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Changing world

By Seth Kennard, JAVS Editor

A lot has changed in the world since the spring issue of JAVS. The EU referendum result shocked many and, statistically speaking, most of you will have voted to remain a part of the EU, so you may be a little disappointed in the result. However, now that the

vote is in, it's important that we make sure our voice is heard as part of the wider profession. You can help by making sure you complete any British Veterinary Association (BVA) e-mail surveys you receive, as well as engaging with your AVS rep. There have been assurances from various politicians promising that university funding and research won't be affected, but promises have been broken before.

I've received a range of submissions for JAVS, covering some critical issues. Specifically, it's great to see so many people travelling abroad to spend time with vet students across the world – from Vienna to Macedonia, from debating at the World Health Organisation Assembly, to seeing elephants in Thailand. By the time you read this, the RVC should have completed its exchange with Budapest vet school, something I have been looking forward to very much and hope to include in the next issue. Exchanges offer opportunities, not just to see a new city, a new school and new methods and ideas, but also to experience them alongside a local. As well as seeing Budapest, I look forward to showing off London. It's easy to forget how close Europe is both geographically and culturally, and how factors that affect animal health and human health have no respect for borders. If you want to do a bit of travelling, and perhaps combine it with your vet work (and play), IVSA is the perfect way to go about finding destinations and making friends.

AVS has also been busy with our extramural studies (EMS) survey. The purpose of this questionnaire was to get some hard statistics on the cost of EMS. EMS might be a necessary and priceless experience, but it has a cost, which varies from person to person. The cost of transport, food, accommodation and time (EMS prevents us from taking up summer jobs) puts a significant burden on student budgets. AVS aims to lobby for greater funding for vet students, so watch this space. As well as funding, AVS is also trying to ensure greater consistency on EMS; for example, some vet schools allow conferences and symposia to count, others don't; some stipulate what kind of practice must be included and others don't. It would be great to see an equal system for all.

Finally, if you haven't already seen our AVS video, check it out on our website right away at www.avsukireland.co.uk



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Seth Kennard

AVS Congress 2017 in Cambridge

By the AVS Congress Committee, Cambridge



January 2017 (dates) will finally be time for Cambridge to show you what we've got, and I hope you're as excited as we are. After Liverpool's successful Congress this year, we have a lot to live up to; however, we're confident that you'll love what we have planned – with some exciting speakers and events lined up, you're definitely in for a treat.

The highlight of the equine stream will be a practical session run by Kelly Marks who set up the organisation Intelligent Horsemanship. Her understanding of horse behaviour is second to none, and she has been a role model for many horse lovers, providing them with courses and books on the subject.

Another big name attending the weekend will be VetsNow, which will run a practical session on small animal CPR. The organisation provides out-of-hours emergency care, so the practical will also give an insight into what life is like as a vet on-call, while teaching vital skills for emergency care of animals.

The farm animal stream will include a talk on genetic selection of sheep for improved health, given by Peers Davies of Pro-Ovine.

If horses, farm or small animals aren't your thing don't panic, we have something for exotics lovers

too. Frances Harcourt-Brown, the first RCVS Recognised Specialist in Rabbit Medicine and Surgery and author of the 'Textbook of Rabbit Medicine', will give a talk on common surgical procedures in rabbits.

Neil Forbes, RCVS and EU Recognised Specialist in Avian Medicine, will also be attending and will talk about fluid and nutritional support for exotics and avian orthopaedic surgery.

One health

One thing that we hope will make our Cambridge Congress unique is a One Health lecture.

One Health will clearly be a very important part of our future careers as veterinarians. The need for collaborative effort to improve the health of humans, animals and the environment has global recognition. For this reason, we thought it would be beneficial to add a One Health lecture to reflect the increase in collaboration of vets, physicians and the like, and we hope that the stream will be a feature of subsequent AVS Congresses. Our talk will be given by Kate Shervell, the international director of Mission Rabies. One of this organisation's projects has resulted in vaccination and sterilisation of thousands of dogs in India, and aims to significantly reduce the rabies burden.

Social events

Now for the information that I know you've all been waiting for – how we plan to entertain you over the Congress weekend.

To keep it traditional, there will be a pub crawl on the Friday evening, which will culminate with a visit to one of Cambridge's four infamous clubs. Let's just say that clubbing in Cambridge is an experience that you can't quite get anywhere else, and it's one that everyone should try at least once in their lifetime.

On the Saturday night, there will be a traditional Cambridge College dinner. For those who don't know, one of the things Cambridge is renowned for is its formal dinners and ours will take place at one of the most picturesque colleges – Selwyn. There will be typical long, candlelit tables in a traditional hall, and the dinner will be followed by some evening entertainment, which is yet to be decided, but will no doubt be amazing.

We look forward to seeing you all for the last weekend of January. To keep an eye out for ticket release, like our facebook page (www.facebook.com/avscongress2017/?fref=ts), follow our twitter feed (<https://twitter.com/avscongress2017>), or check out the website (<http://avscongress.soc.srccf.net>) for news.



