

WEBVTT

NOTE duration: "00:14:01.386"

NOTE Confidence: 0.96846884

00:00:00.560 --> 00:00:02.000 Alright. Amazing. So I'm a

NOTE Confidence: 0.96846884

00:00:02.000 --> 00:00:03.520 third year resident at Stanford.

NOTE Confidence: 0.96846884

00:00:03.520 --> 00:00:05.040 I'm in the, Stanford IIM

NOTE Confidence: 0.96846884

00:00:05.040 --> 00:00:06.480 global health track here, and

NOTE Confidence: 0.96846884

00:00:06.480 --> 00:00:07.359 I had the opportunity to

NOTE Confidence: 0.96846884

00:00:07.359 --> 00:00:08.800 go to Rwanda last spring

NOTE Confidence: 0.96846884

00:00:08.800 --> 00:00:09.860 and work at Sayashika,

NOTE Confidence: 0.97008115

00:00:10.800 --> 00:00:12.000 which was amazing. And I'm

NOTE Confidence: 0.97008115

00:00:12.000 --> 00:00:13.119 happy to kind of share

NOTE Confidence: 0.97008115

00:00:13.119 --> 00:00:14.660 about my experience today.

NOTE Confidence: 0.93694955

00:00:15.394 --> 00:00:17.015 So first kind of obligatory

NOTE Confidence: 0.96199477

00:00:17.474 --> 00:00:19.795 map slide here. Rwanda, small

NOTE Confidence: 0.96199477

00:00:19.795 --> 00:00:22.195 landlocked country, in East Africa.

NOTE Confidence: 0.96199477

00:00:22.195 --> 00:00:23.414 You can see it's bordered

NOTE Confidence: 0.96199477

00:00:23.474 --> 00:00:23.794 by,  
NOTE Confidence: 0.98043996

00:00:24.355 --> 00:00:26.595 DRC, Burundi, Tanzania, and then  
NOTE Confidence: 0.98043996

00:00:26.595 --> 00:00:28.130 Uganda. So there was definitely  
NOTE Confidence: 0.98043996

00:00:28.130 --> 00:00:29.670 a lot from Lara's presentation  
NOTE Confidence: 0.98043996

00:00:29.810 --> 00:00:30.310 that,  
NOTE Confidence: 0.95042163

00:00:30.689 --> 00:00:31.970 I think rings true given  
NOTE Confidence: 0.95042163

00:00:31.970 --> 00:00:33.170 kind of the proximity of,  
NOTE Confidence: 0.95042163

00:00:33.409 --> 00:00:34.870 Rwanda and and Uganda.  
NOTE Confidence: 0.9261088

00:00:36.850 --> 00:00:38.690 Just pointing out here the,  
NOTE Confidence: 0.9261088

00:00:38.930 --> 00:00:39.430 rotation  
NOTE Confidence: 0.9619169

00:00:39.985 --> 00:00:41.665 site, Seiashukah, this main hospital  
NOTE Confidence: 0.9619169

00:00:41.665 --> 00:00:43.184 is located in Kigali, which  
NOTE Confidence: 0.9619169

00:00:43.184 --> 00:00:44.385 is the capital of Rwanda.  
NOTE Confidence: 0.9619169

00:00:44.385 --> 00:00:45.425 You can see kind of  
NOTE Confidence: 0.9619169

00:00:45.425 --> 00:00:46.565 center of the country.  
NOTE Confidence: 0.9746458

00:00:48.784 --> 00:00:51.425 And Kigali itself is an

NOTE Confidence: 0.9746458  
00:00:51.425 --> 00:00:53.184 amazing city. I absolutely loved  
NOTE Confidence: 0.9746458  
00:00:53.184 --> 00:00:55.080 living there, for six weeks.  
NOTE Confidence: 0.9746458  
00:00:55.160 --> 00:00:56.780 It's definitely a very urban,  
NOTE Confidence: 0.9749772  
00:00:57.240 --> 00:00:58.600 setting, so that's kind of  
NOTE Confidence: 0.9749772  
00:00:58.600 --> 00:01:00.360 the the health care I  
NOTE Confidence: 0.9749772  
00:01:00.360 --> 00:01:01.320 guess, kind of the the  
NOTE Confidence: 0.9749772  
00:01:01.320 --> 00:01:03.240 closest health care catchment, area  
NOTE Confidence: 0.9749772  
00:01:03.240 --> 00:01:04.840 is is predominantly urban, although  
NOTE Confidence: 0.9749772  
00:01:04.840 --> 00:01:05.880 you'll see patients kind of  
NOTE Confidence: 0.9749772  
00:01:05.880 --> 00:01:06.920 from all around the country  
NOTE Confidence: 0.9749772  
00:01:06.920 --> 00:01:08.040 given that it's the largest  
NOTE Confidence: 0.9749772  
00:01:08.040 --> 00:01:09.100 referral hospital.  
NOTE Confidence: 0.9915831  
00:01:10.185 --> 00:01:11.545 It's a very green city,  
NOTE Confidence: 0.9915831  
00:01:11.545 --> 00:01:12.765 a very walkable city.  
NOTE Confidence: 0.9936911  
00:01:13.304 --> 00:01:14.344 Lots of people take,  
NOTE Confidence: 0.90432537

00:01:14.825 --> 00:01:16.185 the Rwandan equivalent of the  
NOTE Confidence: 0.90432537

00:01:16.185 --> 00:01:17.484 Boda Boda as the moto.  
NOTE Confidence: 0.9663696

00:01:18.664 --> 00:01:19.465 A lot of people will  
NOTE Confidence: 0.9663696

00:01:19.465 --> 00:01:21.064 take those, but, you know,  
NOTE Confidence: 0.9663696

00:01:21.064 --> 00:01:22.760 I found myself walking to  
NOTE Confidence: 0.9663696

00:01:22.760 --> 00:01:23.640 and from the hospital in  
NOTE Confidence: 0.9663696

00:01:23.640 --> 00:01:24.680 most places I wanted to  
NOTE Confidence: 0.9663696

00:01:24.680 --> 00:01:25.640 go a lot of the  
NOTE Confidence: 0.9663696

00:01:25.640 --> 00:01:26.140 time.  
NOTE Confidence: 0.92810696

00:01:27.560 --> 00:01:28.860 This is actually the view,  
NOTE Confidence: 0.92810696

00:01:28.920 --> 00:01:30.120 kind of the nighttime view  
NOTE Confidence: 0.92810696

00:01:30.120 --> 00:01:30.840 from my,  
NOTE Confidence: 0.95706266

00:01:31.320 --> 00:01:31.820 apartment,  
NOTE Confidence: 0.9650003

00:01:32.440 --> 00:01:34.140 balcony overlooking the city.  
NOTE Confidence: 0.9750542

00:01:34.725 --> 00:01:36.405 So really an incredible place  
NOTE Confidence: 0.9750542

00:01:36.405 --> 00:01:37.065 to spend,

NOTE Confidence: 0.9991302

00:01:37.605 --> 00:01:38.425 six weeks.

NOTE Confidence: 0.9734643

00:01:40.245 --> 00:01:41.285 Kind of getting into the

NOTE Confidence: 0.9734643

00:01:41.285 --> 00:01:42.505 site itself. So,

NOTE Confidence: 0.99744433

00:01:43.125 --> 00:01:43.865 the rotation

NOTE Confidence: 0.8957446

00:01:44.325 --> 00:01:45.785 is focused at Seiachukah,

NOTE Confidence: 0.99911594

00:01:46.965 --> 00:01:48.725 which is the largest health

NOTE Confidence: 0.99911594

00:01:48.725 --> 00:01:49.785 center in the country.

