

- 1 Did you feel that you received sufficient information about the trip before departure?

Yes

- 2 Did you find the trip to be interesting, challenging and rewarding?

Yes

- 3 What is the best experience you had during the trip?

Treating those who do not get attention for their dental health routinely. It didn't just broaden my experience and insight in dental health in developing countries like Nepal but it brought happiness to my soul that I successfully made patient's happy to provide emergency treatment.

The other rewarding part of this trip was to capture the most beautiful mountain range I have ever seen, Annapurna Himalayan range. Not only it's made me go to visit Nepal again but it's made me motivated to train and complete one base camp maybe in the future.

- 4 Least enjoyable part of the trip?

Camping - I am not a very big fan of camping just from fears of bugs and insects. But it was probably the best experience for camping I have ever had.

- 5 If you could make 3 changes to the trip, what would they be?

- Increase the amount of days we were in dental camps to provide treatment to more patients.
- Be able to go to local schools to provide oral health education. Although, this was done by some colleagues, I think it would've been better for rota so that all colleagues could gain an insight on this too.
- Maybe go to homes of the villages or a different city and provide oral health education.

- 6 Are you happy with the facilities provided to you during stay?

Yes, very happy. Although I am not a big fan of camping outside it was a very comfortable and homely way of camping – apart from the time there was a thunder storm/lightening.

- 7 Did you get an opportunity to participate/shadow in your area of interest or the skills that you wanted to improve during the trip?

Yes – extractions of deciduous teeth.

- 8 If the trip is planned for next year, would you participate in the trip again?

Yes – if I could afford it.

- 9 Would you recommend this voluntary trip to your colleagues and friends?

Yes – already have and willing to do it again.

- 10 Any other comments

- Would be good to expand this trip to other developing countries maybe in the same region e.g. India, Sri Lanka.

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- Anonymous please.