Vets in the community

By Isabella Hannay (3rd Year, Nottingham)

This year I am lucky enough to be part of the committee for Vets in the Community, which is a charity run by Nottingham vet students and staff to provide routine veterinary treatment for the pets of the homeless or vulnerably housed in Nottingham.

The Vets in the Community clinic has helped to overcome barriers that are known to put homeless people off accessing veterinary treatment, such as cost and paperwork. The clinics take place every two weeks and consultations are carried out by final-year students, supervised by members of vet school staff.

Students provide health checks and treat minor conditions such as eye infections and fleas/worms. We also emphasise the importance of preventative care so we provide our clients with free vaccinations and neutering vouchers that can be used at local veterinary surgeries. The consultations give us the opportunity to advise our clients on pet health care; for example, nutrition and neutering. Since joining a few months ago, I have really enjoyed helping some of the most vulnerable people in Nottingham and, of course, having the opportunity to cuddle their pets!



The committee members share the role of being the 'receptionist' at each clinic. The receptionist is based outside the venue – the Big Issue office – to register clients' arrival and take any details that will be useful for the students conducting the consultation. This is a highlight of being involved with Vets in the Community as it allows us to improve our communication skills, which will be vital when we become real vets.

The consulting students also benefit by gaining practical experience



and the opportunity to focus on key skills such as professionalism.

Another role for the committee is coming up with fundraising ideas and ways of securing donations of much needed items (such as dog coats and food). One recent fundraising event was the Robin Hood marathon in which lots of Nottingham vet students ran. Nottingham Vet School's Vet Society helped us by providing running vests for the whole team. The hard work of our team of runners and our fundraising officer paid off and we raised over £2000. We are very grateful to our generous sponsors and will be investing this money in essential stock for the clinic.

We have been lucky enough to benefit from the support of many businesses too. Rushcliffe Veterinary Centre and its clients have been particularly generous and provide all the vaccinations for the project.



The practice asked its clients if they would be prepared to pay an extra £1 to the cost of their pet's booster and the practice also donates £1 from its general practice fund. We are also working with Hill's Pet Nutrition to provide essential wet and dry food for our patients. One of our patients has atopic dermatitis, which we have been able to get under control.

We are celebrating the hard work of the committee, members of staff and all our supporters with a Christmas party this year. This is an annual event that has become more and more popular over the years offering us a chance to socialise with our clients, enjoy some food and give them a warm dog coat as we enter the coldest part of the year.

Over the past few months I have realised the companionship that an animal can provide may be irre-



placeable. For many people who are homeless, their animals offer them friendship, comfort and unconditional love in difficult circumstances. They often don't have money for veterinary care, such as vaccina-

tions for their pets, which put the animals at risk of contracting serious diseases. It's rewarding to know that our charity is providing the basic veterinary care that these animals desperately need.

EdVet

By the EdVet Team (4th Years, Liverpool)

EdVet was set up by six Liverpool vet students at the end of the last academic year. We are a society that aims to provide primary schools, secondary schools and colleges with student-run sessions and events based on making an application to study veterinary science. We will also develop a website dedicated to providing support and guidance on all aspects of applying for a place at vet school.

Our current priority is to finish the website, which we are developing to help vet school applicants be successful in their applications. Topics will range from how to get the most out of work experience and how to improve their personal statement to what to wear to their



interview, and what to do if their first application is not successful. We are assembling contributions for content for the website from all the UK vet schools.

In the long term, we aim to run sessions in local schools to inspire primary school children about the veterinary profession and the importance of hygiene around animals. We also plan to go into colleges and sixth forms to advise older years about vet school and how they can make their application as strong as possible. Volunteer ambassadors from Liverpool vet school will run these sessions in schools.

If you would like any more information about this initiative or to write an article for the website, email: educatingvet@outlook.com. Alternatively, if you would like to sponsor us and have the opportunity to put your logo on our T-shirts, website and flyers, contact Ella by email: educatingvet@outlook.com

The Shepherd's Life

By Seth Kennard (JAVS editor)

We've all been there. It's raining if you're lucky and snowing if you're not. The wind is battering the sheep shed and you're elbow deep in a ewe trying to deliver another lamb ... success ... the lamb emerges. There, you've done it. Another lamb saved. That's farming sorted isn't it? You can leave after your two weeks of lambing, safe in the knowledge that you know what farming is about.

In reality, of course, you know little about farming. You may disagree with this statement, but reading 'The Shepherd's Life' by James Rebanks will make you realise just how much goes into working with the land. That's one of many messages in this book: shepherds don't just farm their sheep or try to make money', they also make 'Landscapes like ours [that] are the sum total and culmination of

a million little unseen jobs.' And what a landscape they craft.

Writing from his farm in the Eden Valley on the eastern edge of the Lake District, it is insightful to hear James' perspective of a place that few of us are lucky to stay in longer than for a short holiday. It's a place where 16 million people visit and 43,000 local people live. Many of the jobs he does will be familiar; in theory at least, to vet students – from clipping the ewes for the tup (removing their woolly knickers) to digging ewes out of their snowdrift hiding places.

