

A personal reflection on grief

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Contact information for all AVS Officers, committee members and reps can be found at www.avsukireland.co.uk/who-we-are

From the editor

Elizabeth Stephenson, JAVS Editor

Hello! I'm delighted that you've picked up a copy of JAVS this year. Thank you for making my time and that of all the wonderful contributors to this edition worthwhile.

As I look back over the past year, it's

heartening that life has all but returned to normal in the wake of Covid-19. I'm sure I'm not the only one glad to be mask free on EMS and able to use all my facial features, rather than just my eyes, to convince the vets that I am indeed smiling.

I'm heading into my fifth year now, and during EMS one of the key things I've noticed is that small gestures of kindness from vets have the biggest impact on my progression. Supporting each other as we tread this long path, to one day pop out as not-quite-fledged-but-slightly-flapping vets at the other end, is paramount. I'd highly recommend reading Niamh's article on managing grief at vet school and the importance of talking to others and offering a shoulder of support (see page 11). This really is something to reflect on, especially as new vet schools open and more of us enter the profession.

Reading about the fascinating research that features in this issue, particularly from the Elephant Welfare Project (page 20), shows the benefit that we students can bring to the profession. Vet school offers us many fantastic opportunities and we should make the most of them, both academic and otherwise. The FAVS congress in Edinburgh (page 3) contained a healthy balance of both this year!

Do carve out time for yourself, too. On page 16, Calum, our SVP, touches on the key role non-academic pursuits play in shaping us as individuals. (Though perhaps I took this to extremes, skipping off just before my exams to climb the Cuillin Ridge on the Isle of Skye!) Either way, the connections we make and the laughter we share at vet school are both fleeting and long lasting – let's hold on to them as we muddle through.

Do get in touch if you have an article that's been sitting at the back of your mind and you can't quite cajole it onto paper. I'm always happy to offer assistance and it'd be great to encourage more of you to contribute. I'll be handing over to a new editor next year and I'm sure they will offer the same help. Thanks for having me, I've loved reading about everything we all get up to!



Elizabeth

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Speaking up for and supporting vet students

Charlotte Tobin-Williams (AVS President 2022/23)

I WANT to begin by saying a massive THANK YOU to the previous AVS Committee, in particular to the now senior vice president, Calum McIntyre. The past couple of years have been tough.

This year we have been adjusting to the 'new normal', with new policies and requirements, plus the ever-challenging subject of EMS. At AVS, we always strive to project your voices forward, with myself and other members of the committee sitting in on various meetings with the RCVS, Vet Schools Council and BVA.

With the 2022/23 AVS Committee now in place, we have already had several fantastic talks, events and opportunities come up (more of which in just a moment). Alongside all this, our mission this year is to spice up our social media, including a website revamp and a potential TikTok account (keep an eye out!). If you have any ideas or would like to be featured on our social media then please contact us at avswebeditor@gmail.com

As well as our social media revamp, we've been collaborating with other organisations to offer a number of grants. The AVS/BVA Sponsorship Grant has been made available to offer financial support to students for creating and running events or activities at vet school. There have been several successful events sponsored already this year, and I'm so glad we could help out.

In addition to these grants, we've teamed up with VDS Training for the second year running to offer five



Charlotte Tobin-Williams, AVS President 2022/23

grants of £200 to help support vet students with clinical EMS. Keep a look out next year for more grants and opportunities with AVS – you never know what's coming next!

Now let's talk about the very important event that we'd all been waiting for...Sports Weekend 2022! It was so exciting to finally be able to hold it again after so many years of not being able to host you all.

This year, Sports Weekend was back, bigger and better than ever before. Liverpool hosted it in early November – everyone had a really good time and there could not have been a better way to kickstart our annual AVS events.

If Sports Weekend is not your style, not to worry. We will be holding our annual congress in the new year with various streams jam-packed with talks to keep you on your toes. Make sure you follow us on Facebook for more information, and ask the AVS reps at your vet schools if you have any queries. Tickets for AVS events are usually limited so make sure you get on that bandwagon!

By the time you read this, we will also have collaborated with 'Vets: Stay Go Diversify' to hold a 'Get Set For Vet'

summit. The summit took place in London and online in October and offered opportunities to hear from influential and inspiring voices from across the veterinary sector on subjects such as: 'CV of failures, and what they don't teach you at vet school', 'Green flags in employment' and 'Knowing yourself to sell yourself'. It also gave us a chance learn more about diversifying our careers and to do some networking.

That's all for now from me, but be sure to know that we do hear your voice. So please keep speaking up, and keep filling in those pesky surveys. Most of all though – enjoy another year of vet school.



@AVS_UK_Ireland



/AVS.UK.Ireland



@avsukirl

A fabulous FAVS congress!

Nicky Shaw (Edinburgh senior rep)

AFTER a few touch-and-go moments, the Edinburgh Farm Animal Veterinary Society (EFAVS) and the Royal (Dick) School of Veterinary Studies hosted the first in-person Farm Animal Veterinary Society (FAVS) congress since the pandemic hit in 2020. Over 100 vet students from across the UK descended on Edinburgh over the second weekend of May 2022 for two days of learning, networking and wicked hangovers.

Vetoquinol kindly sponsored a Friday night quiz and icebreaker, to allow us to remind ourselves what people look like without masks, and to ease everybody into the spirit of the weekend. Reece Whyte from national FAVS was the quiz master, presiding over brilliant rounds including 'Endocarditis or lasagne?' and 'Match the penis to the animal'. It was a fantastically festive evening that included too much beer, loads of dancing and a great deal of socialising. All proceeds raised from the quiz were donated to Yellow Wellies, the Farm Safety Foundation charity, making it a great night for a worthwhile cause.

Thankfully, there weren't too many casualties from the night. The next morning, most of us turned up to the Easter Bush campus bright-eyed and ready for a day of practicals and lectures. There were four practical streams, offering us a chance to gain experience in as many different skills as possible in the available time. Practicals took place throughout the campus and visiting students were treated to incredible views of the Pentlands, as well as the historic architecture and tranquillity of the farmlands as they were transported to Langhill.

The practicals were the highlight of the weekend and included workshops on how to 'Prepare tups for the breeding season' by Jenny Hull, 'Ruminant hydration' by Katie Pearson from Nimrod, and 'Bull fer-



tility testing' by Alice Miller. We were also treated to a game of 'Parasite detective' with Edinburgh university's parasite guru Neil Sargison. Others were enthralled by Alex Seguíno and his infectious enthusiasm for the world of veterinary public health.

Throughout the weekend, we were all able to learn new skills and put theoretical knowledge into practice – including tipping sheep, trimming feet, scanning uteruses and looking at semen under a microscope. It was clear that everyone involved had put a great deal of time and effort into making the practicals as interesting, interactive and useful as possible.

After a very busy morning, lunch (and a much-needed coffee) was served before the afternoon lectures began. During the break, a careers fair was held in the atrium of the Royal Dick. This was an ideal networking opportunity for employers, societies and students. The sponsors each had a unique way of enticing students to their stands, although favourites included the Parklands Veterinary Group,

EVENTS



which adopted a 'spin the wheel to win free alcohol' strategy. Reps from the British Cattle Veterinary Association, Norbrook Laboratories, XLVets, Nimrod Veterinary Products, ProStock Vets, IVC Evidensia and Vetoquinol had a wonderful time chatting to attendees, and many CEMS placements were arranged.

There was an exciting lecture line-up for the afternoon, with lecturers, vets and experts from far and wide sharing their enthusiasm for livestock with us. A wide variety of topics were covered, including Robert Howe's research on 'Parasitology



and dung beetles', 'How to engage with sheep farmers' by Fiona Lovatt, and 'Veterinary sustainability' by Ruth Clements.

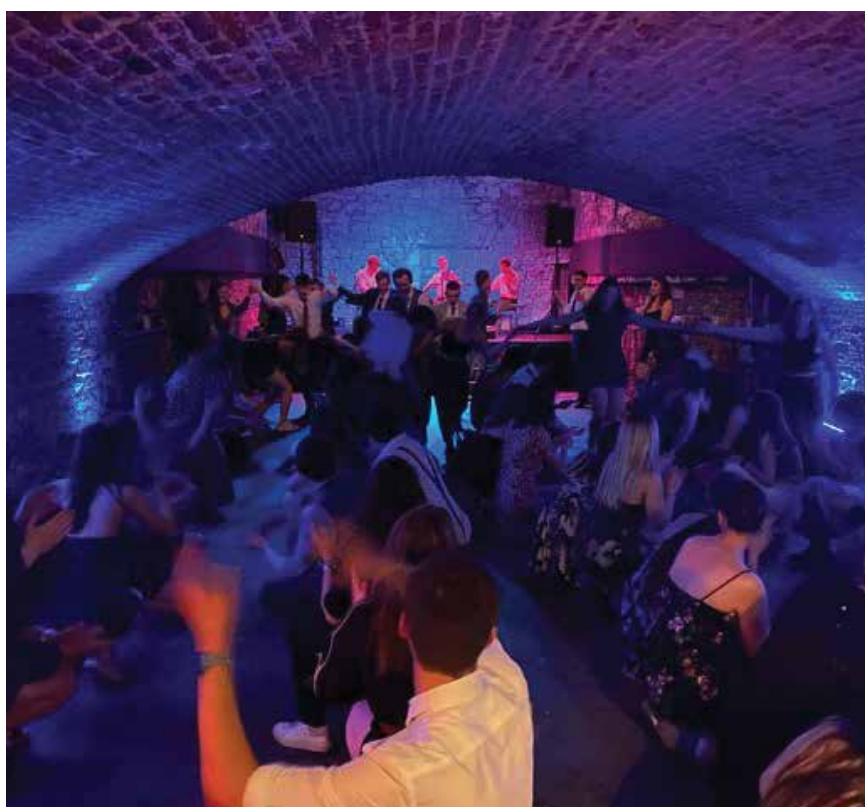
Once the learning was done, visiting students went back home with their Edinburgh hosts where PPE and wellies were exchanged for suits, smart dresses and heels for the Saturday night ceilidh. The Caves graciously hosted the Wellie Ball, including a three-course meal that allowed for extra bonding time between visiting lecturers, vets and the students. After dinner, everyone dusted off their dancing shoes

and 'do-si-doed' the night away to the music of the University of Edinburgh's Folk Society band.