NOTE Confidence: 0.91385746

00:01:50.940 --> 00:01:52.300 It's has about five hundred

NOTE Confidence: 0.91385746

00:01:52.300 --> 00:01:52.800 beds,

NOTE Confidence: 0.99725354

00:01:54.060 --> 00:01:55.340 and it's really the primary

NOTE Confidence: 0.99725354

00:01:55.340 --> 00:01:56.940 referral hospital for the entire

NOTE Confidence: 0.99725354

00:01:56.940 --> 00:01:58.300 country. There are three referral

NOTE Confidence: 0.99725354

00:01:58.300 --> 00:01:58.800 hospitals,

NOTE Confidence: 0.89638823

00:01:59.260 --> 00:02:00.000 in Rwanda,

NOTE Confidence: 0.98775405

00:02:00.620 --> 00:02:02.140 but I I saw patients

NOTE Confidence: 0.98775405

00:02:02.140 --> 00:02:03.180 from kind of all over  
NOTE Confidence: 0.98775405

00:02:03.180 --> 00:02:04.515 the country who had been,  
NOTE Confidence: 0.98775405

00:02:04.675 --> 00:02:05.715 you know, first seen at  
NOTE Confidence: 0.98775405

00:02:05.715 --> 00:02:06.455 their local,  
NOTE Confidence: 0.91826934

00:02:07.315 --> 00:02:08.435 health clinic maybe by a  
NOTE Confidence: 0.91826934

00:02:08.435 --> 00:02:09.875 community health worker and then  
NOTE Confidence: 0.91826934

00:02:09.875 --> 00:02:10.834 kind of referred to their  
NOTE Confidence: 0.91826934

00:02:10.834 --> 00:02:12.275 district hospital and then referred  
NOTE Confidence: 0.91826934

00:02:12.275 --> 00:02:13.255 on to say Oshuka  
NOTE Confidence: 0.99232095

00:02:13.794 --> 00:02:15.095 for additional care.  
NOTE Confidence: 0.98841006

00:02:16.514 --> 00:02:18.115 And, it's the main teaching  
NOTE Confidence: 0.98841006

00:02:18.115 --> 00:02:19.715 hospital for the University of  
NOTE Confidence: 0.98841006

00:02:19.715 --> 00:02:21.690 Rwanda Medical School. So I  
NOTE Confidence: 0.98841006

00:02:21.690 --> 00:02:22.970 spent, you know, the majority  
NOTE Confidence: 0.98841006

00:02:22.970 --> 00:02:24.250 of my days with,  
NOTE Confidence: 0.95231086

00:02:24.730 --> 00:02:26.490 Rwandan medical students as well

NOTE Confidence: 0.95231086  
00:02:26.490 --> 00:02:27.530 as when I was there  
NOTE Confidence: 0.95231086  
00:02:27.530 --> 00:02:28.750 with a number of Sudanese  
NOTE Confidence: 0.95231086  
00:02:28.810 --> 00:02:30.190 medical students as well,  
NOTE Confidence: 0.9806662  
00:02:31.370 --> 00:02:32.910 who kind of had transferred  
NOTE Confidence: 0.9806662  
00:02:33.050 --> 00:02:34.730 their coursework to Rwanda given  
NOTE Confidence: 0.9806662  
00:02:34.730 --> 00:02:35.389 the conflict,  
NOTE Confidence: 0.9968214  
00:02:35.985 --> 00:02:37.205 in their home country,  
NOTE Confidence: 0.97826153  
00:02:37.745 --> 00:02:38.945 which was really a highlight  
NOTE Confidence: 0.97826153  
00:02:38.945 --> 00:02:39.825 of my time. I love  
NOTE Confidence: 0.97826153  
00:02:39.825 --> 00:02:40.544 med ed,  
NOTE Confidence: 0.95648104  
00:02:41.105 --> 00:02:42.465 and really love thinking about  
NOTE Confidence: 0.95648104  
00:02:42.465 --> 00:02:44.005 global health med ed. So  
NOTE Confidence: 0.95648104  
00:02:44.065 --> 00:02:45.365 having all of that,  
NOTE Confidence: 0.996111  
00:02:45.905 --> 00:02:46.805 time with students  
NOTE Confidence: 0.9933415  
00:02:48.370 --> 00:02:49.490 and and kind of spending  
NOTE Confidence: 0.9933415

00:02:49.490 --> 00:02:50.150 my time,  
NOTE Confidence: 0.9877655

00:02:50.450 --> 00:02:51.410 on the wards with them  
NOTE Confidence: 0.9877655

00:02:51.410 --> 00:02:52.550 was was really a highlight.  
NOTE Confidence: 0.8452814

00:02:53.810 --> 00:02:55.350 Sayashi Kah has a bustling  
NOTE Confidence: 0.8452814

00:02:55.410 --> 00:02:57.250 emergency department, which I,  
NOTE Confidence: 0.9636789

00:02:57.970 --> 00:02:59.330 you know, really kind of  
NOTE Confidence: 0.9636789

00:02:59.330 --> 00:03:00.530 only walk through a couple  
NOTE Confidence: 0.9636789

00:03:00.530 --> 00:03:01.889 times to see patients and  
NOTE Confidence: 0.9636789

00:03:01.889 --> 00:03:03.490 and talk with consultants and  
NOTE Confidence: 0.9636789

00:03:03.490 --> 00:03:04.264 other colleagues.  
NOTE Confidence: 0.9975234

00:03:04.665 --> 00:03:05.785 But once patients kind of  
NOTE Confidence: 0.9975234

00:03:05.785 --> 00:03:07.005 are admitted to the hospital,  
NOTE Confidence: 0.99804604

00:03:07.705 --> 00:03:08.925 they get admitted to  
NOTE Confidence: 0.9654954

00:03:09.225 --> 00:03:10.665 one of six general medicine  
NOTE Confidence: 0.9654954

00:03:10.665 --> 00:03:11.165 wards.  
NOTE Confidence: 0.99160224

00:03:11.544 --> 00:03:12.845 And these wards are,

NOTE Confidence: 0.9693458  
00:03:13.225 --> 00:03:13.965 in theory,  
NOTE Confidence: 0.9806697  
00:03:15.225 --> 00:03:17.225 separated by gender. There's male  
NOTE Confidence: 0.9806697  
00:03:17.225 --> 00:03:18.345 and female wards. A lot  
NOTE Confidence: 0.9806697  
00:03:18.345 --> 00:03:19.349 of times, it's based on  
NOTE Confidence: 0.9806697  
00:03:19.349 --> 00:03:20.010 bed availability.  
NOTE Confidence: 0.99628705  
00:03:20.310 --> 00:03:21.349 So for much of my  
NOTE Confidence: 0.99628705  
00:03:21.349 --> 00:03:22.470 time there, kind of all  
NOTE Confidence: 0.99628705  
00:03:22.470 --> 00:03:23.669 of our our wards ended  
NOTE Confidence: 0.99628705  
00:03:23.669 --> 00:03:25.450 up being, kind of mixed.  
NOTE Confidence: 0.9485781  
00:03:27.110 --> 00:03:28.810 Rwanda, in contrast to Uganda,  
NOTE Confidence: 0.9485781  
00:03:28.950 --> 00:03:30.970 does have, public health insurance,  
NOTE Confidence: 0.9485781  
00:03:31.269 --> 00:03:32.230 and that's kind of the  
NOTE Confidence: 0.9485781  
00:03:32.230 --> 00:03:34.150 majority of patients who I  
NOTE Confidence: 0.9485781  
00:03:34.150 --> 00:03:35.345 saw at Seashukah  
NOTE Confidence: 0.9834974  
00:03:35.885 --> 00:03:37.805 were kind of, paying for  
NOTE Confidence: 0.9834974