The beautiful language used to describe even the most menial task brings colour to his everyday tasks. Many non-veterinary readers may be surprised by some descriptions; the knacker's yard is described in detail, which is commendable as it's all too easy to sell stories about cuddly lambs and sheepdogs on the fells.

The book takes an interesting turn when the author describes his journey to and from Oxford University, starting with his departure from the education system aged 16, through evening classes at age 21 where he was encouraged to apply himself. He now works for UNESCO alongside his farming and writing. Throughout his journey he never lost his love for working on the farm or, as he puts it, 'proper work'.

Overall, 'The Shepherd's Life' makes for a pleasurable read, a book that you can count towards your revision but still really enjoy. It's just what you need after five hours of lectures in a warm stuffy lecture theatre as his easy, and often witty, writing style can make you feel like you're on the quadbike behind him. If you don't have time for his book, James Rebanks also has quite a Twitter following @herdyshepherd1.



Photo: Craig Auckland, fotohaus

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Pain is temporary, quitting lasts forever . . . the physical and mental battle

By Lucie Mckenzie, (5th Year, Liverpool)

Growing up on a stud farm in North Yorkshire – with a beef suckler herd thrown in for good measure – all I ever wanted to do was be a vet and a racehorse trainer. As a child, I was never really one to take it easy. I loved being outside, I loved racehorses, I loved farm life, but I don't think I ever realised how lucky I was. I'd had a few broken ribs, toes and fingers from horses and a dislocated kneecap from a bullock. Excluding a concussion that left me in hospital for a couple of weeks, I recovered with barely a day off. I didn't break, or so I thought.

The first two years of vet school at Liverpool were great. The social life was amazing and getting through was about as much as there was to worry about, but things changed in the summer of second year.

I wasn't on EMS on July 9, 2014, I was getting two horses ready for the Great Yorkshire Show. I had decided to do a last bit of in-hand schooling before the show, when the horse bolted. She had done it as a yearling and a two-year-old, but I thought she had changed. That day she did it again and I tried to wrap the rope around a fence post to stop her. In doing so, my left hand got trapped and she carried on. As a doctor later described my injury: 'it's pulled your arm off, but the skin's attached'. It took 30 seconds but felt like a lifetime before I pulled a penknife from my pocket to cut the leadrope, and my arm just dropped. I expected pain but there was nothing.

As I walked over to catch the horse to put it back in a stable, there was tingling – no pain – but it was something. I was well aware



I needed a doctor and the shoulder and wrist were clearly dislocated, I was also well aware I wanted to compete at the Yorkshire show the next day.

I managed to bandage my wrist and get to a hospital where I'd planned in my head the minimal information I would give them. It worked, they put my shoulder back in and told me I'd torn ligaments. I knew it was much more than that, but I was determined to leave because I had to show horses the next day – and I did. We achieved a second and a third places in the classes, but all I wanted was to get home, I knew it was bad. I did walk into North Tees A&E, but no sooner had I got through the door I was sent on blue light to the regional major trauma centre. The arm was black, cold and lifeless, it felt like an elephant was sitting on my chest

and for the first time in my life I was a tiny bit scared. When a consultant said the surgeons were preparing to amputate, I feared the worst.

My first thought was my career; if I could not be a vet, then I felt I might as well be dead. It seems drastic, but for me it was true. There was no way I was signing a consent form... 'life over limb'. They had to save my arm and that's where the battle started. The injury was a bad one, brachial plexus stretching, severe vascular damage, severed radial nerve at the level of the wrist, and an orthopaedic disaster with my shoulder. In a nutshell, the doctors said there was a 5 per cent chance of saving my arm, but it would never function again.

That was my position at the end of summer with third year of vet school about to start. Should I go back? Everyone around me at home

was telling me to take a year out but the mental pain of doing nothing was already killing me. I was determined I was going back.

I'll always remember that first day back seeing everyone again and it was a major uplift, I knew then that if I was going to get over it, I had to have something to focus on. I spent more nights in hospital because my arm kept developing blood clots and swelling up to a point where it had to be constantly drained. As long as I could get to some lectures and see everyone I was fine. All I ever thought of was getting back to Liverpool. I wanted to go to AVS congress in Dublin, but my friends wouldn't let me. Thank goodness they didn't. The subclavian artery ruptured that weekend and not long afterwards my arm developed compartment syndrome and was not in good shape. I had four surgeries in five days to save my arm, leaving two massive fasciotomy scars. At this point I was very good friends with general anaesthetics and what's a scar anyway? At this point, having spent the whole of Christmas in hospital, I'd convinced myself I couldn't do the January exams when, miraculously, I was suddenly alright. I'd read the notes and all I wanted to do was pass the year and get my arm better. I turned up for the pathology exams still feeling the effects of morphine, and to this day, passing those exams has been my greatest achievement.

During our halfway weekend I almost snapped my thumb off on a canoe and, when I arrived back at Liverpool, I spent the next two weeks in hospital with a ruptured stomach ulcer, appendicitis and peritonitis. I also had a nephrectomy, as my right kidney was irreparably damaged from the damage to my arm.