On Sunday morning there was an impressive turnout considering the spectacular amount of alcohol consumed the night before. The fresh Edinburgh air and busy morning of practicals had (almost) everyone feeling better, although the Parklands stand was noticeably quieter than the day before! During the lunch break, national FAVS held its AGM, and Georgia Owen was elected the 2022/23 president. Thereafter, the afternoon's lectures began.

The lecture topics were fascinating, and included tips on 'How to make every visit count' to help bond farm clients to you by Bridget Taylor, 'Livestock and sustainable development goals' by Geoff Simm, and my personal favourite, 'Pathology on the frontline: getting the most out of dead stock', presented by Leanne Forde. Finally, EFAVS presidents (and the star organisers of the congress) Izzie and Dotty wrapped up the weekend, at last allowing attendees a chance to recover.

Overall, it was an incredible weekend, and I cannot wait for the next one!



Reflecting on BVA Live: my experience as a student

James Burgess (Harper and Keele rep)

BVA Live was a brand-new event held at the NEC Birmingham in June this year, after being postponed due to Covid-19. As a member of the AVS Committee, I was fortunate to be given the opportunity to attend courtesy of BVA, alongside the other Harper-Keele representative. An opportunity that I quickly accepted!

The event took place over two days and was advertised as a 'gathering of the veterinary profession'. BVA Live showcased a large exhibition hall and two clinical theatres, alongside debates aimed at getting people talking about hot topics within the profession.

As a student in my preclinical years, many of the clinical theatres, discussions and debates felt a bit overwhelming. However, on the first day, I did take an interest in two talks on nutrition. The first of these was a talk reviewing the scientific evidence surrounding the health benefits and risks associated with providing a plant-based feed to dogs.

The second talk was more general, outlining not only vegan diets, but also raw feeding and other alternative diets. It covered both cats and dogs and was broader, looking at cultural shifts, industry input and breeders and, of course,



health/nutritional risks were also discussed.

The rest of my time was spent walking around the stands in the exhibition hall. Being part of the first cohort of students at a new vet school meant lots of people were keen to hear our experiences of the university so far, with some even looking to recruit new university representatives!

The stands were very interactive, with many offering games of some kind to allow you a chance to win prizes, while others had baristas on hand to make you a fresh cup of coffee (a great way to use all my newly acquired cups!). Talking to the representatives on these stands really helped me get a better insight into the veterinary world.

Connections were furthered by the 'Vet Show Summer Social' event held at the end of the first day. It kicked off with a Happy Hour and a round of free drinks within the exhibition hall. This was followed by drinks in nearby Resorts World (courtesy of vouchers provided by BVA), paving the way for an amazing evening of socialising and networking. It brought together many members of the profession, and carried on into the early hours of the morning.

The second day provided a further opportunity to go around the stands. I was particularly interested in those involved with international work. This allowed me to not only gain a valuable insight into possible routes into working abroad as a qualified vet, but also gave me the chance to discuss opportunities regarding international EMS experiences that I will definitely be looking to do in my clinical years!

Overall, the event was invaluable to me and allowed me to really obtain an insight into the opportunities available to me as a veterinary student and as a future graduate. I felt that the benefit I gained was perhaps a bit limited because I'm still in the preclinical years of my studies and I hope to return in future years (both as a clinical student and as a graduate), when I feel I will gain much more from the experience!

**BVA
LIVE**



Free cake! A perk of visiting stands in the exhibition hall

EMS grant supports acquisition of new skills and knowledge

Zac Pollack (RVC)

THANKS to the AVS EMS Grant sponsored by VDS Training, I was able to partake in my most rewarding clinical work experience to date. Due to financial constraints, much of the work experience I have completed has been limited to veterinary practices within daily commuting range. Every experience has been worthwhile but because I live in central London most of the practices I've been to have been dog and cat focused, yet my interests are in a wider variety of species. With the grant, I felt more confident that I could go to the Chipping Norton Veterinary Hospital where I would need accommodation to allow me to undertake the two-week placement.

This particular hospital has been on my radar for several years as one of its vets is an exotics specialist diploma holder and the others have combined decades of zoo and wildlife experience. The hospital regularly does CT scans, surgeries and clinical investigations for a multitude of safari parks, zoos and private collections. As this is the type of work I would like to do, it was a privilege to join the team for EMS.



All the vets and nurses at the hospital took care and pride in teaching students, which added to how comfortable I felt working there, plus it really boosted my knowledge and clinical skills. Having had so many new experiences over the place-

ment, I'll try to highlight a few favourites.

Reptiles have always fascinated me and throughout my time at vet school I have been trying to develop my skills with them. Such opportunities are difficult to find, but every day at Chipping Norton, there was at least one reptile patient. One evening a blue tegu came in because its owners suspected it had mouth rot. This lizard was 7 kg and had a bit of fight in him but at the same time he found comfort in his owner's arms in the same way many mammals do. Practising

a physical exam on him took a bit of ingenuity to look in his mouth. We took a blood sample from his tail vein and discussed husbandry. In the end, it turned out the problem was just turnover of some teeth.

In addition to the blue tegu, I got to work with other lizards such as chameleons, geckos and bearded dragons. As a great thrill on my last day, I scrubbed into a double mass removal on a python. Both masses came out smoothly and our patient survived. All through vet school I have been keen to work with a snake, so this was very exciting for me.

Because the hospital has so many exotic patients, the team also undertakes postmortem examinations to help inform different collections of problems they should be aware of. This offered me an excellent chance to learn new anatomy and pathology. Although, sadly, quite a few animals were brought in for post-mortem examination while I was



there, at least their deaths provided me with valuable learning opportunities that I can use to improve the lives of other animals. I conducted a variety of necropsies, including a black stork, violet turaco, eagle owl, degu and ankole cow.

One of the most thrilling days of my placement occurred when we went to Woburn Safari Park to castrate four common eland from an expanding herd. The whole process was fascinating. The head vet darting the eland prepared her darts with etorphine and xylazine for the animals over 400 kg and then a ketamine and medetomidine combo for the smaller bucks. She drove with a keeper in search of the correct animal and, once darted, six more Land Rovers followed the patient so that when he went down they could encircle him to protect him from other animals in the park and also protect us as we worked.

For the largest bucks, we could use emasculators but for the smaller ones we did open castrations just like you might do on a calf.



Etorphine was quite intense to work with as we had to stand by with naloxone in case of any accidents. All the castrations went so smoothly, with sedation, procedure and recovery, that we had time to check on a multitude of other patients at the park before leaving.

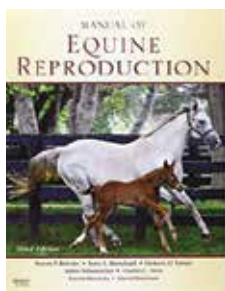
At the end of the two-week placement, I had acquired a plethora of new skills and expanded my knowledge base dramatically. I can't thank the AVS and VDS Training enough for contributing to my learning, but I hope they can sense how appreciative I am.

BOOK REVIEW

The way to learn equine reproduction

Manual of Equine Reproduction, 3rd edn

Steven P. Brinsko, Terry L. Blanchard, Dickson D. Varner, James Schumacher and Charles C. Love
Paperback, 336 pages
Mosby, 2010; £45.39 (Amazon)



Reviewed by Ollie Bardsley
(Fifth year, Cambridge)

On EMS I was advised that equine reproduction – much like ophthalmology – was one of those things that you learn through pattern recognition. When you've seen something once, you'll recognise it the next time. This makes vet school reproduction exams a little bit of a challenge because very few of us see much equine reproduction on EMS, and even fewer of us will see all of the different things that could be tested in exams! This book really helped me in preparing for my exams, my EMS and a potential future career dealing with horses.

A lot of the work of an equine repro vet involves using an ultrasound scanner, typically transrectally – which isn't something that we, as vet students, are going to get much

experience of. I think the first step in getting to grips with this practical skill is to understand what the ultrasound pictures should look like, and the only way to get an appreciation for that is to see lots of ultrasound scans! This manual provides clear, high-resolution ultrasound scans from horses in many stages of their oestrous cycle and gestation, which makes learning a breeze.

However, this book isn't just filled with ultrasound scans. There are pictures throughout – it's not quite a colour atlas, but it isn't far off. I have found that learning through pictures, rather than reading text, has really helped me know what to expect when out on EMS and makes wading through a gigantic textbook much more bearable.

I particularly like the way that the authors have separated out tables of information. Having a table summarising different clinical presentations, or management methods, is particularly useful for quick reference. This means you don't have to trawl through the body of text to find what you're looking for.

I thoroughly recommend this book for anybody who is studying an extensive course on equine reproduction at vet school – which I know isn't on all vet school curricula. It would also help anybody interested in a career in equine medicine.

Vet Student Wellbeing Week at the University of Surrey

Jessica Duke (Senior wellbeing representative, University of Surrey VetSoc)

THIS year, I was delighted to be involved with the National Vet Student Wellbeing Week (VSWW), which began on 7 March. With the generous support of the AVS Student Welfare Grant, the Surrey VetSoc Wellbeing Committee was able to host some wonderful events aimed at encouraging students to take a break from their studies and prioritise their wellbeing.

The success of VSWW at Surrey owes a great deal to the fantastic societies and people we collaborated with. On the Monday, we hosted an art evening supported by the University of Surrey's Art Society and led by our own third-year wellbeing representative, Mariam. In this session, we were invited to explore our creativity through sketching.