00:03:37.805 --> 00:03:40.065 their their hospital stay,  
NOTE Confidence: 0.9412373

00:03:40.445 --> 00:03:42.225 with their public insurance. There  
NOTE Confidence: 0.9412373

00:03:42.285 --> 00:03:43.745 are a couple different tiers  
NOTE Confidence: 0.9412373

00:03:43.885 --> 00:03:44.385 of,  
NOTE Confidence: 0.9315105

00:03:45.885 --> 00:03:47.325 kind of stay and room  
NOTE Confidence: 0.9315105

00:03:47.325 --> 00:03:48.065 and ward,  
NOTE Confidence: 0.99235827

00:03:48.605 --> 00:03:49.105 at  
NOTE Confidence: 0.64794415

00:03:49.490 --> 00:03:49.990 Seiashuka.  
NOTE Confidence: 0.9577372

00:03:50.850 --> 00:03:51.970 I spent really all of  
NOTE Confidence: 0.9577372

00:03:51.970 --> 00:03:53.010 my time on the general  
NOTE Confidence: 0.9577372

00:03:53.010 --> 00:03:55.110 medicine ward, which costs about  
NOTE Confidence: 0.9577372

00:03:55.170 --> 00:03:55.810 five ten  
NOTE Confidence: 0.92964035

00:03:56.450 --> 00:03:57.970 or ten thousand, rohan and  
NOTE Confidence: 0.92964035

00:03:57.970 --> 00:03:59.410 francs a night, which is,  
NOTE Confidence: 0.92964035

00:03:59.410 --> 00:04:00.310 you know, about  
NOTE Confidence: 0.982741

00:04:00.610 --> 00:04:02.265 seven ish dollars or so.

NOTE Confidence: 0.96878636  
00:04:02.985 --> 00:04:04.505 There's a VIP ward that  
NOTE Confidence: 0.96878636  
00:04:04.505 --> 00:04:05.705 costs double that and then  
NOTE Confidence: 0.96878636  
00:04:05.705 --> 00:04:07.005 a VVIP ward,  
NOTE Confidence: 0.99017704  
00:04:07.385 --> 00:04:09.065 that costs thirty thousand Rwandan  
NOTE Confidence: 0.99017704  
00:04:09.065 --> 00:04:09.965 francs a night.  
NOTE Confidence: 0.99687093  
00:04:10.584 --> 00:04:11.805 So, you know,  
NOTE Confidence: 0.97795767  
00:04:12.105 --> 00:04:13.005 very, very,  
NOTE Confidence: 0.98864657  
00:04:13.944 --> 00:04:15.545 inexpensive in comparison to how  
NOTE Confidence: 0.98864657  
00:04:15.545 --> 00:04:16.425 much you think about, you  
NOTE Confidence: 0.98864657  
00:04:16.425 --> 00:04:17.730 know, a single night in  
NOTE Confidence: 0.98864657  
00:04:17.890 --> 00:04:19.410 Stanford or Yale costs. But  
NOTE Confidence: 0.98864657  
00:04:19.410 --> 00:04:20.550 for many of my patients,  
NOTE Confidence: 0.98864657  
00:04:20.770 --> 00:04:22.210 you know, ten thousand francs  
NOTE Confidence: 0.98864657  
00:04:22.210 --> 00:04:22.770 a night,  
NOTE Confidence: 0.96537846  
00:04:23.330 --> 00:04:24.610 just for their bed, not  
NOTE Confidence: 0.96537846

00:04:24.610 --> 00:04:25.570 any of the lab tests  
NOTE Confidence: 0.96537846

00:04:25.570 --> 00:04:26.850 or medications or studies that  
NOTE Confidence: 0.96537846

00:04:26.850 --> 00:04:27.730 we wanted to send was  
NOTE Confidence: 0.96537846

00:04:27.730 --> 00:04:28.710 often cost prohibitive,  
NOTE Confidence: 0.9941678

00:04:29.650 --> 00:04:30.529 which I think is, you  
NOTE Confidence: 0.9941678

00:04:30.529 --> 00:04:31.730 know, something that's that's really  
NOTE Confidence: 0.9941678

00:04:31.730 --> 00:04:33.375 important to think about, even  
NOTE Confidence: 0.9941678

00:04:33.375 --> 00:04:34.654 in the context of this  
NOTE Confidence: 0.9941678

00:04:34.654 --> 00:04:36.435 really robust public health care  
NOTE Confidence: 0.88653415

00:04:37.615 --> 00:04:39.154 and health insurance infrastructure.  
NOTE Confidence: 0.9925656

00:04:40.254 --> 00:04:41.455 We had a number of  
NOTE Confidence: 0.9925656

00:04:41.455 --> 00:04:43.375 consulting services on the wards  
NOTE Confidence: 0.9925656

00:04:43.375 --> 00:04:44.014 with us,  
NOTE Confidence: 0.9887095

00:04:44.735 --> 00:04:45.534 and a lot of these  
NOTE Confidence: 0.9887095

00:04:45.534 --> 00:04:47.279 were specialists who also spent  
NOTE Confidence: 0.9887095

00:04:47.279 --> 00:04:48.560 time at King Faisal Hospital,

NOTE Confidence: 0.9887095

00:04:48.560 --> 00:04:49.279 which is kind of a

NOTE Confidence: 0.9887095

00:04:49.279 --> 00:04:51.300 mixed public private hospital also,

NOTE Confidence: 0.99273586

00:04:51.760 --> 00:04:52.900 located in Kigali.

NOTE Confidence: 0.98181754

00:04:53.600 --> 00:04:54.800 But I had, you know,

NOTE Confidence: 0.98181754

00:04:54.800 --> 00:04:55.600 some of kind of my

NOTE Confidence: 0.98181754

00:04:55.600 --> 00:04:58.000 favorite bedside exam teaching and

NOTE Confidence: 0.98181754

00:04:58.000 --> 00:05:00.100 and patient discussions with the,

NOTE Confidence: 0.9687185

00:05:00.835 --> 00:05:01.815 consulting attendings,

NOTE Confidence: 0.9983948

00:05:02.515 --> 00:05:04.595 and residents who were taking

NOTE Confidence: 0.9983948

00:05:04.595 --> 00:05:05.635 care of our patients with

NOTE Confidence: 0.9983948

00:05:05.635 --> 00:05:06.135 us.

NOTE Confidence: 0.98633814

00:05:07.395 --> 00:05:08.515 Here are just kind of

NOTE Confidence: 0.98633814

00:05:08.515 --> 00:05:10.595 some images from from the

NOTE Confidence: 0.98633814

00:05:10.595 --> 00:05:12.035 general medicine wards. As you

NOTE Confidence: 0.98633814

00:05:12.035 --> 00:05:13.654 can see, very similar to,

NOTE Confidence: 0.8327035

00:05:14.080 --> 00:05:14.660 at Milago,  
NOTE Confidence: 0.98905796

00:05:15.520 --> 00:05:16.880 we were using paper charts.  
NOTE Confidence: 0.98905796

00:05:16.880 --> 00:05:17.520 There is,  
NOTE Confidence: 0.86948895

00:05:19.199 --> 00:05:20.979 an EMR at Sei Ashoka  
NOTE Confidence: 0.86948895

00:05:21.199 --> 00:05:22.560 really just for labs and  
NOTE Confidence: 0.86948895

00:05:22.560 --> 00:05:23.060 imaging,  
NOTE Confidence: 0.99786556

00:05:23.440 --> 00:05:24.240 but kind of none of  
NOTE Confidence: 0.99786556

00:05:24.240 --> 00:05:25.520 the other patient data shows  
NOTE Confidence: 0.99786556