At this point, many people might have given up, me included, but one thing was happening – my arm was getting better. If I could just get through the year and have a working arm, I'd be happy. Leaving hospital this time I was sick and should have been resting, but I got home to find a group of cows out and no one to help – I felt sure I could get

them in. The next thing I knew, I was waking up under a gate. It turns out I had five broken ribs, a punctured lung and a broken collar bone. I was hospitalised well into April and with exams looming again, even I knew I couldn't do them all. I wanted to try and I did three modules of four and I passed. That left one for the summer resit period and somehow I scrambled through it, I'd passed the toughest year of my life and, mentally, I was more alive than ever.

My arm was weak but I could start fourth year, I knew I needed a couple of surgeries on my thumb and wrist and maybe the shoulder, but operations were standard by then.

The first weekend back coincided with the Welsh pony sales and I went to work. As I was loading a yearling colt, he kicked out and clipped me. I thought he'd broken my rib, but it seemed fine. I travelled back to Leahurst and the next day I was sore, but didn't feel like a broken rib. I went to the hospital just for peace of mind and woke up in recovery – I had a ruptured spleen. I spent a few days in critical care, not knowing if I'd ever get out, but I did get out, four days before thumb surgery. The surgeon didn't want to knock me out again, but he had to – all that mattered to me was staying in my year. Luckily, it went well until my hand got postoperative compartment syndrome and I was back under the knife. By Christmas everything was done, and I was determined not to get injured at home! But the effects of the spleen persisted, and by now a hernia that had been caused by the kick needed repairing. It was done in February, and the cast was off my arm, which was sore but fine, and my fourth year exams had been done and passed. How the hell had I got to rotations?

I spent Easter in Ireland, having the best time of my life with all the pressure off when a horse dislocated my wrist in a freak accident. It recovered well and I started on small animal work, thinking that I'd get a break physically. A cat had other ideas, it bit me, and within hours I had a huge abscess. The rest of small

animal rotations went ok but I was struggling a bit with my shoulder dislocating. By the time the block had finished, I had had another couple of knocks with horses – concussion and finger breaks – and everyone was asking why I wanted to be a horse vet. I started to wonder if they were right.

During a weekend at home I was walking my dogs up High Force, when I tripped over one of them and slipped, severing the back of my heel on a rock. How could this happen? I've never sat and cried so much in my life, I knew the Achilles had damaged, I wasn't crying with the pain, although it did hurt, but I saw myself having to take more time off. However, if this could happen walking a dog, I decided I was still going to be an equine vet! Sure enough, I needed a surgical repair and the ankle was broken too. I was out of equine rotations. Five weeks in a cast went by. Once it was removed I got back walking, with a considerable limp and in two weeks I was back riding horses and going to the gym. However, I had to do the rotations I'd missed. I started with equine practice and then out-of-hours. The leg was holding up, even if I couldn't trot a horse up, but I was back doing what I loved.

During a nightshift I was holding a horse for the intern to tube when it swung its head and smacked her in the face, all but knocking her out. I was so concerned about her I hadn't realised that my hand had been damaged in the incident. Turns out it was broken and, with an expanding haematoma, I needed surgery.

That brings me to now, with my last year to go. A graft repair of my Achilles is already booked in for after graduation. I'm hoping to get through the next few months incident-free.

Despite what I've been through, I can honestly say I'd never do anything else with my life. People think I'm mad, but I can vouch that physical pain is less than mental pain. I couldn't have got through my injuries without vet school and my friends and I hope the class of 2017 will all graduate together.

Why I chose a school 5000 miles from home

By Jessi Beyer (1st Year, Edinburgh)

It's the first day of my junior year and I'm itching to speak to my college counsellor about where I want to go to university. I have a list of schools that I'm interested in, with the data to back up their excellence, and I want his help with the application and financial aid process.

The application process for applying to US universities is different from the UK. In the US, most students attend a local university for a handful of reasons – often not really knowing what they want to study or what they want to do for a career. Students apply to a school, not for a course, and they spend the first two years of their undergraduate degree taking general education courses and figuring out what they want to major in, which is perfectly fine. There are excellent universities in the US that recruit and produce excellent people, and that path works well for many people. I, though, wasn't one of those people.

I wanted to pack up and head halfway around the world to the Edinburgh Veterinary School as it seemed – and has proved – to be perfect for me. I, like all my classmates, had my reasons for choosing the university that I did.

In no particular order, many reasons played a part in my decision.

■ Course length

If I were to stay in the US to obtain a veterinary degree, I would have to take four years of an undergraduate degree to gain the required courses for admission to veterinary school. I would be likely to spend

the first two years taking English, history, maths and sciences before having an option to specialise and take the courses I was interested in for the final years.

After I graduated, I would have to take prerequisite exams and try to gain admission to one of the veterinary schools. I would then spend four more years pursuing my veterinary degree and my DVM status. That's eight years, and a total of eight years' worth of tuition.