During the week we also encouraged students to get outside with the University of Surrey's PetSoc. We enjoyed an hour-long dog walk in the stunning surroundings of our Manor Park campus. We wanted to emphasise the importance of getting outside in the fresh air for our wellbeing, and this event was the perfect way to achieve this. Plus, the puppy cuddles were a great bonus!

Our headline event for VSWW Surrey was a two-hour mini-retreat of yoga, meditation and coaching led by Professor Christine Rivers. The retreat was titled 'You are good enough' and focused on the theme of imposter syndrome and silencing our inner critics. It was a great success and well received by our student attendees who were also able to enjoy a relaxing cup of chai tea and vegan treats!

The support of the AVS Student Welfare Grant meant we could make the entire week accessible to all students, with no costs to anyone attending. It was hugely important



The key event during VSWW at Surrey was a mini-retreat featuring yoga, meditation and coaching, led by Professor Christine Rivers (kneeling, centre)

to us that there were no barriers to attendance, and the team and I are extremely grateful to the AVS for facilitating this. We were also able to purchase prizes for all of our events, thank-you gifts for everyone who helped us, and the necessary supplies to help the week run smoothly.

I would like to end by thanking the AVS for its unwavering support of VSWW Surrey 2022 and acknowledging its generosity. I would like to extend these thanks to the University of Surrey's Art Society

(@uosurreyartsoc) and PetSoc (@petsocsurrey), and Professor Rivers (@meyoco.love). Thank you also to our lecturers who contributed to the 'Advice to veterinary students' series on both the VSWW (@vet-studentwellbeingweek) and Surrey VetSoc (@surreyvet soc) Instagram pages.

Finally, thank you to all the students who participated in our events and donated to the Vetlife fundraiser. We cannot wait for next year's event!



Getting published as a student

Emily Medcalf

OVER the past four years, the *Veterinary Evidence* Student Awards have celebrated students' engagement with evidence-based veterinary medicine (EBVM) and its application into practice. The awards are run by RCVS Knowledge's peer-reviewed, open-access journal *Veterinary Evidence*, with all entries considered for publication in the journal.

This year, Sarah Daphne Foo, a veterinary medicine student from the University of Sydney, took first prize for her Knowledge Summary exploring the evidence behind supraglottic airway devices versus endotracheal intubation for stable anaesthesia in rabbits. Second place was awarded to veterinary medicine students Maxim Bembinov and Narakhanti Soenardi, from the Royal Veterinary College in London, for their Knowledge Summary titled 'An assessment of client and clinician satisfaction in veterinary teleconsultation compared to in-person consultations'.

Here they share their thoughts and experiences on the writing and publishing process, and explain why they would encourage others to get involved with the 2023 competition to learn more about veterinary research and adding to the veterinary knowledge base.



This year, first prize went to Sarah Daphne Foo, a vet student at the University of Sydney

What drew you to apply to the *Veterinary Evidence* Student Awards?

Sarah: I came across *Veterinary Evidence* while working on a project during my degree. As a final-year student hoping to publish my first paper, participating in this competition seemed like a great way to start the process.

Maxim: As a student interested in research, I couldn't pass by such an

exciting opportunity as the *Veterinary Evidence* Student Awards competition. It seemed like a fantastic way to learn more about the inner workings of the process of publishing scientific literature, while simultaneously contributing to the knowledge base of the veterinary community.

Nara: We had some lectures on EBVM in university, and I have always wanted to contribute to the evidence base. These awards seemed like the perfect opportunity for a student like me who is interested in both research and EBVM.

What made you want to appraise the evidence around your chosen topic?

Sarah: I have a special interest in exotics veterinary medicine and wanted to expand my knowledge on the topic, as well as provide education to others in general practice who may not have much experience with rabbit patients. I chose my topic comparing supraglottic airway device placement and endotracheal intubation in rabbit anaesthesia as I came across clinics using both methods and wanted to know how they compared with each other and the pros and cons of each method. This topic is important as rabbits are a unique



Maxim Bembinov (above) and Narakhanti Soenardi (right) from the Royal Veterinary College took second place



species with a relatively high anaesthetic complication risk compared with other companion animals. Any research that could help make anaesthesia safer for rabbit patients inevitably improves our skills as vets and, in turn, patient outcomes, which is a goal I'm sure we all share.

Maxim: During the Covid pandemic, a lot of initiatives to utilise telemedicine in veterinary practice were introduced all over the world, yet very little systematic work was done on telemedicine consultations and how they compare to in-person consultations. This is when we thought that an analysis of the existing literature would be both interesting and challenging as it is not a strictly clinical question, but rather relates to veterinary management.

Nara: With the pandemic, we saw movement to make things more remote and with that, an acceleration in the provision of telemedicine, including teleconsultation. Although there is so much more in play in this transition, we wanted to look at one aspect, by comparing satisfaction levels for both client and clinician between traditional, face-to-face consultations and the newer, online consultations, for example, through video conferencing.

What was the writing and publication process like?

Sarah: As it was my first Knowledge Summary there was a bit of a learning curve at the start but the feedback and guidance from the reviewers really helped me shape my paper to be its best, for which I am truly grateful. There was a lot of back and forth, and many edits, but it made such a difference to the final product and was well worth the extra time and effort.

Maxim: It was very interesting to see how much effort from a lot of different people goes into every published article. The input from the reviewers was invaluable and allowed us to see our work from a new angle.

Nara: Doing this as a pair, we dis-

cussed the search terms together and found appropriate papers to review. We then divided up these papers to critically appraise. In terms of the actual writing, we would discuss the general points and brainstorm ideas, and then split the work in half. The peer-review part of the publication process seemed a little daunting to me at first, but we got constructive feedback that was helpful in producing a sound paper.

Was writing for a journal as you anticipated?

Sarah: Honestly, I didn't know what to expect, but I certainly enjoyed it and would do it again.

Maxim: Before participating in the competition, I thought that the peer-review process would be intimidating; but it turned out to be focused on helping you to produce better work and was really helpful.

Nara: Yes and no! Yes, in a sense that I knew I was going to enjoy the process and gain valuable experience from it. No, in a sense that I thought it would be a scary process as a student. As the peer reviewers are professionals working in the industry, this made it seem intimidating, but the feedback was very constructive and helped us gain different perspectives on the subject.

What will you take away from the process?

Sarah: New skills on how to research and write a Knowledge Summary, and a lot more knowledge about using supraglottic airway devices and endotracheal intubation in animals. I also learnt a lot about other topics related to rabbit anaesthesia as a bonus! Further developing my knowledge on this topic gives me more confidence in working towards my goal of specialising in exotics veterinary medicine in the future.

Maxim: Thanks to the awards, I learned a lot more about how to systematically review literature and analyse study designs specifically as well as a thorough understanding of how the peer-review process works.

Nara: I learned the value of Knowledge Summaries and how they could transform work done by researchers, answer questions vets in primary care practice might have, and help deliver optimal veterinary care. On a more personal level, I learned how to better critically analyse papers – particularly looking at how the method was carried out, and how results were presented and interpreted. It was also valuable to gain insight into the work involved in peer-reviewed journal publications.

What would you say to anyone interested in taking part next year?

Sarah: Writing Knowledge Summaries benefits your own education and that of your veterinary colleagues. Having an article that summarises key information to answer a clinical question is invaluable to those in our profession who are often time poor. For students looking to enter the competition – go for it! It's a great way to gain experience in writing a paper, and even if you don't win, your paper may still be published, so it is well worth it either way!

Maxim: It is an invaluable experience and I recommend all students consider applying next year.

Nara: Just go for it! Pick a topic you are interested in, and it will be an enjoyable process. It won't come without its challenges, but it is very satisfying once it is done.

The 2023 competition

Enhance your academic and research skills by writing a Knowledge Summary and submitting it to *Veterinary Evidence*, the open-access, peer-reviewed journal of RCVS Knowledge, the charity partner of the RCVS. Also, be in with a chance to win one of three cash prizes. The 2023 competition is now open and the deadline for submissions is 13 January 2023. You can find more information at rcvsknowledge.org/student-awards

How to bring down the mood...

Niamh Young (Glasgow senior rep)

AT my ripe old age of 20, I don't believe I have anything to really preach about. I still have a lot to learn and a long way to go in terms of becoming a functioning adult with a good credit score and a solid collection of Tupperware.

However, experience is experience and wisdom can come at any age. While I'm not claiming to have any wisdom whatsoever, what I can provide is experience. So now, with apologies in advance, I'm going to really bring down the mood and make everyone uncomfortable by talking about death and how overwhelming vet school can be when you're trying to grieve.

I lost my dad to cancer when I was a kid, so I was introduced to the concept of death pretty early on. Grieving as you grow up is a weirdly unpredictable experience and I don't believe you ever reach the end of grief. There hasn't been a day so far that I haven't thought about my dad. Whether that's with heartache or a smile (or both) varies from day to day, but I don't think I'll ever reach a time when I won't hurt.

There are happy times too though, and death can give you a lot of perspective, gratitude and some level of understanding of how hard people's grief experiences are to comprehend. I'm grateful for these things, but anyone who has lost someone knows they don't outweigh the cost. I wish I'd had more time to get to know my dad, but I do know he loved animals and, to me, that's a pretty good place to start when working out what kind of a person someone is.

As it turns out, I also really love animals. I love them enough to be sitting here about to go into my third year of vet school. I'm fairly impressed I've made it this far, all things considered. My dad passing only makes up a small part of the 'all things considered' I'm referring to



“ *I found little moments between being in sunny Glasgow and going home to the quiet of the Moray Coast to grieve and heal, and I'm ready to move forward (but not on)* ”

because halfway through my second year my granda passed away due to cancer. (Trust me, I was shocked too when I found out Father's Day could

get even worse than it already had been.) My granda was brilliant and he was an animal person too so, again, that tells you a lot. ►

It's not even been a year since he passed yet so I won't get too caught up in trying to break down exactly how the time has gone but I'll just say it *really* sucked. Funnily enough, my years of holding the 'dead dad' card and hours of counselling didn't do me many favours either. Turns out you can't train for grief.