00:05:25.520 --> 00:05:26.500 up in that computer.  
NOTE Confidence: 0.9806349

00:05:27.199 --> 00:05:28.154 A lot of it is  
NOTE Confidence: 0.9806349

00:05:28.235 --> 00:05:29.355 kind of written in these  
NOTE Confidence: 0.9806349

00:05:29.355 --> 00:05:30.815 inpatient medical records,  
NOTE Confidence: 0.9997373

00:05:31.835 --> 00:05:32.335 that  
NOTE Confidence: 0.82522297

00:05:32.795 --> 00:05:33.295 get,  
NOTE Confidence: 0.9877793

00:05:34.635 --> 00:05:35.595 stacked in a closet in  
NOTE Confidence: 0.9877793

00:05:35.595 --> 00:05:36.315 the ward as soon as

NOTE Confidence: 0.9877793  
00:05:36.315 --> 00:05:37.375 somebody is discharged.  
NOTE Confidence: 0.93078035  
00:05:39.514 --> 00:05:40.895 Just to kind of briefly  
NOTE Confidence: 0.93078035  
00:05:41.035 --> 00:05:41.775 chat about  
NOTE Confidence: 0.9879112  
00:05:42.080 --> 00:05:43.120 kind of the day a  
NOTE Confidence: 0.9879112  
00:05:43.120 --> 00:05:43.920 day in the life on  
NOTE Confidence: 0.9879112  
00:05:43.920 --> 00:05:44.560 the wards.  
NOTE Confidence: 0.971394  
00:05:44.960 --> 00:05:46.320 So every day, there's teaching  
NOTE Confidence: 0.971394  
00:05:46.320 --> 00:05:47.520 from eight to nine AM,  
NOTE Confidence: 0.971394  
00:05:47.760 --> 00:05:48.740 and this is for,  
NOTE Confidence: 0.9830104  
00:05:49.120 --> 00:05:49.940 both the,  
NOTE Confidence: 0.98343927  
00:05:51.120 --> 00:05:52.480 I'm residents and also all  
NOTE Confidence: 0.98343927  
00:05:52.480 --> 00:05:53.760 of the students. Most of  
NOTE Confidence: 0.98343927  
00:05:53.760 --> 00:05:54.640 the students I was working  
NOTE Confidence: 0.98343927  
00:05:54.640 --> 00:05:55.360 with were kind of on  
NOTE Confidence: 0.98343927  
00:05:55.360 --> 00:05:56.420 their medicine clerkship  
NOTE Confidence: 0.89425504

00:05:56.915 --> 00:05:57.415 equivalent.  
NOTE Confidence: 0.9830002

00:05:58.675 --> 00:06:00.035 And this teaching, you know,  
NOTE Confidence: 0.9830002

00:06:00.035 --> 00:06:01.555 Mondays, it usually was physical  
NOTE Confidence: 0.9830002

00:06:01.555 --> 00:06:03.395 exam sessions that, the visiting  
NOTE Confidence: 0.9830002

00:06:03.395 --> 00:06:04.995 residents like myself would lead  
NOTE Confidence: 0.9830002

00:06:04.995 --> 00:06:06.695 with the students in preparation  
NOTE Confidence: 0.9830002

00:06:06.755 --> 00:06:07.635 for their kind of end  
NOTE Confidence: 0.9830002

00:06:07.635 --> 00:06:08.935 of clerkship OSCE.  
NOTE Confidence: 0.92966735

00:06:10.580 --> 00:06:12.120 We would have case presentations  
NOTE Confidence: 0.92966735

00:06:12.180 --> 00:06:13.720 often Tuesdays and Thursdays.  
NOTE Confidence: 0.951073

00:06:14.500 --> 00:06:15.860 Usually, a journal club on  
NOTE Confidence: 0.951073

00:06:15.860 --> 00:06:17.060 Wednesdays, and then Fridays were  
NOTE Confidence: 0.951073

00:06:17.060 --> 00:06:18.020 kind of like a grand  
NOTE Confidence: 0.951073

00:06:18.020 --> 00:06:19.960 round evidence based medicine talk.  
NOTE Confidence: 0.9810386

00:06:20.420 --> 00:06:21.560 And all of the visiting,  
NOTE Confidence: 0.9265434

00:06:22.420 --> 00:06:23.779 global health scholars who come

NOTE Confidence: 0.9265434

00:06:23.779 --> 00:06:24.980 to say Ashoka are asked

NOTE Confidence: 0.9265434

00:06:24.980 --> 00:06:25.640 to give,

NOTE Confidence: 0.92921174

00:06:26.065 --> 00:06:27.185 to help out with definitely

NOTE Confidence: 0.92921174

00:06:27.185 --> 00:06:28.464 the physical exam sessions and

NOTE Confidence: 0.92921174

00:06:28.464 --> 00:06:29.285 then to give,

NOTE Confidence: 0.9956716

00:06:29.665 --> 00:06:30.625 at least one of each

NOTE Confidence: 0.9956716

00:06:30.625 --> 00:06:32.145 of those types of talks,

NOTE Confidence: 0.9956716

00:06:32.385 --> 00:06:33.825 a case presentation, a journal

NOTE Confidence: 0.9956716

00:06:33.825 --> 00:06:35.425 club presentation, and then an

NOTE Confidence: 0.9956716

00:06:35.425 --> 00:06:37.045 evidence based medicine presentation.

NOTE Confidence: 0.949548

00:06:37.904 --> 00:06:38.865 So that that was really

NOTE Confidence: 0.949548

00:06:38.865 --> 00:06:39.745 fun for me to put

NOTE Confidence: 0.949548

00:06:39.745 --> 00:06:40.245 together,

NOTE Confidence: 0.9981673

00:06:40.705 --> 00:06:41.205 and

NOTE Confidence: 0.9846233

00:06:41.529 --> 00:06:42.570 kind of get a sense

NOTE Confidence: 0.9846233

00:06:42.570 --> 00:06:43.610 from from the students on  
NOTE Confidence: 0.9846233

00:06:43.610 --> 00:06:44.570 the wards what topics they  
NOTE Confidence: 0.9846233

00:06:44.570 --> 00:06:45.770 were really interested in hearing  
NOTE Confidence: 0.9846233

00:06:45.770 --> 00:06:47.050 about and, you know, think  
NOTE Confidence: 0.9846233

00:06:47.050 --> 00:06:48.810 about what journal articles, were  
NOTE Confidence: 0.9846233

00:06:48.810 --> 00:06:50.570 most relevant to kind of  
NOTE Confidence: 0.9846233

00:06:50.570 --> 00:06:51.790 talk about in that setting.  
NOTE Confidence: 0.9536106

00:06:52.570 --> 00:06:53.449 And then from there, you  
NOTE Confidence: 0.9536106

00:06:53.449 --> 00:06:54.169 kinda just go to the  
NOTE Confidence: 0.9536106

00:06:54.169 --> 00:06:55.025 wards and,  
NOTE Confidence: 0.99884045

00:06:55.505 --> 00:06:56.945 spend the morning rounding with  
NOTE Confidence: 0.99884045

00:06:56.945 --> 00:06:57.605 your team.  
NOTE Confidence: 0.9632633

00:06:57.985 --> 00:06:59.185 It sounds like very similar  
NOTE Confidence: 0.9632633

