

Student testimonial

In the course of the minor crossing borders, I went to the Gambia in West Africa and worked with the organisation No Health Without Mental Health (NHWMH). NHWMH focuses on the mental health by building awareness among the citizens in the Gambia to reduce stigma, by supporting the only inpatient unit Tanka Tanka, and by raising donations for the mental health area. I was working in the psychiatric clinic Tanka Tanka; my tasks were mainly to engage in patient talks, to organise activities for the patients and to discuss cases with the other nurses. Moreover, twice a week I was working in the mental health office, which is organising programmes to concerning mental health in the whole country, so that I was able to visit a traditional healer who is working with mentally ill people for example. In general, I enjoyed my time in the Gambia a lot: I got to know a lot of interesting and impressive people, saw a lot of the country in terms of nature and traditions, and felt safe and home the whole time. The members of the organisation showed me a lot of the country and integrated me quite well into their community.

