

Zambia Technical Assistance Internship



Teddy Marak
July – December 2010
Mazabuka, Zambia

Mazabuka Southern Province Zambia

“The Sweetest Town in Zambia”



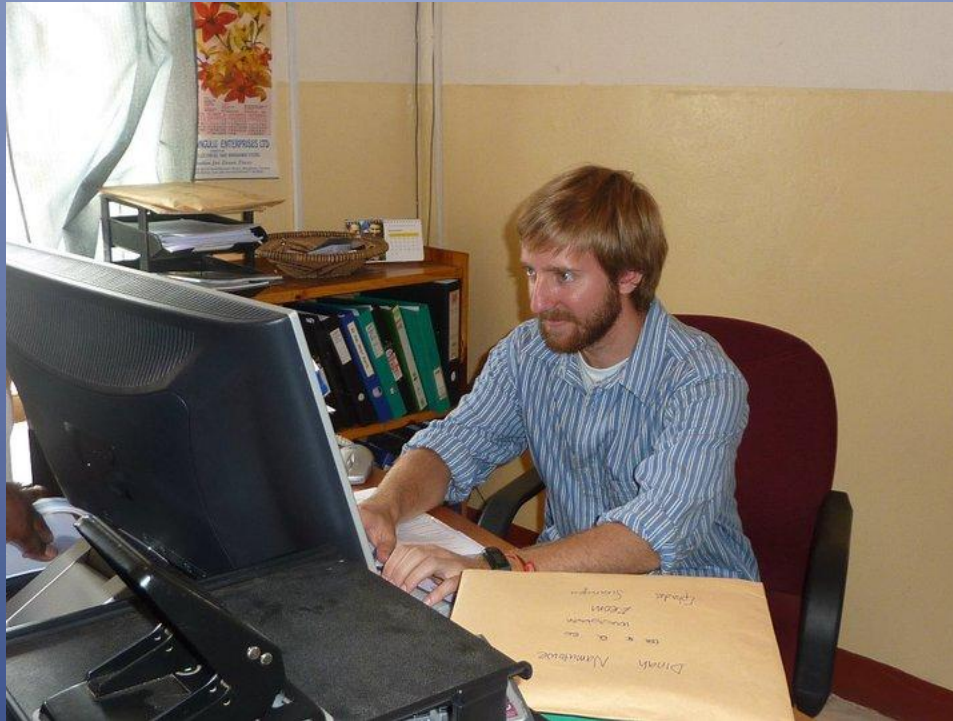
How I Found It

Joe Anzalone

IH Weekly Blast

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

Magic Lamp,
preferably
with Genie



BUSPH Practicum
Opportunities and
Announcements

Random family
friend who
works in
healthcare

Idealist.org

Network, Network, Network!

Professors

Peers, students, the person
sitting next to you right now

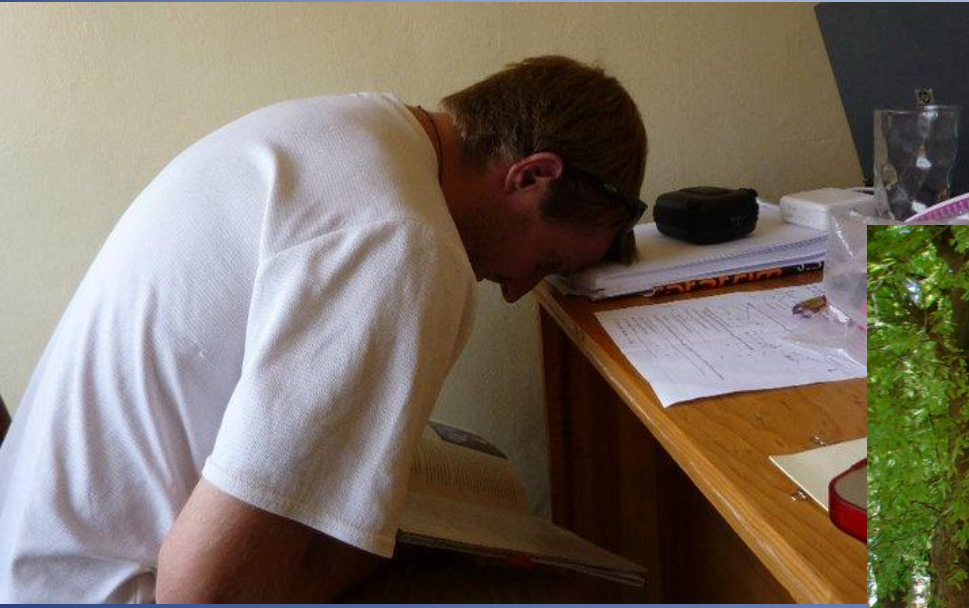
Trip Reports

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

A large, open spreadsheet or data table with many columns and rows of text. The table is filled with data, including names, dates, and other information. The text is small and difficult to read, but the structure is clear. The table is spread out on a surface, and the pages are slightly curved.

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!