00:06:59.185 --> 00:06:59.985 to kind of the setup  
NOTE Confidence: 0.9632633

00:06:59.985 --> 00:07:01.125 in in Uganda.  
NOTE Confidence: 0.98089784

00:07:02.385 --> 00:07:03.665 Medical students who are on

NOTE Confidence: 0.98089784  
00:07:03.665 --> 00:07:04.145 their,  
NOTE Confidence: 0.999422  
00:07:04.544 --> 00:07:05.604 medicine rotation  
NOTE Confidence: 0.95751524  
00:07:06.145 --> 00:07:06.865 are kind of in the  
NOTE Confidence: 0.95751524  
00:07:06.865 --> 00:07:07.919 role of most of of  
NOTE Confidence: 0.95751524  
00:07:07.919 --> 00:07:09.199 intern here where they're, like,  
NOTE Confidence: 0.95751524  
00:07:09.199 --> 00:07:10.500 first pass at the plan,  
NOTE Confidence: 0.98029727  
00:07:11.520 --> 00:07:12.800 talking to the patients at  
NOTE Confidence: 0.98029727  
00:07:12.800 --> 00:07:14.160 bedside, doing all of the  
NOTE Confidence: 0.98029727  
00:07:14.160 --> 00:07:14.660 documentation,  
NOTE Confidence: 0.9901182  
00:07:15.440 --> 00:07:17.120 and they then round with,  
NOTE Confidence: 0.96364594  
00:07:17.600 --> 00:07:18.340 the resident,  
NOTE Confidence: 0.9717933  
00:07:19.120 --> 00:07:20.080 at least one time per  
NOTE Confidence: 0.9717933  
00:07:20.080 --> 00:07:21.360 day. And residents there actually  
NOTE Confidence: 0.9717933  
00:07:21.360 --> 00:07:22.400 kind of are practicing on  
NOTE Confidence: 0.9717933  
00:07:22.400 --> 00:07:23.380 their own license.  
NOTE Confidence: 0.9482363

00:07:24.095 --> 00:07:25.775 So we had attendings do  
NOTE Confidence: 0.9482363

00:07:25.775 --> 00:07:26.895 ward rounds with us once  
NOTE Confidence: 0.9482363

00:07:26.895 --> 00:07:27.855 or twice a week, but,  
NOTE Confidence: 0.9482363

00:07:27.855 --> 00:07:28.735 otherwise, it kind of was  
NOTE Confidence: 0.9482363

00:07:28.735 --> 00:07:29.775 the senior resident who was  
NOTE Confidence: 0.9482363

00:07:29.775 --> 00:07:30.915 really running the ward.  
NOTE Confidence: 0.9985076

00:07:31.535 --> 00:07:33.055 Each of these wards are  
NOTE Confidence: 0.9985076

00:07:33.055 --> 00:07:34.035 split up into  
NOTE Confidence: 0.9484371

00:07:34.975 --> 00:07:36.495 three kind of different sections  
NOTE Confidence: 0.9484371

00:07:36.495 --> 00:07:38.015 of usually, it's eight patients  
NOTE Confidence: 0.9484371

00:07:38.015 --> 00:07:38.460 each.  
NOTE Confidence: 0.9895706

00:07:39.340 --> 00:07:40.699 So every one of these  
NOTE Confidence: 0.9895706

00:07:40.699 --> 00:07:42.460 six medicine wards has about  
NOTE Confidence: 0.9895706

00:07:42.460 --> 00:07:43.759 twenty four patients.  
NOTE Confidence: 0.9796775

00:07:44.699 --> 00:07:46.380 And oftentimes, senior residents are  
NOTE Confidence: 0.9796775

00:07:46.380 --> 00:07:47.979 covering multiple of these wards,

NOTE Confidence: 0.9796775

00:07:47.979 --> 00:07:49.020 so, you know, fifty or

NOTE Confidence: 0.9796775

00:07:49.020 --> 00:07:50.479 sixty patients at a time.

NOTE Confidence: 0.9880358

00:07:50.940 --> 00:07:52.400 So I really felt like,

NOTE Confidence: 0.9824905

00:07:53.340 --> 00:07:53.895 you know, one of the

NOTE Confidence: 0.9824905

00:07:53.895 --> 00:07:55.015 things I enjoyed most and

NOTE Confidence: 0.9824905

00:07:55.015 --> 00:07:55.995 can really contribute,

NOTE Confidence: 0.9872096

00:07:56.295 --> 00:07:57.415 in this setting was just,

NOTE Confidence: 0.9872096

00:07:57.415 --> 00:07:58.295 like, a lot of teaching

NOTE Confidence: 0.9872096

00:07:58.295 --> 00:07:59.515 for the medical students.

NOTE Confidence: 0.98368657

00:08:00.615 --> 00:08:02.135 When there are busy days

NOTE Confidence: 0.98368657

00:08:02.135 --> 00:08:03.575 with their resident covering, you

NOTE Confidence: 0.98368657

00:08:03.575 --> 00:08:04.715 know, fifty patients,

NOTE Confidence: 0.9766688

00:08:05.175 --> 00:08:06.615 there wasn't always as much

NOTE Confidence: 0.9766688

00:08:06.615 --> 00:08:07.575 of a chance to really

NOTE Confidence: 0.9766688

00:08:07.575 --> 00:08:09.090 talk through a differential or,

NOTE Confidence: 0.9766688

00:08:09.490 --> 00:08:10.690 kind of go to bedside  
NOTE Confidence: 0.9766688

00:08:10.690 --> 00:08:11.570 and look at the physical  
NOTE Confidence: 0.9766688

00:08:11.570 --> 00:08:12.310 exam together.  
NOTE Confidence: 0.9579697

00:08:12.690 --> 00:08:13.730 So I really kinda saw  
NOTE Confidence: 0.9579697

00:08:13.730 --> 00:08:14.770 myself in sort of, like,  
NOTE Confidence: 0.9579697

00:08:14.770 --> 00:08:16.070 a teaching resident role.  
NOTE Confidence: 0.98116255

00:08:16.770 --> 00:08:17.810 And, you know, one of  
NOTE Confidence: 0.98116255

00:08:17.810 --> 00:08:18.610 my favorite parts of the  
NOTE Confidence: 0.98116255

00:08:18.610 --> 00:08:19.889 experience was talking through the  
NOTE Confidence: 0.98116255

00:08:19.889 --> 00:08:21.490 cases with my co resident.  
NOTE Confidence: 0.98116255

00:08:21.490 --> 00:08:22.530 I found that to be  
NOTE Confidence: 0.98116255

00:08:22.530 --> 00:08:23.270 just such  
NOTE Confidence: 0.98590434

00:08:23.914 --> 00:08:25.354 an amazing relationship. I was  
NOTE Confidence: 0.98590434

00:08:25.354 --> 00:08:26.475 I was lucky enough to  
NOTE Confidence: 0.98590434

00:08:26.475 --> 00:08:28.014 work with two different,  
NOTE Confidence: 0.97943664

00:08:28.315 --> 00:08:29.755 residents each for three weeks.

NOTE Confidence: 0.97943664

00:08:29.755 --> 00:08:30.875 So kind of, you know,

NOTE Confidence: 0.97943664

00:08:30.875 --> 00:08:32.154 thinking about spending, like, a

NOTE Confidence: 0.97943664

00:08:32.154 --> 00:08:33.434 whole wards block with somebody,

NOTE Confidence: 0.97943664

00:08:33.434 --> 00:08:34.154 you really get to know

NOTE Confidence: 0.97943664

00:08:34.154 --> 00:08:34.955 them and kind of know

NOTE Confidence: 0.97943664

00:08:34.955 --> 00:08:36.415 their their practice style.

NOTE Confidence: 0.97291553

00:08:37.940 --> 00:08:38.900 So that was amazing. I'm

NOTE Confidence: 0.97291553

00:08:38.900 --> 00:08:39.860 still in touch with actually

NOTE Confidence: 0.97291553

00:08:39.860 --> 00:08:40.740 one of the co residents

NOTE Confidence: 0.97291553

00:08:40.740 --> 00:08:41.460 who I worked with over

NOTE Confidence: 0.97291553

00:08:41.460 --> 00:08:41.960 there.