By attending veterinary school in the UK, I save three years, enter the workforce three years sooner, and save close to \$200,000.

■ I don't have to take English and history courses

Some of you reading this may think I'm crazy for not loving humanities, but I'm not much of a fan. I'm a science and maths girl, which makes sense if I'm to be a veterinarian.

This ties into the point above, but I had no interest in spending two years taking courses that I'd never use in my profession. As it was, I've jumped right into engaging material at Edinburgh, with practicals, a dissection and fun lectures – all in our first week.

■ Economics

This isn't an issue for everyone. I could have gone to my state university for about \$10,300 a year. I would likely have then gone to its veterinary school, which would cost between \$35,000 and \$50,000 a year. Here, I'm paying about \$40,000 a year, but with three years' less of school, it makes a huge difference.

■ Work experience

Extramural studies are the part of the course that I'm most looking forward to. In the USA, EMS isn't required for veterinary students, and, because of the full timetable, the only built-in experience is gained in rotations during the last two years of the course.

Although I haven't had the chance to experience it yet, I think EMS is critical. It gives us experience of a wide range of veterinary subjects, helps us apply classroom learning to the real world, and explore our interests and future specialisations.

■ Academic standard

There are tons of incredible, world-class veterinary schools in the USA. They produce amazing graduates, and I'm sure I would have gotten an amazing education there, too. That said, I'm also getting an incredible education here. The Royal (Dick) school is one of the best in the world. I really don't feel like I could be any better cared for anywhere else in the world.

■ Smaller class sizes with a big-school social life

I was worried about having hundreds of people in lectures in the US. I didn't think that I'd be able to develop relationships with my professors or ask the questions that I needed to in class. Most of the schools that had small class sizes were small schools in general, which could have limited the amount and diversity of activities and societies I could join.

Here, I get both. The biggest class I have is a lecture with 120 people,

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

and I find I'm still able to ask questions quite easily. We have practicals and tutorials with anywhere from six to 60 people. And, as it's a university with over 30,000 people, there are practically unlimited options of activities and societies, and there is always someone new to get to know better.

■ Better accommodation

Some of the dorms that I visited at US campuses reminded me of hospitals: white concrete brick walls and cold, plastic-tiled floors. Generally, two people share a bedroom and

a bathroom was shared by the hallway or wing of the building.

Dorms in the US are often a huge part of uni social life. You meet loads of people through your dorm, and some people suggested I might not have that experience. However, I have a good group of friends from my complex, a good group of friends from the veterinary school, and a myriad of people that I met through orientation week and other activities.

■ Europe is at our fingertips

The US is a huge piece of land, yes,

but it's all one country. It's hard and expensive to travel to a bunch of countries relatively quickly, and most people never have the chance to do so because they can't fit it into their schedule or budget. Living in the UK, means it's a short and relatively inexpensive train ride or flight to mainland Europe, with a choice of directions to explore and a million sights to see. Europe is something I plan to take full advantage of, both through generic travel and through doing my EMS abroad. When else will I get that opportunity?



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Giddy up – meet the flying horses



By Iona Freeman (3rd Year, London)

Imagine organising your summer holiday: you need a passport, your luggage, some food and, perhaps, an eye mask. Now, imagine organising the transportation of over 200 horses to the Rio Olympics and Paralympics . . . you're going to need a bigger boat (or plane).

Nearly 200 horses flew 5700 miles from Stansted Airport to Rio this summer. Coming from Great Britain, Zimbabwe, Canada and China, the horses' nationalities were as diverse as their riders.

Most planes carried around 30 horses to Brazil and each horse had its own weight allowance including itself and all the gear it could possibly need for the competition. On top of that, their 'hoof luggage', included the transportation of six tonnes of food, 10 tonnes of equipment and plenty of water, pushing the total to well over 17 tonnes.

As if getting the luggage on board wasn't hard enough, boarding the horses was a mix of military operation, a press conference and a carnival. A strict staggered arrival schedule for each horse allowed time for passport and necessary health checks.

Fortunately, there was no need for the horses to squeeze into a photo booth as their passport includes a diagram showing the individual's markings, their details and the site of their microchip.

The stalls on the planes were built to fit three normal-sized horses, but these Olympians travelled 'business class' with two horses per stall. The entire process was watched intently by the world's media – the stakes were high.

The in-flight seating plan was also arranged to avoid any journey jitters; anxious flyers were placed

next to a friendly face and stallions were placed at the front of the plane, away from any mares that might prove to be distracting. The seating plan for the outward and return flights were the same, although rumours of gold medal winners being upgraded to first class have yet to be confirmed!

Even though the horses weren't able to watch an in-flight films (such as *Black Beauty*, *National Velvet* or *War Horse*) they did have a dedicated team of 11 'flying grooms' to cater for their every need.

Tricks of the trade included adding apple juice to some horse's water to encourage drinking and mixing up their pre-flight meal of bran mash. It's vital that the horses kept eating over the 11-hour flight as it would help to reduce the adverse effects of the air pressure changes. There were also vets onboard to ensure that the horses arrived in Rio able to compete to the best of their ability.