And being at vet school did not help.

To lose someone so influential to my life while 200 miles away from home and still trying to do university as normal wasn't great. Vet school is a stressful, demanding and fast-paced environment at the best of times. When deadlines loomed and I started to see 'cancer' and 'death' and 'sickness' on every page of every book I opened, in every lecture and in every single one of my attempts to learn, I found it really hard to heal. Don't even get me started on 'end-of-life' and 'euthanasia' discussions...I have a really healthy relationship with euthanasia as a concept so I thought it'd be fine, but it always seems to come back to the 'cancer talk' and I just wasn't ready.

Weeks and months passed and an unspoken expectation started to creep in that somehow I'd be totally back to normal and should be keeping up with lectures while also catching up on the weeks that I'd missed – all in time for exams. There was the pressure to still feel a little sad; the pressure to feel OK; the pressure to hold it all together but still exhibit some level of distress (but only enough so that it would still be socially acceptable to see friends and classmates); the pressure to still learn and do well; the pressure to look after myself; the pressure to accept and move on; the pressure to remember and... and...and...

It quickly proved to be too much and was unsustainable.

About March time, the spectre of upcoming exams in May finally twisted my arm and I threw myself in to some sort of unhealthy, depressed, cramming overdrive. I passed my exams and I did pretty well on some aspects and less well on others. Thinking back to it now makes my

chest tighten and my stomach curl as if I'm on the sketchiest tightrope you've ever seen...over a canyon... and the canyon is on fire. The experience is firmly on my list of things I never want to do again, but it's over now, so I'll take my newly renewed imposter syndrome and roll with it.

The summer has been better. I've started talking about it more and giving myself space and time to rest. I've found a community of support within my friends and family, and even myself. I've loved clinical EMS

“You can't train for grief”

so far and I'm excited again about the thought of being a vet. I found little moments between being in sunny Glasgow and going home to the quiet of the Moray Coast to grieve and heal, and I'm ready to move forward (but not on).

My whole experience does make me wonder though, how many other people are going through something similar in vet school?

There are bound to be people sitting all around me drowning in the expectation on them to be a vet student, while trying to figure out life again after losing someone. People who don't conform to the 'take a couple weeks out of university and then back to business as usual' scenario. Maybe there are even people reading this who feel like they've been on that tightrope too. Or maybe I've just successfully brought down the mood and made everyone uncomfortable. Who knows?

Whether you are in the same position as me, a different position or no position at all in terms of grief, I hope you are looking after yourself and I want to encourage you to reach out and start the conversation. More talking and more awareness can only do good. There is no set journey or way to process losing someone and everyone experiences it differently – but doing it in silence or alone is never going to work in your favour, so speak up. If you make a couple people uncomfortable, then they are probably the ones that need to hear what you have to say. Death is often a difficult topic, but aren't all the things worth talking about a little harder to broach?

Going forward, I hope to create some sort of solidified resource or community in the future, which people can turn to when faced with the loss of someone. I want to turn my experience into something good and start up these trickier conversations. But right this second, I'm still healing and I'm still resting, and that's OK. I might never have a fun-filled Father's Day again, but life is good and I am happy. Let's start talking about it.

Good resources – tried and tested!

- Cruse Bereavement Support: www.cruse.org.uk
- Mind: www.mind.org.uk
- Vetlife: www.vetlife.org.uk

We're here to listen.

www.vetlife.org.uk

Vetlife 24/7 confidential helpline

0303 040 2551

Anonymous email support via website
helpline.vetlife.org.uk

 VetlifeVBF
 @VetlifeVBF


helpline

health support


financial support

vetlife
Support for the
veterinary community

Little ways of making time for nature and why it's beneficial

Caelyn Millar (Fourth year, Nottingham)

THE phrase 'go outside and touch some grass' is often used as an insult – but, on reflection, maybe we should just go outside and touch some grass because it is actually quite good for us.

I recently learned that the warming sensation of the sun on your face during winter has a name: 'apricity'. I thought it was wonderful that this mood-boosting feeling has its own word. It got me thinking about other phenomena in nature that can boost our moods, and how the natural world in its entirety is a benefit to mental health.

As vet students we are unfortunately often familiar with mental health challenges; this comes with the territory of being in this profession. There is so much research on the positive effects that spending time in nature can have on your wellbeing that I thought it would be a good idea to write about how we can all make time for a little bit of nature in our lives (while trying not to sound really pretentious – it's not easy guys, I'm sorry).

It's no secret that embracing the great outdoors makes us happier and feel better about ourselves. The NHS is funding 'green social prescrip-



tions' to help tackle mental illness in communities and these prescriptions encourage individuals to participate in nature-based activities.¹ The concept of One Health acknowledges the impact nature and the environment have on well-being and recognises that there is a growing disconnect between us and nature.²

I think one of the big things getting in the way of us enjoying what nature has to offer is what we assume someone who is 'outdoorsy' should look like. We think of the biking-across-the-country, trekking-through-the-wild-with-a-CamelBak and doing-25-mile-hikes-every-weekend folks. If you're into that, I am happy for you, but it is certainly not me. I say throw that definition to the wind and wear your 'I spend time in nature' badge with pride – even if all you did this week was spend a few minutes looking at the clouds.

So, my task for you is to find ways to enjoy nature that use as little energy as possible, be it taking a photo of a flower, hugging a tree, or

just lying on the grass looking up at the stars. If you are feeling bold you could switch up your socials in the pub for a picnic in your local green space, go for a quick walk in the park with a friend, or tag along to a wild swimming event (even if you just dip your toe in). A personal favourite of mine is refusing to mow the lawn of the uni house and telling my housemates I am all for 'making room for nature on our doorstep'.

While you are out in nature (ie, the backyard), try to take it in as much as possible and focus on the sights, sounds, smells and feel of nature. Forget the growing list of lectures you need to make notes for, the fact you still cannot do an IV cannula to save your life, or that it is six weeks until the next student loan payment. Likewise, you can just go outside for five minutes and take absolutely nothing in, it doesn't matter – at least you stretched your legs and got away from your desk.

There is no perfect way to enjoy nature, no minimum grade to qualify as someone worthy of calling themselves a nature-lover. Nature is there for you to enjoy whenever and however you want. You deserve to relish it for all it has to offer, even in the smallest ways. So next time it's the middle of winter and you're on farm CEMS helping the vet TB test what feels like the billionth cow that day, turn your cheek to the sun and enjoy a few moments of apricity.

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Exploring Liverpool: there's life outside of vet school!

Georgia Salmon (Liverpool senior rep)

IT is well known that, as vet students, we often let vet school consume us – it becomes the leading factor of our lives. So, here, I'm taking my chance to emphasise the importance of a work-life balance by introducing you to all my favourite spots in Liverpool. As a sheltered 18 year old, moving to a city was so daunting for me, but I hope this article will show how you can settle in and find a new love for a city you've never known.

Whether you use this for inspiration when visiting, or just a gentle read to take some time out from studying, I hope it inspires you to explore the places you live and get a break away from anything that is troubling you at the moment.

Where to begin?

As breakfast is said to be the most important meal of the day, let's go for brunch!

Liverpool has endless restaurants; however, 'The Vibe' is my favourite by a mile. It's a plant-based restaurant that serves the most incredible food all day round (the smoothies are the best though). You can sit in and enjoy the atmosphere inside, but I love taking away a chai latte and wandering around the city centre. It is so great to see people on their commute, with their families or friends, shopping, busking in the street or raising awareness for causes.

Liverpool is such a vibrant city and is always full of smiling faces, and you'll never get bored here.

Rolling on

If we take a stroll to Pier Head, you will need to bring your wheels! A huge skate community has sprung up just outside the Liver Building. The building is home to the two famous liver birds, Bertie and Bella, and it is said that one looks out to



sea and the other looks inland, protecting Liverpool.

Whether you like a jam on roller skates, tricks on a board or just to

sit and spectate, there is always something going on at Pier Head. People of all ages and backgrounds come together with a bit of music and skate for hours.

This is my escape from studying and you can often find me in the library with my skates in my bag next to me, itching to get down to the docks to let go of all my worries.

Quieter times

Everyone knows how busy the university library can get sometimes – and bumping in to lots of people you know while you are running on four hours of sleep and caffeine isn't great... Instead, I often venture to the beautiful city library. The library is home to the Picton Reading Room, which houses 15,000 books! It opened originally in 1860 and is an inspiring room to study in.

Alongside the library is the World Museum, which makes a fun change in your lunch break. This museum has a range of collections from Egyptian mummies to natural history specimens.

Dinner, dancing and more!

After a long day, you are probably feeling hungry. My favourite eating area would have to be the Royal Albert Dock. It offers a variety of restaurants to cater for all tastes and has scenic views of the Mersey.

The dock is home to houseboats, the M&S Bank Arena





and the famous Beatles museum. Alongside all of this, if you don't mind getting your paws wet, there are a few water sports activities in the Mersey River. I have tried paddleboarding and managed not to get any mysterious waterborne diseases!

There's no better way of ending the day than with a few drinks and a little dance in true Scouse style – Liverpoolians sure do like to get dressed up and head out into town! I may not have the time to get my hair

in rollers and apply fluttery eyelashes, but you'll still catch me heading to town for drinks with my friends.

There is a bar for everyone here – whether you want to try crazy tequila flavours in Bar Cava or prefer a pint of Guinness in Pogue's Mahone – and you will most likely be drawn to Concert Square by the crowds of people and loud music, for a boogie in McCooleys. (Obviously you also can't forget the drunken stroll up Bold Street for

a takeaway at the end of the night!)

I hope you've enjoyed my whistle-stop tour of the vibrant city of Liverpool and that I've inspired you to get out and explore new places!