NOTE Confidence: 0.98770934

00:08:43.540 --> 00:08:44.260 Then a little bit of

NOTE Confidence: 0.98770934

00:08:44.260 --> 00:08:45.140 a lunch break. I have

NOTE Confidence: 0.98770934

00:08:45.140 --> 00:08:45.940 to make a plug for

NOTE Confidence: 0.98770934

00:08:45.940 --> 00:08:47.540 hospital lunch. There's a restaurant

NOTE Confidence: 0.98770934

00:08:47.540 --> 00:08:49.700 on the, hospital campus that  
NOTE Confidence: 0.98770934

00:08:49.700 --> 00:08:51.059 has a buffet lunch that's  
NOTE Confidence: 0.98770934

00:08:51.059 --> 00:08:51.559 excellent.  
NOTE Confidence: 0.96175224

00:08:52.535 --> 00:08:54.054 It's subsidized for residents and  
NOTE Confidence: 0.96175224

00:08:54.054 --> 00:08:56.134 students. So usually after, wards  
NOTE Confidence: 0.96175224

00:08:56.134 --> 00:08:57.574 rounds, I would go, and  
NOTE Confidence: 0.96175224

00:08:57.574 --> 00:08:58.774 get hospital lunch with my  
NOTE Confidence: 0.96175224

00:08:58.774 --> 00:09:00.214 team members. And then in  
NOTE Confidence: 0.96175224

00:09:00.214 --> 00:09:01.735 the afternoon, there always are  
NOTE Confidence: 0.96175224

00:09:01.735 --> 00:09:03.595 these medical student teaching sessions  
NOTE Confidence: 0.96175224

00:09:03.654 --> 00:09:04.154 where  
NOTE Confidence: 0.9846366

00:09:04.670 --> 00:09:05.710 the med students are each  
NOTE Confidence: 0.9846366

00:09:05.710 --> 00:09:07.870 assigned, a topic within internal  
NOTE Confidence: 0.9846366

00:09:07.870 --> 00:09:09.870 medicine. And, basically, they prepare  
NOTE Confidence: 0.9846366

00:09:09.870 --> 00:09:11.230 a presentation with the help  
NOTE Confidence: 0.9846366

00:09:11.230 --> 00:09:11.730 of,

NOTE Confidence: 0.9127033

00:09:12.350 --> 00:09:13.870 a senior faculty member at

NOTE Confidence: 0.9127033

00:09:13.870 --> 00:09:14.370 Sayashukha

NOTE Confidence: 0.9732806

00:09:14.910 --> 00:09:16.590 on that presentation and then

NOTE Confidence: 0.9732806

00:09:16.590 --> 00:09:18.015 kind of teach the rest

NOTE Confidence: 0.9732806

00:09:18.015 --> 00:09:19.875 of their med student colleagues,

NOTE Confidence: 0.9849557

00:09:21.375 --> 00:09:22.335 either on that case or

NOTE Confidence: 0.9849557

00:09:22.335 --> 00:09:23.934 on that topic. And kind

NOTE Confidence: 0.9849557

00:09:23.934 --> 00:09:25.214 of the role there was

NOTE Confidence: 0.9849557

00:09:25.214 --> 00:09:26.415 to sit in, sometimes to

NOTE Confidence: 0.9849557

00:09:26.415 --> 00:09:27.774 help the students prepare their

NOTE Confidence: 0.9849557

00:09:27.774 --> 00:09:28.595 their presentations,

NOTE Confidence: 0.99407685

00:09:29.054 --> 00:09:30.975 and to kind of give

NOTE Confidence: 0.99407685

00:09:30.975 --> 00:09:32.190 additional teaching pearls,

NOTE Confidence: 0.9979278

00:09:33.150 --> 00:09:34.590 clinical advice based on whatever

NOTE Confidence: 0.9979278

00:09:34.590 --> 00:09:35.650 the topic was.

NOTE Confidence: 0.98808277

00:09:37.790 --> 00:09:38.750 So much I could talk  
NOTE Confidence: 0.98808277

00:09:38.750 --> 00:09:40.110 about about living in Kigali.  
NOTE Confidence: 0.98808277

00:09:40.110 --> 00:09:41.070 As I said, it's an  
NOTE Confidence: 0.98808277

00:09:41.070 --> 00:09:42.530 incredibly vibrant city,  
NOTE Confidence: 0.99210465

00:09:43.230 --> 00:09:45.070 and a really amazing place  
NOTE Confidence: 0.99210465

00:09:45.070 --> 00:09:45.710 to spend,  
NOTE Confidence: 0.9910118

00:09:46.030 --> 00:09:47.230 six weeks. Again, I could  
NOTE Confidence: 0.9910118

00:09:47.230 --> 00:09:48.795 have many, many, many slides  
NOTE Confidence: 0.9910118

00:09:48.795 --> 00:09:49.675 of photos of fun things  
NOTE Confidence: 0.9910118

00:09:49.675 --> 00:09:50.654 to do in Kigali.  
NOTE Confidence: 0.9710521

00:09:51.434 --> 00:09:52.154 But kind of some of  
NOTE Confidence: 0.9710521

00:09:52.154 --> 00:09:53.194 the things that were a  
NOTE Confidence: 0.9710521

00:09:53.194 --> 00:09:54.475 little surprising to me, there's  
NOTE Confidence: 0.9710521

00:09:54.475 --> 00:09:56.154 an amazing cafe culture in  
NOTE Confidence: 0.9710521

00:09:56.154 --> 00:09:58.074 Kigali. So oftentimes after kind  
NOTE Confidence: 0.9710521

00:09:58.074 --> 00:09:59.035 of teaching would wrap up

NOTE Confidence: 0.9710521

00:09:59.035 --> 00:09:59.774 at the hospital,

NOTE Confidence: 0.97641176

00:10:00.954 --> 00:10:02.309 I would, you know, find

NOTE Confidence: 0.97641176

00:10:02.309 --> 00:10:03.670 a cafe, do work on

NOTE Confidence: 0.97641176

00:10:03.670 --> 00:10:05.110 my journal club or my

NOTE Confidence: 0.97641176

00:10:05.110 --> 00:10:07.670 evidence based, medicine presentation for

NOTE Confidence: 0.97641176

00:10:07.670 --> 00:10:09.030 the next day or read

NOTE Confidence: 0.97641176

00:10:09.030 --> 00:10:10.070 up on kind of topics

NOTE Confidence: 0.97641176

00:10:10.070 --> 00:10:10.790 that came up in the

NOTE Confidence: 0.97641176

00:10:10.790 --> 00:10:12.309 wards. For any coffee or

NOTE Confidence: 0.97641176

00:10:12.309 --> 00:10:13.910 tea lovers, there is amazing,

NOTE Confidence: 0.97641176

00:10:13.910 --> 00:10:14.410 amazing

NOTE Confidence: 0.99970967

00:10:16.115 --> 00:10:17.475 coffee and tea from Rwanda

NOTE Confidence: 0.99970967

00:10:17.475 --> 00:10:18.355 that you really can find

NOTE Confidence: 0.99970967

00:10:18.355 --> 00:10:18.855 everywhere.

