Hi everybody. I would like to share with you my feelings and important things about the internship in Kazakhstan. First, I would like to say to everyone who is hesitating about an internship - go for it. I am very glad that I decided to try it this summer. My internship was in the month of July. A very big advantage was that my classmate Petra was with me, because could communicate, share, and help each other. Before receiving a CA, it is necessary to fulfill the conditions that are necessary for Kazakhstan. You must have an x-ray, HIV test, staphylococcus aureus test, hepatitis test, a card with all the vaccines. My internship took place in the city of Aktobe, which was our second choice on wish list. You need to read the conditions carefully, because for some cities in Kazakhstan it was not possible go there in July.

Our journey started in Vienna and continued to the Georgian city of Kutaisi, where we had to spend one night. We continued to the Kazakhstan city of Atyrau, where students from Aktobe University, who had just had their holidays, were waiting for us. Since we only had a few hours, because the next flight was waiting for us, they tried to show us as much as possible. The third flight was from the city of Atyrau and then we finally arrived in Aktobe, where we spent the rest of the month. Aktobe is a city in the western part of Kazakhstan with approximately 400,000 inhabitants. When we arrived, we were picked up at the airport by our contact persons, who took care of us throughout the month. I'm really very grateful and I can't imagine spending time without them. They showed us all the important places in the city, as well as the hospital and our dormitory where we lived. The dormitory room was really well furnished with its own kitchen and bathroom. To transfer to the hospital, it is advisable to use Taxi (Yandex taxi app), which was at a very reasonable price. Our internship was mainly in the department of oncology, but we also visited the department of obstetrics, pediatric cardiac surgery, traumatology, forensic medicine and also university laboratories. I was pleasantly surprised by the modern equipment and approach to patients. The doctors were very calm, without stress and treated the patients with respect. You could communicate with the young doctors mostly in English, or most of the discussion was in Russian but they always tried to explain everything so that we could understand each other. We spent a lot of time in the operating rooms, where we were allowed to observe various interesting operations, but we could also assist. We spent approximately 7 hours a day in the hospital from Monday to Friday. Our afternoon time was with our contact persons, who prepared a varied program for us such as concerts, tennis, archery and also museums and galleries. They also took us to a football match and also to a horse ride. They really tried to spend time with us and show us as much of their customs and country as possible. A very interesting event is the National food and drink party, where we could taste Kazakh national food and drinks such as horse meat and camel and horse milk. We also prepared Slovak dishes for them, and we managed to get bryndza, so they also had “bryndzove halusky” from us. We spent the last days in the capital - Nur-Sultan, where we traveled for 18 hours by comfortable train.  The journey home had only one transfer in Abu Dhabi and we returned home full of experiences and experiences.

I recommend everyone who decides to try participating in an internship. It is an unforgettable and priceless experience that gave me a lot. I was able to get to know a new culture, I gained new experiences and especially new friendships and excellent friends with whom I will definitely be in contact. I definitely recommend Kazakhstan and Aktobe city as well. If you have already chosen Kazakhstan, feel free to write to me:)

Zuzana Žovincová

 A group of people wearing surgical scrubs and masks

Description automatically generated with low confidence

A group of people posing for a photo

Description automatically generated

A group of people posing for the camera

Description automatically generatedA group of people standing next to bicycles on a sidewalk

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