● If Georgia has inspired you to take a break and get out and explore your university city, why not follow her example and write about it for JAVS? Contact javseditor@gmail.com for more information about submitting an article.



Vet Record CaseReports

Vet Record Case Reports, a BVA journal, publishes case reports and case series on all disciplines of veterinary medicine. The online resource provides important information on both common and rare conditions for veterinary professionals, researchers and students.



Why submit?

- Supportive article templates offer advice and encourage submissions from first-time authors.
- Rigorous peer review ensures high quality and ethical standards are met.
- Option to publish open access makes your research free for others to read, cite and download.
- Read by veterinary professionals and researchers due to the breadth of subjects covered.

bvajournals.onlinelibrary.wiley.com/r/vrcasereports

Reflections on making the most of my student experience

Calum McIntyre (AVS senior vice president)

AS I write this, it's an exciting time. Final-year vet students are graduating across the UK and Ireland, and the 2022 cohort of new graduates is on a countdown to joining the profession. It's a time for celebrations and rightly so. However, while many are looking to the future, this period has left me deeply reflective. As much as I'm eager to apply my training, I've also been reminiscing on my incredible experiences at vet school and the lessons hard learnt.

The student experience

My fond reminiscing has resulted in a period of deep introspection on the 'student experience'. This has gone far beyond examining solely academic or intellectual development. In my opinion, students' focus while at vet school is becoming more exclusively concentrated on the academic side of life. This is changing the student experience. The pandemic may have accelerated this with a lack of social opportunities and engagement, but what will be the impact of this change on vet schools and on students?

My own student experience has been defined by extracurricular activities. This is where – by exploring new hobbies and societies – I've made connections and kindled close friendships. On reflection, it's the social interactions that forged these connections that I'm now pinning for postgraduation. These interactions are also where key skills in my professional portfolio were bolstered.

The importance of the hidden curriculum in preparing students and new graduates for their professional lives is well known.^{1,2} However, if the above trend, continues, I fear some students may miss out.



“ We have several components that make up our identity – where challenge or friction arises between them, we can experience conflict ”

The role of identity in a vet student's experience

I think this trend towards a purely academic focus is partly driven by fervent aspirations and subidentity conflicts. Personal identities distinguish us and are extremely powerful. We should celebrate the distinctive personal or group identities (and perspectives) that comprise our profession.

■ The 'Opinion and Debate' section in JAVS is a place to share your thoughts on issues of interest. The opinions expressed by individual students may not reflect the official position of AVS or BVA.

Yet, we have several components that make up our identity and where challenge or friction arises between these components, we can experience conflict.

The intersection of personal and professional identities can be particularly troublesome. Vet schools often have an identity that is rooted deeper than the wider university – personally, I'm a Dick Vet graduate before a University of Edinburgh graduate. As vet students, is the magnitude of this conflict magnified?

I'd argue yes. Literature suggests veterinary professional identities form well before vet school.³ Veterinary identities become visceral far earlier than most realise, and they run deep, intertwined with other subidentities that make us who we are.

The AVS presidency taught me how damaging the identity paradox can be. Despite a huge amount of support and often unbeknownst to those closest to me, I sometimes struggled to fulfil this huge privilege mid-pandemic. At times I pushed myself to meet all that I thought was expected of me, riddled by accountability anxiety, and began to feel overworked.

Eventually I was neglecting what really satisfied me or gave me fulfilment – my peers, my hobbies and my friends – to fulfil AVS duties. Unintentionally, my professional identity encroached upon my personal identity. In vulnerability, I felt lost and disconnected.

I've witnessed vet students make huge sacrifices in pursuit of their

aspirations. Like my own identity paradox, are my fellow students' professional aspirations leading them to sacrifice too much – namely what fulfils them personally?

My experience left a marked imprint on me, forcing me to focus on my priorities, morals, relationships, connections and everything between. The presidency offered a moment of existentialism. As the countdown clock to graduation continued to tick, it's what led me to fully appreciate how incredible the years we have as vet students truly are. But how do we make the most of them?

Making the most of vet school

Looking back now, the AVS presidency was likely the defining year of my vet school experience. Yet, as I've mentioned above, at times I was pushed. How can I then advocate that such extracurricular activities are what makes the broader student experience so special?

In the right moderation extracurricular activities are positive experiences and enhance competencies through the hidden curriculum.^{4–6} In my case, I've been able to build so many amazing connections. As I've immersed myself in the wider profession, I've quickly realised it's connecting with the people in this profession that makes it so special. This is why I've grown such an affinity for the profession I'm now joining.

Vet schools are a community vibrant in spirit that should echo the ethos of the profession. The journey may culminate in reaching the aspiration of qualifying as a vet, but it's the connections you build along the way that make that journey truly exquisite.

Of course, my student experience and thoughts on vet school may be very different from those of others. Everyone is facing different circumstances and there are still barriers to studying veterinary

medicine. Yet, the aspiration of qualifying as a veterinary surgeon is a common driver.

It's in hindsight that I've realised how special my experience was and I wish I'd taken the time to savour it more. Yes, we need to successfully navigate the academic challenges of vet school but this shouldn't hinder us from revelling in the wider opportunities being a student offers. If we can't enjoy the vet school journey, is it just a means to an end? And are we truly satisfied once we reach that end goal?

Setting a good foundation for professional life

I also believe that the new graduate transition from vet school to work, including how new graduates deal with adversity in practice, could be influenced by identity development in vet schools.

“Yes, we need to successfully navigate the academic challenges of vet school, but this shouldn't hinder us from revelling in the wider opportunities being a student offers”

If vet students' professional identities are all-encompassing, could the pressures felt during the transition period link to some of the much-discussed welfare issues affecting the profession? This too is why we must address barriers that impact students' inclusion at vet schools, to ensure students can enrich and make the most of their student experience.

If we can't enjoy the vet school experience for all it's worth, how can we be satisfied and empowered to move forward into the profession?

In developing future veterinary surgeons, we need to create an environment that prioritises the

student experience, encompassing both professional and personal development.

In my opinion this will benefit the profession. As a new graduate I'm now looking to savour the next step in my development. I'm reprioritising what's important to me – reviving connections that perhaps became distant, while exploring new ones. Throughout the challenges I faced it was these connections that made the difference.

With heartfelt appreciation to those I've shared moments of blissful connection with, I can only hope that current and prospective students get to experience similar too.

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The aspiring vegetarian farm vet

Anna Greensmith (Nottingham senior rep)

'WAIT, what? You're not one of those vegans, are you?'

That's a question I'm not unfamiliar with! I am vegetarian and have been almost all of my life. I first decided I wanted to be a vegetarian when I was 11 years old and I visited a family-friendly farmyard where they were giving out pellets for us to feed piglets with, with the explanation that they needed fattening up for slaughter.

My 11-year-old self was shocked and dismayed, viewing my bacon buttie with the realisation that the bacon in it used to be a cute little piglet, just like the ones I was looking at! At that point, I stopped eating red meat and I fully gave up eating chicken and fish when I turned 16.

Throughout my EMS placements on farms, I have had the inevitable discussion with farmers about being vegetarian. The reception I receive when I say I am vegetarian is mixed, with many farmers being confused about why I would even consider a plant-based diet. When they ask why I don't eat meat, I reply that I wouldn't want to kill an animal for food, so I shouldn't really eat meat, as this would be hypocritical. Often, I follow up with how I still eat dairy products and I enjoy farming, to be careful not to cause offence to the farmer and their way of life.

Mostly, I have been lucky, especially when on my dairy and lambing placements. Both farming families invited me round to have dinner with them and my lambing hosts cooked a vegetarian chilli for everyone to eat and my dairy hosts made vegetarian kebabs for the BBQ.

However, I know that some of my friends who are also vegetarian have been denied placements



"I have noticed a stigma around vegetarians and vegans because of the way the media portrays them"

purely because they don't eat meat. Others, if accepted onto placements where food was offered, were not catered for very well, eating just the sides of the meal and often surviving on potatoes and peas for two weeks.

My experiences of being vegetarian on farming placements have shown me that many farmers are very sceptical and wary of people who have plant-based diets. I'm sure there will be many other vet students who have found the same thing.

I have also noticed that there is a stigma around vegetarians and vegans because of the way the media portrays them and also because of the extreme animal welfare groups, which portray farming in an inaccurate way. In some ways, this has made me reluctant to tell any of my future farming clients that I am vegetarian, as there are many preconceptions among members of the farming community that all vegetarians and vegans are crazy, completely wrong and damaging to the farming industry.

(On a side note, I have also seen some farmers/agriculture students my own age on

dating apps specifying absolutely no vegans/vegetarians – no match there then!)

Despite this, I would describe myself as being 'farm keen', and I know that when I graduate, I want to work with large animals, possibly at a mixed farm and equine practice.

It seems odd that a vegetarian would be so interested in farm practice, and I am actually quite confused about why I like it so much, as it essentially advocates meat eating and is effectively an industry where the purpose is to rear animals to eat. I sometimes battle with the morality of potentially being a part of the meat industry and wonder whether, despite my enjoyment of farm practice, I should actually be part of it if I am so committed to a vegetarian diet.

When thinking about this, I came across an article written by a vegan

farm vet. While reading it, I learnt that she uses her experiences to educate others about the realities of livestock production and dispel rumours made up by those with little experience of the good regulations the UK has in place for farming.

In this way, she is able to support the farmers who uphold good welfare standards on their farms and point out ways in which the industry can be maintained and improved. This has inspired me to still consider pursuing a career in farm practice, as I have seen the difference vets can make in the farming industry.

Furthermore, I have learnt that my decision to be vegetarian is a



very personal choice and I don't have to let it affect what type of vet I can become.

Occasionally, I have been tempted by farmers to think about eating meat, as I have seen that their animals were treated so well. I have also been lucky to work on farms where welfare standards have been very high. However, on reflection, I don't think I will eat meat again – personally I would feel guilty as I care deeply for animal welfare and generally don't like the idea of killing animals to eat.