The horses were precious cargo and, as such, the planes were chosen with the horses in mind. It wasn't only the financial value of the horses that were at stake, but the medal hopes of their respective nations were on their withers.

They had custom-designed stalls, controlled temperature zones and travelled dressed for the occasion, many horses wearing protective leg gear – the equivalent of fluffy socks!

Although many elite horses are accustomed to international travel (some horses make up to 14 return flights each season) there can be issues associated with transporting horses; two common problems that occur are dehydration and weight



Photos: FEI



loss. However, these are easily rectified once the horse has arrived at its destination.

A more serious issue is the risk of pleuropneumonia, caused by restraining the horses' heads in-flight making them unable to clear their nasal cavities. This can lead to increased bacteria multiplication in the lower respiratory tract and, of course, potential infection. However, with improved aircraft ventilation systems, air quality is better than it used to be, having lower circulating aerosolised bacteria.

As impressive as the medal haul was, the logistics were more impressive. Despite weight limits, I wonder if some souvenirs found their way back from Copacabana beach.

Reference

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A reflection on intercalation

By Ben Smith (3rd Year, RVC)

While intercalating at King's College London, I met only a handful of people who knew what the RVC was; the response 'Where is that?' or 'Is that in London too?' was surprising.

Very early in my sabbatical from veterinary medicine I was humbled, something I was not expecting. Enveloped in the veterinary world, one can easily forget that most people are not. Many people don't own an animal and of those who do, they don't all go to a vet regularly, and only a few could name the locations of the UK's vet schools. My point is not that vet students are insignificant, or that veterinary medicine is undervalued. However, a deluded view of the importance of one's own subject, which I think may be common among scientists, should be avoided.

My first month at King's was like that feeling when you try to stand up in a swimming pool and realise you can't. The teaching style was very different to what I was used to. While group learning and taught practicals were absent from the timetable, lectures and the occasional tutorial made up my contact hours. The lab project, referred to as the 'crown jewels' of the course was very much that and without it I would not have enjoyed the year.

Learning was very much 'do it yourself': it was simple – adapt or fail. Faced with that choice, I fell



back on what I knew and spent whole days studying. This lasted a few weeks before I was forced to be more selective in what I learned. The time I saved was spent doing things that were more physically exhausting, engaging in my almost obsessive hobby, cycling.

Over an EMS-free summer I cycled almost 3300 km, including a four-day tour from my home in Surrey to Edinburgh. I completed a summer studentship in the lab at King's, which, apart from being great fun, meant I was able to drive the project I had worked on towards publication.

Spending a year away from the RVC made me appreciate the things that the RVC staff do particularly well, including teaching. I also

noticed areas where I felt the RVC could improve, and how I could improve it on my return.

If you are deciding whether or not to intercalate, the decision is easy. Do it – it's not just the knowledge you gain, but the experience, the opportunity, and even the extra graduation photo you get to hang at home next to your siblings' single ones. If you're bold enough to intercalate at a university outside of your current one, you will be afforded something that can be difficult to find – perspective.

It is the easiest thing to continue, without change, but change will happen and it's better to make sure it is on your terms.

A database of intercalation courses can be found at intercalate.co.uk

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Seeing the ceiling

By Rebecca Shaw (4th Year, Edinburgh)

Dealing with sexism. Are female vets still seen as the second choice?

'I don't know why you girl vets bother. They spend years training you and once you've been working a few months you give it up to go have kids. What a waste.' It was one of those comments you greet with shocked silence and only think up a fantastic response to hours later.

It was by no means the first sexist comment that I've encountered, even while out on EMS, but it has stuck with me. Despite increasing numbers of 'girl vets', are we still seen as the second choice?

I would like to think that when I graduate people will judge me solely on my clinical and professional skills, otherwise why do I fill out all those self-reflection forms every year? But,

sadly, I realise that this may never be the case. Even some employers appear to value male vets more highly, as the 2014 SPVS salary survey revealed a 10 per cent wage gap in favour of men.

Receiving personal censure at work makes it a hundred times harder to keep our real lives separate from our job, especially when it is centred on aspects we have no hope of changing. During the summer, I met a (fairly short) vet who, despite seeing practice for several years, had received a comment that she was too young to be a vet. Her response was to start wearing a ring on her engagement finger in the hope that she would appear older. In a profession with scarily high rates of mental health issues, it is worrying that our response to prejudiced criticism is to strive to be somebody we're not. Gender and

personal appearance are two of the many reasons people may complain about a vet, when the only real reason to complain is if they were unprofessional.

What's the solution? Do we need to disguise ourselves as 6' tall burly men? Should we be practising our witty comebacks, or just grow a thick skin and ignore the comments?

I think – and I apologise for the cliché – that change needs to start from within. Unless we tell them otherwise, our colleagues are bound to find it difficult to believe that disapproval based on who they are as a person doesn't define who they are as a vet. In addition to this, until male vets are paid the same as females, it's not surprising some people may assume that means they're better. We need to stop judging one another unfairly, so the world stops judging us.