NOTE Confidence: 0.9199395

00:10:20.675 --> 00:10:21.954 There is, of course, the

NOTE Confidence: 0.9199395

00:10:21.954 --> 00:10:23.495 Kigali Genocide Memorial.  
NOTE Confidence: 0.9636013

00:10:23.954 --> 00:10:25.074 I was actually there this  
NOTE Confidence: 0.9636013

00:10:25.074 --> 00:10:27.394 year during Kibuka, which means,  
NOTE Confidence: 0.9039606

00:10:28.130 --> 00:10:29.750 to remember in Kinyarwanda.  
NOTE Confidence: 0.98654264

00:10:31.010 --> 00:10:32.630 And that's the the annual  
NOTE Confidence: 0.98654264

00:10:32.690 --> 00:10:33.510 kind of genocide,  
NOTE Confidence: 0.9065496

00:10:34.130 --> 00:10:35.350 Remembrance Day.  
NOTE Confidence: 0.94860536

00:10:35.730 --> 00:10:36.610 I was there this year.  
NOTE Confidence: 0.94860536

00:10:36.610 --> 00:10:37.990 It was the thirtieth anniversary,  
NOTE Confidence: 0.94860536

00:10:38.050 --> 00:10:38.769 so it was kind of  
NOTE Confidence: 0.94860536

00:10:38.769 --> 00:10:40.290 a week long two public  
NOTE Confidence: 0.94860536

00:10:40.290 --> 00:10:41.570 holidays, two days of public  
NOTE Confidence: 0.94860536

00:10:41.570 --> 00:10:42.630 holiday, and then  
NOTE Confidence: 0.97104746

00:10:43.895 --> 00:10:46.135 a week of programming within  
NOTE Confidence: 0.97104746

00:10:46.135 --> 00:10:47.995 the city, lots of presentations,  
NOTE Confidence: 0.97104746

00:10:48.295 --> 00:10:49.434 speeches, events.

NOTE Confidence: 0.9629355  
00:10:50.375 --> 00:10:51.515 And it was really impactful  
NOTE Confidence: 0.9629355  
00:10:51.575 --> 00:10:52.934 actually to to go back  
NOTE Confidence: 0.9629355  
00:10:52.934 --> 00:10:54.554 and visit visit the memorial,  
NOTE Confidence: 0.95900416  
00:10:54.934 --> 00:10:56.054 kind of during that week.  
NOTE Confidence: 0.95900416  
00:10:56.054 --> 00:10:58.155 And and, you know,  
NOTE Confidence: 0.9797786  
00:10:58.460 --> 00:10:59.900 it's very recent history for  
NOTE Confidence: 0.9797786  
00:10:59.900 --> 00:11:00.559 the country,  
NOTE Confidence: 0.99278706  
00:11:01.260 --> 00:11:03.500 and in in many people's  
NOTE Confidence: 0.99278706  
00:11:03.500 --> 00:11:04.000 lifetimes.  
NOTE Confidence: 0.99284357  
00:11:05.420 --> 00:11:06.620 So that was something that,  
NOTE Confidence: 0.99284357  
00:11:06.620 --> 00:11:08.400 you know, felt felt really  
NOTE Confidence: 0.99284357  
00:11:08.460 --> 00:11:09.360 kind of important,  
NOTE Confidence: 0.9992636  
00:11:10.220 --> 00:11:10.720 to  
NOTE Confidence: 0.9588534  
00:11:11.035 --> 00:11:12.075 kind of immerse myself as  
NOTE Confidence: 0.9588534  
00:11:12.075 --> 00:11:13.035 much as I could in  
NOTE Confidence: 0.9588534

00:11:13.035 --> 00:11:13.934 while I was there.  
NOTE Confidence: 0.9800666

00:11:15.275 --> 00:11:16.235 In terms of other things  
NOTE Confidence: 0.9800666

00:11:16.235 --> 00:11:17.355 to do in Kigali, I  
NOTE Confidence: 0.9800666

00:11:17.355 --> 00:11:18.475 found there's a bowling alley  
NOTE Confidence: 0.9800666

00:11:18.475 --> 00:11:19.515 in Kigali. This is something  
NOTE Confidence: 0.9800666

00:11:19.515 --> 00:11:20.635 I discovered on my last  
NOTE Confidence: 0.9800666

00:11:20.635 --> 00:11:21.295 night there.  
NOTE Confidence: 0.9911166

00:11:21.915 --> 00:11:23.675 There's tons of fun restaurants,  
NOTE Confidence: 0.9911166

00:11:23.675 --> 00:11:24.735 amazing food.  
NOTE Confidence: 0.9770399

00:11:25.660 --> 00:11:26.620 Definitely, you kind of get  
NOTE Confidence: 0.9770399

00:11:26.620 --> 00:11:28.080 your fill of typical Rwandan  
NOTE Confidence: 0.9770399

00:11:28.140 --> 00:11:29.679 cuisine with hospital lunch.  
NOTE Confidence: 0.9926845

00:11:30.140 --> 00:11:31.100 So then there's lots of  
NOTE Confidence: 0.9926845

00:11:31.100 --> 00:11:31.840 other places,  
NOTE Confidence: 0.9932122

00:11:32.220 --> 00:11:33.600 to try for dinner. There's,  
NOTE Confidence: 0.9854355

00:11:34.059 --> 00:11:35.340 a great Italian spot that

NOTE Confidence: 0.9854355  
00:11:35.340 --> 00:11:37.340 does a trivia night every  
NOTE Confidence: 0.9854355  
00:11:37.340 --> 00:11:38.620 week and kind of whoever  
NOTE Confidence: 0.9854355  
00:11:38.620 --> 00:11:40.135 wins the the quiz from  
NOTE Confidence: 0.9854355  
00:11:40.135 --> 00:11:41.255 the week before writes the  
NOTE Confidence: 0.9854355  
00:11:41.255 --> 00:11:42.214 next one. So that was  
NOTE Confidence: 0.9854355  
00:11:42.214 --> 00:11:43.975 something that kind of became  
NOTE Confidence: 0.9854355  
00:11:43.975 --> 00:11:45.175 part of many of my  
NOTE Confidence: 0.9854355  
00:11:45.175 --> 00:11:47.015 weeks there, writing, fun trivia  
NOTE Confidence: 0.9854355  
00:11:47.015 --> 00:11:47.515 quizzes.  
NOTE Confidence: 0.99903464  
00:11:49.175 --> 00:11:50.235 I love,  
NOTE Confidence: 0.9670703  
00:11:50.615 --> 00:11:51.815 you know, trying to practice  
NOTE Confidence: 0.9670703  
00:11:51.815 --> 00:11:52.889 as much Kenya Rwanda as  
NOTE Confidence: 0.9670703  
00:11:52.889 --> 00:11:53.769 I can. A great place  
NOTE Confidence: 0.9670703  
00:11:53.769 --> 00:11:54.410 to do that is in  
NOTE Confidence: 0.9670703  
00:11:54.410 --> 00:11:55.290 the market. One of,  
NOTE Confidence: 0.96009797

00:11:57.370 --> 00:11:58.490 my, great friends who I  
NOTE Confidence: 0.96009797

00:11:58.490 --> 00:11:59.610 I made in Rwanda and,  
NOTE Confidence: 0.96009797

00:11:59.610 --> 00:12:00.570 again, I'm still in touch  
NOTE Confidence: 0.96009797

00:12:00.570 --> 00:12:02.329 with is, a gentleman named  
NOTE Confidence: 0.96009797

00:12:02.329 --> 00:12:03.370 Prince, kind of a an  
NOTE Confidence: 0.96009797

00:12:03.370 --> 00:12:04.329 up and coming, as he  
NOTE Confidence: 0.96009797

00:12:04.329 --> 00:12:06.089 calls himself, fashion designer in  
NOTE Confidence: 0.96009797

00:12:06.089 --> 00:12:06.589 Kigali,  
NOTE Confidence: 0.9324736

00:12:07.815 --> 00:12:08.934 who it was awesome to  
NOTE Confidence: 0.9324736

00:12:08.934 --> 00:12:09.654 kind of walk through the  
NOTE Confidence: 0.9324736