Overall, I have not been discouraged from pursuing a career in farm practice; however, I won't be shouting about how I am a vegetarian to farm clients anytime soon!

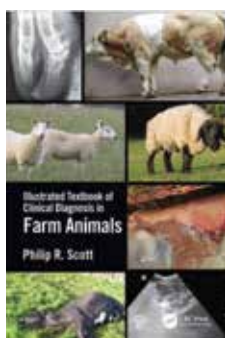
BOOK REVIEW

A wealth of knowledge for budding farm vets

Illustrated Textbook of Clinical Diagnosis in Farm Animals

Philip R. Scott
Paperback, 414 pages
Routledge, 2022; £54.99

Reviewed by Elizabeth Stephenson
(JAVS Editor)



To start with, my thanks go to Phil Scott for providing a copy of his new work, the Illustrated Textbook of Clinical Diagnosis in Farm Animals, for me to review – it's an eagerly awaited book that I've heard many good things about!

The standout part of this book has to be its accessibility to students and the utility for those of us that are still developing our knowledge as vets.

It is set out in different sections, with Part 1 covering veterinary involvement on farms, offering practical tips for any blossoming farm vet, including flock inspections, pain scoring and identification of chronic illness in cattle and sheep.

Part 2 operates in systems, eg, reproductive system, digestive system, cardiovascular system. For instance, you can look up respiratory system in the index, jump to the starting page and be given a step-by-step guide on how to assess the respiratory system, including the use of ultrasound, and the appearance of conditions like ovine pulmonary adenocarcinoma (OPA) in sheep and bronchiectasis in cattle, and how they appear when under the scanner. This is achieved using high-quality images and,

perhaps the most unique aspect of the book, access to a huge collection of videos to accompany each condition/disease, all of which become available online following purchase of the book. The collection includes both ultrasound videos and videos of the clinical presentation of stock. At present, the videos accompanying the chapter on cattle respiratory disease are available online at <https://bit.ly/3R2y3Fq>, giving you a brief taster of what you can expect.

Part 3 is a fantastic companion for day-to-day farm work. Say you are faced with a particular problem on placement or as a new grad – the classic scouring calf perhaps. While the farmer has undoubtedly already decided what is afflicting the unfortunate little fella, you can flick to the section on 'Common causes of diarrhoea' (bonus points if you can spell it!) while you nip back to the car and peruse milk scour, cryptosporidiosis, enterotoxigenic *Escherichia coli* (ETEC), coccidiosis, etc. While you might not want – or have the data allowance – to download the videos on-farm, I'm sure you could delight your friends/significant other/dog over dinner with videos of calf diarrhoea. Joking aside, this is a really powerful way of cementing what you see in practice with example cases in the videos, allowing you to start joining those elusive dots together.

To wrap up, I would thoroughly recommend this new book. It does away with the reams and reams of text that often make other volumes a little daunting. The layout is clear and concise and example images make up the majority of each page. The accompanying videos are the best collection of clinical cases I have come across in my student days so far and represent a wealth of knowledge to be drawn upon by any budding farm vet.

The Elephant Welfare Project's new app for tracking welfare

Layla Ruggles (Fourth year, Nottingham)

ELEPHANTS are one of the most adored species in the animal kingdom and are a flagship species for many zoos. Thousands of them are kept in captivity worldwide, so much so that approximately one-third of all Asian elephants in the world are captive. Many concerns have been identified in association with keeping elephants in captivity, including reduced life expectancy, obesity and lameness caused by joint and foot problems – not to mention behavioural issues such as the development of abnormal repetitive behaviours (stereotypies).

The Elephant Welfare Project works in collaboration with captive elephant facilities, elephant keepers, animal welfare scientists and non-governmental organisations based in the UK and internationally, with the aim of better understanding and improving captive elephant welfare.

What we are trying to do is determine which factors affect captive elephant behaviour, and how this can be used to assess welfare. By understanding how an elephant's welfare is affected by different types of management and husbandry, we seek to generate evidence that can be used to help facilities improve the welfare of elephants under their care.

The team

We are an academic team based at the University of Nottingham's vet school, led by elephant expert Dr Lisa Yon, who is vice-chair (and head of the behaviour subgroup) of the British and Irish Association of Zoos and Aquariums' Elephant Welfare Group.

Our student-based team is currently made up of 16 volunteer vet students from various years, organised into four different teams (social media and marketing, fundraising, blogging and research). I've



been lucky enough to work on the project for the past two years; it's fantastic to see how it has evolved and to be part of the successes we have achieved.

How it started

Almost 10 years ago, Dr Yon (alongside colleagues Lucy Asher, Ellen Williams and Naomi D. Harvey) developed the Elephant Behavioural Welfare Assessment Tool, or EBWAT.

The EBWAT is a scientifically validated tool that lets keepers and mahouts, etc, use behavioural observations of the elephants they care for to assess and monitor their welfare over time. It is the first tool of its kind, designed for regular use by those caring directly for the elephants.

To understand the scientific details of how the EBWAT was developed and tested, and how it works, have a look at our publication in *PLOS ONE* (<https://bit.ly/3TdMPuf>). The EBWAT (as a paper tool) has been routinely used by UK zoos and wildlife parks since 2015.

Our app

Feedback from users of the EBWAT indicated it would be faster and easier to complete if it were available as an app. So, about a year ago, we created an Android app version of the EBWAT. The app provides step-by-step guidance for users on how to complete the tool, and the university's Digital Research Service (<https://bit.ly/3VytUwv>) team created a system that sends users automated reports built from their data, summarising their elephants' results over time so that they can more easily track changes in each elephant's welfare scores.

This allows facilities to monitor any changes in an elephant's welfare so that they can detect any problems early and address them quickly. The tool can also assess positive welfare and thus begin to evaluate quality of life.



The Elephant Welfare Project team at Nottingham vet school



The author observing Shaka, a male African elephant, on a visit on behalf of the Elephant Welfare Project to Noah's Ark Zoo Farm

Africa) and south-east Asia (such as Indonesia, Vietnam, Thailand and Myanmar).

How we learn from the data

We have asked each participating facility to share their results with us. These data are stored, anonymised, in a large and secure database, and we hope they will eventually become one of the largest collections of captive elephant behavioural data in the world.

These data support our ongoing research to further understand and improve captive elephant welfare by evaluating how elephant behaviour is influenced by individual circumstances. The con-

clusions drawn can help us provide better advice to elephant-holding facilities on how to encourage positive welfare, and we hope this will improve global understanding of what can help ensure a captive elephant lives a 'happier' and healthier life.

We provide our app for free to anyone working with elephants, as we don't want costs to prevent people from being able to use it. Recipients have included colleagues working in a range of countries in southern Africa (such as Zimbabwe and South

How you can help

Donate if you can! There are many ongoing costs associated with our work. We have been funded so far by research grants and generous donations, but to continue our work and keep our app free we need financial support (see our JustGiving donation page at <https://bit.ly/3Cq3UdW%20>).

Any fundraising and support for our charity events are greatly appreciated – we are hosting an upcoming Black Tie Fundraiser in November for those interested; please see our website for more details.

If you cannot donate, then following our social media pages (the links are given in the box below and can also be found on our website) and spreading the word about our project helps us greatly!

EWP links

- Website: www.elephantwelfareproject.org
- Facebook: www.facebook.com/theelephantwelfareproject
- Twitter: <https://twitter.com/WelfareElephant>
- Instagram: www.instagram.com/elephantwelfareproject/

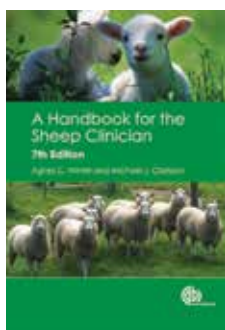
BOOK REVIEW

Must-have sheep handbook

A Handbook for the Sheep Clinician, 7th edn

Agnes C. Winter and
Michael J. Clarkson
Paperback, 208 pages
CABI Publishing, 2012; £32.34
(Amazon)

Reviewed by Ollie Bardsley
(Fifth year, Cambridge)



This is a fantastic and detailed book that provides more than enough content for both students for passing their exams and new graduates doing small ruminant practice. It was recommended to me by a close friend in mixed practice simply as a good book in case I was interested in going into mixed practice myself.

My main experience with this wonderful text has been

in preparing for my course in small ruminant husbandry and medicine in my fourth year of vet school. Each body system is covered with a problem-centric approach – paragraphs are short and concise. This book doesn't provide the detail you'd expect from an internal medicine textbook – instead, it cuts the nonsense and gives an overview of conditions, and an appropriate idea of how to manage a patient suffering from those conditions.

In the seventh edition there are useful appendices, including differentials tables, revision questions and answers, lists of associations for sheep vets and information on how to do systematic examinations of sheep. The book also provides easy-to-access information on notifiable diseases (and their clinical signs) and health schemes in the UK – both, in my opinion, are not covered enough by the vet school syllabus.

This handbook is a must-have for vet students studying for farm animal medicine exams and, in my opinion, also for the new graduate mixed or farm vet.

The many roads to vet school

Elizabeth Stephenson (JAVS Editor)

STUDYING veterinary medicine can sometimes seem an unreachable goal if you don't fit the conventional 'straight from A-levels plonked into vet school' stereotype. Don't get me wrong, that route isn't without its hard work (having been one of those

people myself), but if that's not you, what other roads can you take?

I put this question to the veterinary student body at large and below are a few snippets of different routes you can take and the benefits they can bring. I hope they

offer examples of the breadth of routes available and that they might go some way to encouraging someone to think that one of these routes might work for them. The vet world is a welcoming one – give it a go and I'm sure you'll find support.

Annalise

What was your route into vet school?

Straight from A-levels.

What's been the most rewarding aspect of veterinary for you now you are at vet school?

Learning how to use all the diagnostic tools! I've always found the equipment really cool.

