

Dorset, Dorchester, England

Matthew Mendez

[maxxmad@yahoo.com](mailto:maxxmad@yahoo.com)

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I wanted to experience rural England more than London, so I went to a fairly rural area of the country. I also wanted to have my nights and weekends free for travel, so I picked an outpatient practice where I would not have any on call or weekends. I chose my destination based on the contact that I had there. It is definitely best to live with the physician that you are working with as that saves much hassle as far as room/board. The easiest way to travel to England is to find a physician in the US who knows someone in the UK. Generally, people are willing to connect you or help you find someone to stay with. It's better if you have a friend living there, but I didn't know anyone, so I couldn't use that option.

England is fairly benign as far as cultural differences and travel precautions. The time change takes about three days to adjust to, but after that it's not so different than living in the US. I was happy with my experience and don't really have any regrets. I did spend all my weekends travelling, one to London, twice to Ireland. My biggest piece of advice is to try to not worry about how much things cost (within reason, of course) as you don't know when you'll ever be back.

As far as the clinical experience, I worked on continuous quality improvement projects as I had seen enough patients by the end of the fourth year. However, England's health system is very different than the US and is a good case study in and of itself for anyone interested in health care economics. Most physicians will let you do what you want, but it's good to formulate a strong idea of what you want to do before you leave, as time goes quickly.

Good tip: try to pick a physician that is slightly older, and whose children are either your age or have already left home, as they will likely be much less stressed and much more able to guide your experience.