00:12:09.654 --> 00:12:11.014 market with and, again, try  
NOTE Confidence: 0.9324736

00:12:11.014 --> 00:12:12.135 to practice as much of  
NOTE Confidence: 0.9324736

00:12:12.135 --> 00:12:13.654 the conversational canoe Rwanda that  
NOTE Confidence: 0.9324736

00:12:13.654 --> 00:12:14.454 I picked up while I  
NOTE Confidence: 0.9324736

00:12:14.454 --> 00:12:15.115 was there.  
NOTE Confidence: 0.99944025

00:12:15.735 --> 00:12:17.255 And outside of Kigali, there's

NOTE Confidence: 0.99944025  
00:12:17.255 --> 00:12:18.375 really no shortage of things  
NOTE Confidence: 0.99944025  
00:12:18.375 --> 00:12:19.415 to do. It's such a  
NOTE Confidence: 0.99944025  
00:12:19.415 --> 00:12:19.915 beautiful  
NOTE Confidence: 0.99055237  
00:12:21.070 --> 00:12:22.350 country. There are a number  
NOTE Confidence: 0.99055237  
00:12:22.350 --> 00:12:24.130 of national parks in,  
NOTE Confidence: 0.9447848  
00:12:24.510 --> 00:12:26.270 Rwanda, kind of each with  
NOTE Confidence: 0.9447848  
00:12:26.270 --> 00:12:27.809 their own biome. Nyongwe,  
NOTE Confidence: 0.96447545  
00:12:28.510 --> 00:12:29.410 is in the,  
NOTE Confidence: 0.9582917  
00:12:30.270 --> 00:12:32.030 southwestern kind of corner over  
NOTE Confidence: 0.9582917  
00:12:32.030 --> 00:12:32.530 here,  
NOTE Confidence: 0.9497752  
00:12:32.885 --> 00:12:33.945 very much rainforest.  
NOTE Confidence: 0.9372837  
00:12:34.645 --> 00:12:36.245 You could do chimpanzee trekking  
NOTE Confidence: 0.9372837  
00:12:36.245 --> 00:12:37.385 there. Akagera  
NOTE Confidence: 0.9915756  
00:12:37.765 --> 00:12:38.565 is kind of on the  
NOTE Confidence: 0.9915756  
00:12:38.565 --> 00:12:39.785 other side of the country,  
NOTE Confidence: 0.97970176

00:12:40.565 --> 00:12:41.605 much more kind of a  
NOTE Confidence: 0.97970176

00:12:41.605 --> 00:12:42.825 spot to go for safari.  
NOTE Confidence: 0.97970176

00:12:43.125 --> 00:12:44.265 And then you have Volcanoes  
NOTE Confidence: 0.97970176

00:12:44.325 --> 00:12:46.005 National Park, where you can  
NOTE Confidence: 0.97970176

00:12:46.005 --> 00:12:47.285 do gorilla trekking, lots of  
NOTE Confidence: 0.97970176

00:12:47.285 --> 00:12:48.265 incredible hiking.  
NOTE Confidence: 0.9722245

00:12:49.019 --> 00:12:49.980 I actually ended up going  
NOTE Confidence: 0.9722245

00:12:49.980 --> 00:12:51.100 to Uganda to do,  
NOTE Confidence: 0.9800554

00:12:51.500 --> 00:12:53.100 gorilla trekking, which we'll see  
NOTE Confidence: 0.9800554

00:12:53.100 --> 00:12:54.639 if this video loads,  
NOTE Confidence: 0.9933689

00:12:55.179 --> 00:12:56.139 was one of the most  
NOTE Confidence: 0.9933689

00:12:56.139 --> 00:12:57.579 amazing things I've ever done.  
NOTE Confidence: 0.9933689

00:12:57.899 --> 00:12:59.500 You're kind of right right  
NOTE Confidence: 0.9933689

00:12:59.500 --> 00:13:00.380 in the middle of a  
NOTE Confidence: 0.9933689

00:13:00.380 --> 00:13:01.980 family of gorillas and just  
NOTE Confidence: 0.9933689

00:13:01.980 --> 00:13:03.120 kind of get to watch

NOTE Confidence: 0.9659078

00:13:03.605 --> 00:13:05.045 what they do, for about

NOTE Confidence: 0.9659078

00:13:05.045 --> 00:13:06.885 an hour. Something I tacked

NOTE Confidence: 0.9659078

00:13:06.885 --> 00:13:08.905 on to that trip was,

NOTE Confidence: 0.92763275

00:13:10.005 --> 00:13:11.625 a night in Lake Bunyone

NOTE Confidence: 0.92763275

00:13:11.845 --> 00:13:12.585 in Uganda,

NOTE Confidence: 0.94580024

00:13:13.205 --> 00:13:13.925 which is,

NOTE Confidence: 0.9743565

00:13:14.805 --> 00:13:17.269 one of the few Shisto

NOTE Confidence: 0.9743565

00:13:17.329 --> 00:13:18.529 free lakes kind of in

NOTE Confidence: 0.9743565

00:13:18.529 --> 00:13:19.970 the area in contrast to

NOTE Confidence: 0.9743565

00:13:19.970 --> 00:13:21.649 Lake Kivu in Rwanda, which

NOTE Confidence: 0.9743565

00:13:21.649 --> 00:13:23.029 unfortunately does have Shisto.

NOTE Confidence: 0.9848314

00:13:24.050 --> 00:13:25.029 Kivu is beautiful.

NOTE Confidence: 0.9806713

00:13:25.730 --> 00:13:27.170 Definitely would still recommend going

NOTE Confidence: 0.9806713

00:13:27.170 --> 00:13:28.050 there even if you're not

NOTE Confidence: 0.9806713

00:13:28.050 --> 00:13:29.410 gonna swim. It's it's gorgeous

NOTE Confidence: 0.9806713

00:13:29.410 --> 00:13:30.804 views at this photo down  
NOTE Confidence: 0.9806713

00:13:30.804 --> 00:13:31.205 here.  
NOTE Confidence: 0.9520782

00:13:32.885 --> 00:13:35.205 So really lots of amazing  
NOTE Confidence: 0.9520782

00:13:35.205 --> 00:13:36.584 things to do in Kigali,  
NOTE Confidence: 0.99827474

00:13:37.125 --> 00:13:38.005 plenty of things to do  
NOTE Confidence: 0.99827474

00:13:38.005 --> 00:13:39.205 outside of Kigali on the  
NOTE Confidence: 0.99827474

00:13:39.205 --> 00:13:39.705 weekends,  
NOTE Confidence: 0.99906284

00:13:40.404 --> 00:13:40.904 and  
NOTE Confidence: 0.96333236

00:13:41.205 --> 00:13:42.404 really so much to kind  
NOTE Confidence: 0.96333236

00:13:42.404 --> 00:13:42.630 of  
NOTE Confidence: 0.99853945

00:13:43.670 --> 00:13:45.210 dive into in the hospital.  
NOTE Confidence: 0.966975

00:13:45.750 --> 00:13:47.110 I had an incredible experience.  
NOTE Confidence: 0.966975

00:13:47.110 --> 00:13:48.710 I would definitely, definitely recommend  
NOTE Confidence: 0.966975

00:13:48.710 --> 00:13:50.309 it, and I'm really happy  
NOTE Confidence: 0.966975

00:13:50.309 --> 00:13:50.809 to,  
NOTE Confidence: 0.99973553

00:13:52.150 --> 00:13:53.830 answer any questions that anyone

NOTE Confidence: 0.99973553  
00:13:53.830 --> 00:13:54.330 has.