unpredictable, but God is faithful to me and provided me with angels and help which were very in time. I could adapt to all the uncertainties and poor circumstances because I could see His love and blessings for me in the trip much larger than all the circumstances. I found His supply sufficient, I learnt to give thanks in all circumstances, and I could feel the peace and joy coming from my heart. Every day is just a new adventure for me with God. All I have to do is to enjoy what He provided daily.

### Learnt from locals

I thank God that I could stay in the church guesthouse for my accommodation so I could conveniently join many church activities, especially during Easter time. I enjoyed their services so much. Although I do not understand what they are singing or praying, I know that we are praising and serving the same God. I could see how they are singing hymns and praising the Lord wholeheartedly and this touched me so much.

I also thank God that I made friends with lots of local Nepali staff in the hospital. They are all so nice. We had meals and spent time together. The friendship and love I received enabled me to experience God's love. Their kindness and welcome meant so much to me and I am already missing them a lot.

I also feel so blessed that the medical director invited me to his home twice for dinner. I get to join the kitchen to prepare a local Nepali dinner. He also taught me the skills to eat with my hands! These cross-cultural experiences were just so memorable for me. And we sang hymns together with all the other guests while the medical director himself played the guitar. I felt so welcomed by all the Nepalese here and I was so impressed by how beautiful it was to have a Christ-centered family. Because of Christ, we are family, and we are connected. I felt so honoured as I am just a small medical student, but all the Nepali doctors and staff already treated so well or hosted me so kindly. In this trip, I can experience how genuine, humble, and kind Nepalese are.

### Learnt from missionaries

A very crucial and life-changing part of my trip to Nepal is during my interactions with all the expatriate missionaries. I thank God that I was able to join the regional expats' fellowship. I met and learnt from many great people who follow Jesus's footsteps and come to Nepal to serve. I can see what faithful and good servants of Christ are like. Through their sharing, I could see what struggles they are facing, especially for those who come as a family—they are paying a price to serve the Lord. But when I observed how those expat doctors serve the patients in the hospital and deliver quality care to those in need, I can see God is really using their work to heal and to reveal His love.

There was an expat fellowship on Good Friday where the ex-hospital superintendent washed our feet like how Jesus washed the disciples' feet before the last Supper. I felt so underserved as he is a missionary and a very senior doctor. But God wants me to learn how to accept unconditional and underserved love in this trip. This love is just like Jesus's love for us. On the cross, He provided the sacrifice of love that no man could ever pay.

I thank God that I could also meet a missionary from Hong Kong who works in the hospital as a healthcare professional. She is the person that influenced me the most throughout the whole trip. She shared with me the testimony of her missionary life—her life was really beautiful as she walks with Jesus. I would like to learn from her, to live outside of my comfort zone and to follow Jesus. When I once tasted what it was like to live by faith and live in God's grace every day, I would not want to get back to living a normal life. I don't want to bury God's potential in my life. I am now praying for a bigger plan in my life and I am so excited to see God's great work in my future.

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