What advice would you give to anyone who might not see themselves as a candidate for vet school?

Give it a go and just see where it takes you!



Caitlin

What was your route into vet school?

I did A-levels at sixth form but in the wrong subjects, then self-taught A-level biology and chemistry at home during a gap year, and went to uni the following year.

What's been the most rewarding aspect of veterinary for you now you are at vet school?

Being genuinely interested in the course content.

What advice would you give to anyone who might not see themselves as a candidate for vet school?

Speak to vets and vet students about your interest – they will see that you've got the passion and encourage you!

Nicky

What was your route into vet school?

Two degrees – a BCom and a BSc.

What's been the most rewarding aspect of veterinary for you now you are at vet school?

I absolutely love it! I should've done it when I left school although if I had to go back I would do the same things again. Having done the previous degrees reassures me that I'm 100 per cent now on the right track!

What advice would you give to anyone who might not see themselves as a candidate for vet school?

Just apply!! I got told so many times I wouldn't get in, or that I wouldn't cope being an older student. I'm so glad I didn't listen and managed to get an offer from every school I applied to.

If you don't know if veterinary is right for you, it's ok to do another degree first. I know people who've done degrees and are drawn back to vetmed as soon as they get the chance, while others have started with another degree as a means to get into vetmed and then fall in love with their course and never look back. You'll never know what's right for you until you try.



Charlotte

What was your route into vet school?

I did the European Baccalaureate at a European school in The Netherlands. I graduated high school at the age of 17, and moved overseas to Liverpool vet school.

What's been the most rewarding aspect of veterinary for you now you are at vet school?

I love the variety of work that's possible with the degree. I'm still not sure what I want to do, but at least there are many options and I can always diversify my career at any point.

What advice would you give to anyone who might not see themselves as a candidate for vet school?

You never know, and there are many surprises along the way. Even if you don't believe it yourself, just give it a go and try!



Kirstyn

What was your route into vet school?

I did a foundation year.

What's been the most rewarding aspect of veterinary for you now you are at vet school?

Studying feels (almost) effortless. I struggled through A-levels 20 years ago – I thought it was because I was not academic but I realise now I just didn't have the motivation or the interest in the material. Now at vet school, I find even the 'boring' topics so, so interesting and the prospect of qualifying to do my dream job keeps motivation levels up.

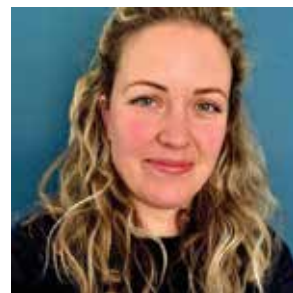
I never in my wildest dreams thought I'd have the chance to be studying veterinary: alternative routes such as the access course I got on to are amazing.

What advice would you give to anyone who might not see themselves as a candidate for vet school?

Do it!! Go work, play, have kids and come back five, 10

or even 20 years later with a different head on your shoulders. I totally admire the 18 year olds entering the course, to be able to get straight As at A-level and then leave home and go on to studying such a full-on course, but courses such as the foundation course offer a route to people who can't, for whatever reason, do it that way but will make great vets.

I'd love to see more people taking unconventional routes into veterinary medicine. Especially people having a career change who can bring knowledge and ideas from other industries to the profession. There must be loads of people like me who gave up on the idea of getting into vet school at the GCSE stage. It's much too young to know what you want to do with your life.



Top tips for finding your first job

Seth Kennard (JAVS Editor, 2017–2019)

ALL good things must come to an end, and so it is inevitable that at some point after five (or more!) years at university there comes a time when one must actually be a vet.

With that in mind it is important that you put your best foot forward in what can be the daunting process of interviewing for a job. The employment game is played by different rules from vet school interviews so read on to get some hot tips on how to have an inbox overflowing with job offers.

Really think about where you want to work

Sounds obvious, but stay with me: many people hunt down jobs using valuable and reputable sources like *Vet Record* and indeed that's good, but don't forget to touch base with any practices you've spent time at for EMS and don't be afraid to directly approach a practice that isn't advertising. It costs them money to advertise with recruiters

and listings, and many businesses may be slow to update their website.

If you know of somewhere you'd like to work based on their reputation, teamwork or simply because of their location, just get in touch, they'll often be impressed by your confidence.

Make your CV different

Not just different for each job you're after, such as bumping up relevant experience based on the business or stressing just a little bit more how much you enjoy what they're offering, but also make it different from your peers. Maybe use pie charts to show your EMS experience, maybe play with the page layout so you're not relying on the standard Microsoft templates or possibly slip a lighthearted comment into the hobbies section (also useful to find out later that they've read the full CV when they bring it up).

Just make sure any personalisa-



tions are correct. I've seen applications to corporate practice discuss just how much the applicant wants to work in independent practice – either a mistake or poor research. Either way, it's not impressive. References are best left as 'available on request' so you can give your referees a heads up to expect a phone call.

Ask around and be prepared to be asked about

The veterinary world is a small one (and even more so for farm and equine). Everyone knows everyone

or if they don't they may know someone who does. If you can, reach out to someone you know at the practice or neighbouring practices to find out more about the job and team. Even if your contact can't help you directly I've found out plenty by being put in touch with others happy to chat off the record.

This can also impress the practice you're applying to by showing you're serious about the application. Or, for those practices that may be a little optimistic with the job adverts (particularly with hours they expect people to work), this can lead to a more frank and honest discussion.

It should go without saying that prospective colleagues may not be forthright in person when you visit for an interview and the classic 'blink twice if you can't speak freely' approach doesn't always work, so leaving a business card and asking for a catch up later may be more sensible.

Don't bother with a covering letter, or at least not a long one

Some recruiters may disagree with me but a formal covering letter is not an efficient use of your efforts. Instead just tweak your CV (see earlier) and write all you need to in a concise intro when you send in your CV. Right now it's a sellers market and potential employers will learn far more about you if they give you a ring.

In an interview, be ready to ask questions

An interview is as much about getting to know them and the team

as it is the other way round. Good questions include:

- What qualities do you believe makes this practice special?
- If the practice has recently joined a corporate group, ask how that's gone and has it affected team dynamics? What changes do they anticipate in the coming months and years?
- If it's an independent, do they see that changing and what would it mean to them?
- Why are they looking to hire? This is an important red flag if they're looking to replace a 10-year-qualified vet with a new graduate.
- How will you as a new graduate be supported?
- What are their clients like?

Supporting new graduates is very important

Sadly though, it means different things to different people. To some it means having a cup of tea every so often and a catch up, to others it means treating a new grad like anyone else and sending them off on special CPD to get them up to speed.

What it should really mean is a proper, planned and managed introduction to get you feeling confident in both your clinical skills and your integration with the working team. Everyone has to start somewhere and knowing what to do in theory and then working out a real treatment plan for a real client with a real sick animal is quite different.

One vet summarised it as the difference between being in the passenger seat and being the driver – you can both see the traffic and

road conditions but only one of you has to make the quick decisions and has their name on the insurance paperwork.

So ask what they would do to support you, press them on the details, find out if they've supported new graduates before and how that went.

If they make you an offer, don't rush to accept it

Congratulations on being offered a position, but never commit to anything until you understand everything.

It can be very flattering to be given an offer and if you've spent your student days sitting in your overdraft then any contract can look tempting, but politely ask for some time and spend it discussing with your peers, family or anyone who can think of questions you haven't asked yourself.

Read the contract fully

Anything you think is ambiguous, get it in writing exactly what it means. Out-of-hours is often a vague one – is their listed figure an elusive target or a maximum? What compensation will you get for working more on call?

After all that, good luck! At the time I'm writing this piece, the demand for vets is very high so there should be plenty of opportunities out there – make sure you start your career at the right place for you. Remember to look at the whole package, not just the headline and don't stress too much – that's what finals are for!



Wonderful wobbles on EMS

Collated by Lewis Oakey (Fifth year, RVC)

EMS placements help vet students build the skills they will need in their professional lives after qualification. But they can also provide some great stories and anecdotes, such as those below.

★ The owner of a needle-phobic dog told me – with great delight – that the male vet in the practice had found a wonderful way to distract her bulldog during his yearly vaccinations. The method was to stroke his prepuce before the needle was inserted (according to her it worked well). As she looked me dead in the eye, I hated to tell her that the only male vet in the practice was in fact my boyfriend – and he denied it all!

★ A bat was brought into the practice amid concern that it had hurt its wing. The vet did a quick check and couldn't find anything wrong, so called the RSPCA to pass it on for release. While waiting for the bat to be picked up the vet put it in a cardboard box in one of the cat kennels. Throughout the day the vet checked on the bat and the RSPCA inspector arrived that afternoon. The cardboard box was duly handed over and the RSPCA inspector left.

It was around this time that I embarked on every EMS student's daily mission – cleaning the floors. Prep room done, I moved onto the cattery with the vacuum roaring... only to shriek at the sight of a bat on the floor! The nurses rushed in and found it rather funny that (a) the vet student seemed scared of a mouse-sized bat that wasn't even flying around and (b) the vet had carefully handed over an empty box to the RSPCA inspector, who was currently driving around the countryside with said empty cardboard box. Fortunately he hadn't gone far (and was very understanding, especially given the vet had rejected his properly designed bat box) so popped back to pick up the bat

(again). And so ends this tale of a small-winged escape artist.

★ I once went on an exotic bird placement at a safari park. I was very keen to get involved and make an impression. My first job on my first day was cleaning out cages containing rare and endangered parrots. I managed to accidentally let one of the parrots out as I was busy scrubbing a wall...and spent the rest of the two-week placement helping to track down said parrot with a large team of keepers, radio coms, press, etc.

★ A reindeer calf was 10/10 lame and we were planning to take some radiographs. The vet moves in to anaesthetise the calf and it goes down quickly and falls in an awkward position. I panic slightly and in my rush to check it's still breathing I tear my trousers from back to front...From now on, I'm taking the view that if the vet's not worried then I won't be either.

