Zambia Technical Assistance Internship

Teddy Marak
July – December 2010
Mazabuka, Zambia
Mazabuka Southern Province Zambia
“The Sweetest Town in Zambia”
How I Found It

Joe Anzalone

Approach the search like a job or a class. Take it seriously!

Magic Lamp, preferably with Genie

Random family friend who works in healthcare

Network, Network, Network!

Professors

Peers, students, the person sitting next to you right now
Zambia Technical Assistance Internship Overview

• Six month placement in one of four locations in Southern Province, Zambia
• Housing, airfare, and modest living allowance
• Opportunity to work in many areas of public health (M&E, program management, research methods and planning, community outreach, etc.)
Challenges
Lessons Learned

• Long term placement – benefits are endless
  – Comfort in culture and norms, increased responsibility, chance to see progress in work/program, take on various roles, travel
• Have an open mind, be flexible, take it all in
  – Experience of living in a different culture, learning from those around you is such a rich part of the experience
• Step out of your comfort zone, you’ll be surprised what you find
  – The challenges and the differences lead to personal growth, self-understanding
• You are your own best advocate
  – Understand what you want to get out of the experience and share that
• There is no substitute for experience
• The right practicum can set you on the path for bigger and better things
YOU ARE NOW
ENTERING
ZAMBIA

GO
Twalumba kapati!
Thank you!