Experience of being a farm vet in Kenya

By Jessica Higgins (RVC Junior Rep)

This summer myself and my fellow tutees travelled to Kenya to do our first ever animal husbandry EMS abroad and what an experience it was.

I have always wanted to be a large animal vet and practice in the UK after graduating, so looking into doing animal husbandry EMS (AHEMS) abroad was something I hadn't considered; mainly because I wouldn't have known where to begin in planning it, and I had always assumed it would be unaffordable. However, when the opportunity arose, there was absolutely no way I could turn it down.

In my first year of the BVetMed course, I was assigned to Raymond Machria as my tutor, along with five others. We were an unlikely bunch who, admittedly, might have avoided one another had we not been grouped in this way. In our first tutorial, Dr Machria mentioned the possibility of our travelling to his home country of Kenya to complete part of our mandatory AHEMS. We all agreed that it was something we would love to experience and I remember thinking to myself at the time that it would never happen. Little did we know that two years' on, our tutor group of six would be on a plane to Kenya to embark on the most amazing three weeks' AHEMS experience.

Over the two years, most of our tutorial meetings consisted of eating, drinking or both, making everyone else in the year group jealous. Taking this into consideration, I feel as though we were probably brave in letting Ray organise the trip, but he had Kenyan contacts and we hadn't a clue where to start. We had been so busy with exams and other work that it was only on the plane that the sudden realisation hit; we actually had no idea what we were actu-



ally going to do there. We weren't even sure if anyone was going to be at the airport to collect us.

The first two days before AHEMS started we spent in Nairobi visiting elephant and giraffe sanctuaries. It was there that we learnt that the English phrase, 'I'm just round the corner' has a very different meaning and that planning ahead is just not something that happens in Kenya. So, when it was time to begin AHEMS we didn't ask where we were going, who we were meeting or what we were doing; we just went with the flow.

Our first few days were spent working alongside vets working for the charity, Brooke – an international animal welfare charity working to improve the lives of working horses, donkeys, mules and the people who depend on them. Our work with equids involved vaccinating them against rabies, deworming and checking for mites and ticks, as well as educating local people on more suitable ways of restraint, such as using head collars rather than hobbling. The first day started on a busy market day in Narok. We attracted large crowds and the locals were keen to get in on the action, so

much so, that on our first day we had vaccinated and dewormed a record number of donkeys.

Over the next few days we continued our work in the town doing the same, and again the response we got from the locals was incredible. Working so closely with the vets from Brooke was a great experience and we all learnt a lot from them, as well as making some really great friends.

In typical vet student-style, we bought a puppy, who we named 'Mzungu', and the vet we had been working with agreed to keep it with his alsatian puppy, Sniper.

After a three-day stay in Narok, we headed to the Masai Mara where our on-farm work began. Our accommodation in the reserve was in a tented camp, and although by now we were quite friendly, nothing could quite have prepared us for sharing a canvas tent for two weeks, with just one toilet and the inevitable toilet troubles. Who knew fighting your way through mosquito nets to try to reach the loo could be likened to taking part in a Tough Mudder?

The farms we were to visit were located on the outskirts of the

reserve, and most days we would set off in our Jeep early in the morning. The plan was to arrive at the farms before midday and be able to work until it got too hot.

We'd learnt about the Kenyan 'corner', and that planning or time-scales didn't exist, but we were yet to learn that what Kenyans would describe as a short Jeep journey to a farm was actually a five-hour-long off-roading experience through canyons, lakes and rivers. I should also mention that our vehicle was a five-seater that was carrying six of us plus a vet and our driver; also its motor had a tendency to give up at the most inconvenient times of day. Despite this, our car journeys were excellent fun and, looking back, we girls feel accomplished knowing that the boys now know every word to any song from every musical ever written.

On the farms we wormed and vaccinated cattle against east coast fever, and sheep and goats against pox. Visiting the farms was a real eye-opener. It was a complete cul-



ture shock, but such an amazing experience and one that I can't recommend enough, especially if you are interested in being a farm vet. Everything was shocking. I saw Kenyans restrain cows weighing a 1000 lbs and having the biggest horns I'd ever seen while wearing nothing on their feet! And I

observed the messiest marking of vaccinated cows ever – why use marker spray when you have fresh cow poo?

During our work on the farms we were also granted permission to go on game drives around the park. This was an incredible experience and a dream come true for us all. We were even lucky enough to be taken out by the Kenyan Wildlife Service to try to spot a white rhino.

Overall, our trip was completely amazing and the knowledge and experience we have gained from our time there will stay with us forever.

The main charity we worked for in Kenya was VetAid East Africa. Our tutor group hopes to work closely with Dr Turasha from VetAid in the future, and would like to set up an AHEMS/EMS programme for vet students to have the same experience we did. If anyone would like more information about our trip or if you feel like it might be something you'd like to do as part of your EMS/AHEMS please contact me by emailing: jhiggins3@rvc.ac.uk.