★ While I was on a preclinical dairy placement, a vet came by to vaccinate some calves. He spots me, a student who could help him – what could possibly go wrong? All went smoothly with me restraining and the vet injecting 10 calves in a row. The next one was skittish but I restrained it, doing a fairly decent job. Unfortunately, it jolted at exactly the wrong moment, and the needle sank into the only non-calf piece of flesh it could find, namely my arm.

One sore limb and a blood test later, I returned to continue the placement. A few days later I got knocked off my bike on the way to the farm, resulting in a second trip to hospital.

On the final day of the placement, I'm hobbling about on a crutch, begging for the end, and suddenly I start to feel quite ill. Bam, crypto! Best two weeks in a long, long time...

★ I called the vet into a preop check for a cat I'd found with three testicles. 'No,' she said, 'that's its penis.'

★ We'd finished a dental on a cat, and popped it on the floor to wake up. We gave a premed to the next cat, put it on the floor and the vet and vet nurse went out for a break. 'Can you watch this cat as it goes down? We'll be just outside,' they asked.

So, I watch the cat stare bleary-eyed about the room, waving its head about, not looking the slightest bit snoozy. 'Is the cat asleep yet?' calls the vet from outside, 'Nope, not yet,' I respond. Another five minutes: 'How about now?' 'No, still not yet.' Yet another five minutes passes, 'How's the cat doing??' 'It's still not asleep!!' At this point the vet thinks surely not, so comes in to check for herself. I start to explain how the cat was still wide awake – at which point, she goes over to the premed cat and says: 'This cat is fast asleep'... 'Oh, you meant *that* cat...'

★ Vet says: 'Would you mind listening to this cat's heart rate while we pop outside?' I put the stethoscope on and I can't hear a thing. 'OH MY GOD IT'S DEAD!!!' I exclaim. The team comes sprinting in, crash trolley ready. But nope, my stethoscope had the bell clicked the wrong way round! Cat is dandy. What a perfect first impression for day 1 of EMS...

★ 'So how many walks does Monty get?' I asked.

Monty was not ambulatory.

★ After three weeks on a lambing placement, I started to wonder why a group of sheep hadn't lambed yet. This kept nagging at me to the point that I couldn't take it anymore and I bit the bullet and asked. The farmer – trying not to laugh too much – told me they were rams. I'd thought the massive testicles were udders. I was mortified.

Double the fun: Bristol IVSA makes up for lost time

Safi Kader (Third year, Bristol)



IT has been almost three years since the Bristol chapter of the International Veterinary Students Association (IVSA) did an exchange. The Covid pandemic changed the world and truly restricted students' experiences at vet school.

But, in April this year, 14 Bristol students, eight Greek students and seven Portuguese students all had the opportunity to travel, meet like-minded people, experience life as a vet student at another university and create lifelong relationships – and oh how we loved it!

The first leg: Greece

The first part of our double exchange involved a trip to Thessaloniki, Greece. We received the warmest of welcomes from the students there and we were fortunate that students from IVSA Milan were visiting at the same time. It was a busy but amazing week – some students described it as the best week of their lives and their favourite experience of university.

First, we visited the university's farm animal clinic where we took blood samples, practised AI tech-

niques and had a workshop on ultrasonography principles. The staff were incredible, so enthusiastic and made the learning a lot of fun.

We then visited the small animal clinic, lecture theatres and teaching buildings where we had informative lectures on The Stranding Network and canine heartworm and took part in an exciting workshop making and culturing Greek yoghurt and feta cheese!

We learnt the history of Thessaloniki through a tasks-based 'treasure hunt', went on a lovely boat trip, played paintball (with unfortunate war wounds) and had a well-deserved day of relaxation at the beach.

Our new Greek friends also arranged an incredible karaoke night with lots of singing in languages we didn't understand and we taught the Greeks and Italians some good old 'Come on Eileen'!

Our favourite evening though had to be the one we spent at the top of Seih Sou, a hilltop forest, watching the sunset, listening to music and playing games. We danced the night away in traditional Greek style with live music and an abundance of food.



A practical session in Thessaloniki



A statue to Alexander the Great in Thessaloniki

It was so much fun and didn't end until 7 am – the Greeks party LATE!

Our trip ended at Ziogos Western City, a jump back in time. We rode horses along a mountain path and had lunch in a saloon where we were told tales of Ancient Greeks and their relationships with horses.

We said an emotional goodbye at the airport, but looked forward to seeing many of the Greeks back in England.

The second leg: Portugal

The second part of our exchange took us to Vila Real, Portugal, courtesy of IVSA Trás-os-Montes e Alto Douro. It began in beautiful Porto, where we visited one of the top 3 most luxurious McDonalds in the world. Wanting to feel sand between our toes and swim in

the Portuguese sea, we also decided to visit the beach – a decision we quickly regretted. April is not the time for this! The beach was beautiful but so incredibly windy there was practically a sandstorm... Some students bravely ran into the sea while our Portuguese peers watched on in absolute shock. We dried off, wiped sand from our eyeballs and headed to Vila Real for a welcoming home-cooked dinner and to meet

more lovely students.

The University of Trás-os-Montes e Alto Douro is part of the botanical gardens and was absolutely stunning. All of the facilities were on campus and so we visited the small animal, farm animal and equine hospitals.

The university also has one of the biggest wildlife rehabilitation hospitals in the area, CRAS HV UTAD, and the work there has helped rehabilitate and release many animals. We were given an amazing tour of the hospital by Dr Roberto Sargo. His passion for his work and his enthusiasm to teach was inspiring, and it was a pleasure to meet him and learn about what he has done. We also participated in post-mortem examinations, something that some of us had never done before in England.

We ate incredible natas (Portuguese custard tarts), home-cooked francesinha (a Portuguese sandwich) and delicious local food.

Wednesday evening was the big night though: the students have an incredible culture where they create 'Families: Godparents and Godchildren' meaning they'll always have a friendship group and community when they come to university. We were so lucky to be there for the week of Queima das Fitas, which is a celebration across Portugal of the relationships they have made throughout university.

We took a coach out to the middle of nowhere and the venue was filled with traditional university chants, food and endless drinks. After dinner we headed back to the centre and the sound of fado: old expressive and melancholic singing could be heard throughout the square, the crowd was flooded with emotions and even we were crying! Students were saying goodbye to their graduating colleagues and welcoming new members into their families.

We then headed to the festival, a huge venue with student-made stalls for each of the subjects at the university. There was a stage, live music and the best atmosphere – the night ended at 5 am!

Our final day was spent exploring the wondrous walkways of the River Corgo followed by a takeaway night in, to get to know more about each other. We left early the next morning for our flight and were thrown straight back into reality with hours of queuing at Stansted! ▶



(above) Carrying out a postmortem examination and (right) exploring at Trás-os-Montes e Alto Douro



The final leg: Bristol

After two incredible weeks in Portugal and Greece, the last part of the exchange took place in Bristol, when our new friends from Thessaloniki and Trás-os-Montes e Alto Douro came to us. We hosted them in our homes, and showed them our campuses, our facilities and the farm.

Our head of school, Professor Tim Parkin, welcomed everyone while we had a traditional pub lunch in the Langford Student Bar. The first evening finished with a party with lots of games and a 'speed dating' style event so we could get to know each other.

Our visitors found our clinical skills lab very useful, giving them a chance to practise things that they hadn't had the opportunity to do at their universities. Some of the biggest UK employers – Vets4Pets, Medivet and Synergy – talked to us about their graduate opportunities while the incredible Dr Andy Grist ran a veterinary public health workshop. He showed us different parasites and animals affected by parasites of public health importance and talked to us about the vet's role in abattoirs/slaughterhouses.

UFAW (the Universities Federation for Animal Welfare), one of our kind sponsors, provided a talk on animal welfare and some of the research that it has supported, from which the students learnt a great deal. UFAW also informed us about the conferences, opportunities and support that we could utilise as students.



Delving into parasitology at Bristol

We toured Bristol and showed off the famous Banksy artwork and the incredible viewpoints in the city. At Bristol Zoo we were given tours by vets, vet students and zoo management students. It was great to experience the zoo through a vet's eyes and see the hospital.

We also did a day trip to London and visited the Royal Veterinary College, where we were taken on a tour of the campus and spoke to ambassadors and postgraduates. We went to Camden Market, the beautiful Skygarden and all the top sights in London.

Our evenings were filled with laughter at The Comedy Loft – such a good show with hilarious acts – a Bristol bar crawl with traditional British drinks, and our white T-shirt leaving meal and night out. We signed funny, memorable and meaningful messages on each other's shirts as a memento of the trip and a reminder

of the friendships we had made. We also gifted the exchange students IVSA Bristol bucket hats – they wore them all night! We finished up at Mr Wolf's, listening to live music and then dancing the night away...it was a great night.

We also started a new tradition for IVSA Bristol, inspired by IVSA Thessaloniki: we created the IVSA Journal for Exchanges. This is for any students participating in an exchange to write messages in, and in future every IVSA committee after us will be able to read through them.

Saturday morning came so quickly, and we were very emotional as we said a teary goodbye to everyone and waved off IVSA Thessaloniki at the coach station.

Thank you!

We had the best time in Greece and Portugal and we loved hosting both chapters here. We are so fortunate to have met such an incredible community of students and been welcomed into their routine, their lives and their 'families'. Thank you to all our tour guides, all the amazing teaching staff and all the students who made these trips possible.

We'd also like to thank our sponsors and supporters: Bristol Alumni Fund, Stephen Wickens at UFAW, Vets4Pets, Medivet, Synergy, Centaur, AVS, Richard Saunders at Bristol Zoo, and The Vet Service – you have all helped us vet students finally feel like life is going back to normal and have helped create some unforgettable experiences.



Seeing the sights of Bristol – the Clifton Suspension Bridge

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