■ I was only able to take part on this trip thanks to the travel grants I received. I would like to thank The Rachael Jackson Trust and The Southern Afghan Club Trust Bursary for their support.

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Where's Macedonia again?

Journey to the World Healthcare Students' Symposium

By Anna Cornforth (President, IVSA UK and Ireland)

This time last year, as I was catching up with some life admin, I came across an email from the previous IVSA President, asking me to advertise the opportunity to attend the World Healthcare Students Symposium (WHSS) in Macedonia.

The symposium was to take place in a couple of weeks, so I forwarded the email to my colleagues, expecting little interest. The very next day I was approached by a girl in my year telling me that she was involved in organising the scientific programme. That was enough to fuel my curiosity and that evening I sat down at my computer to Google what the event actually was.

The World Healthcare Student' Symposium is a multiprofessional conference that takes place every two years, bringing together medicine, pharmacy, nursing and, for the first time, veterinary students (among others) to discuss, share and develop ideas relating to their pro-

fession. Being a One Health advocate and prone to making spontaneous snap decisions, before I knew it I was looking for a flight to Skopje, the capital city of Macedonia. Bolstered by the fact that the return flight was cheaper than a train ticket home, my decision was made and two weeks later I was at Luton airport. As I set off, it suddenly occurred to me I hadn't let my parents know that I was leaving the country, so I quickly got out my mobile and phoned home. "Where the bloody hell is Macedonia then?" my dad asked. "Er, good question, Europe somewhere?" I replied vaguely. And with that I set off to an unknown country by myself, with very little expectation of what the days ahead would bring.

The next three days offered a stream of morning lectures followed by afternoon workshops, with the overarching themes of global health and One Health; ethics and equality; and developing healthcare. I had the opportunity to discuss topics such as rabies control programmes,



6th World Healthcare Student' Symposium
November 17th-22nd 2015, Skopje Macedonia

big data in relation to the Ebola outbreak and using One Health principles to create sustainable food security in developing countries. But, more importantly, I met amazing people from across the world who, despite being from completely different backgrounds, had a common interest – health.

The ever-increasing ease of travel and communication has led to globalisation of the world we live in. As such, many decisions made regarding health and disease control have far-reaching implications across a number of professions and countries. I therefore believe now, more than ever, that creating and keeping close links with colleagues around the world will be key to facing some of the health challenges presented to us in our future careers.

The time I spent away wasn't all academic and there was plenty of opportunity to explore Skopje city and find out a bit more about the country that only a few days previously I had known so little about.

All in all, I had a brilliant time away despite returning home absolutely exhausted. It's safe to say that healthcare students are genuinely some of the best people. If you like the sound of this trip, there are a number of events available to attend through IVSA throughout the year, so please don't hesitate to get in touch.



Taking Thai elephants for a ride

By James McKeown, (3rd Year, Edinburgh)

The era of animal circuses may seem behind us, but in Southeast Asia at least, the cruel world of the elephant tourist trade is very much alive.

In the UK, the popularity of animals in circuses has plummeted and, for many people, the idea of making wild animals perform for human entertainment is outdated and cruel. However, having travelled to Southeast Asia this summer, I discovered that this mentality is far from universal.

Until 1988, domesticated Asian elephants in Thailand were predominately bred for use in the logging industry. However, a Government ban on commercial logging brought this practice to a sudden end, leaving thousands of elephant owners unemployed. The owners, or mahouts, saw the lucrative tourist industry as the perfect solution. It is now estimated that there are between 3-4000 domesticated elephants in Thailand alone, the majority of which are used in the rapidly expanding tourist sector.

The problem

For many foreign tourists visiting South East Asia, and Thailand espe-

cially, the opportunity to experience elephants up close and personal is a high priority. From cabaret shows to rides through the jungle, the wide-ranging activities are well advertised and easily accessible. Unfortunately, many tourists fail to appreciate the backstage brutality that can be involved.

Unlike dogs and horses, selective breeding of elephants is impractical due to their long reproductive cycles and, consequently, there are no domestic elephant breeds. Therefore, they are still innately 'wild'. In order to tame elephant calves, they are 'broken' – mentally and physically – through a process known as Phajaan, or 'crushing'. This involves separating the calf from its mother before restraining it and limiting its access to food and water. The calf is then beaten repeatedly using bull hooks, as well as nails, knives and spears. This abusive regime often extends beyond Phajaan into adulthood, in order to maintain discipline and compliance throughout the animal's life.

Elephants have the largest brains of all land animals, and it is widely accepted that they are highly intelligent, demonstrating signs of empathy and self-awareness, as well as a

sophisticated social structure. As a result, it is believed that this training and disciplinary system causes significant mental trauma. The separation of the calf from its mother is highly damaging, especially for an animal with such strong social bonds, and this is compounded by a lack of stimulation caused by an exceedingly monotonous routine.

The alternative

Unfortunately, there appears to be no quick and easy solution to the problem. A shortage of adequate habitat means that releasing such a large number of elephants back into the wild is simply not viable. The issue is complicated further as, while the animals remain in captivity, a source of income is essential in order to ensure that they can continue to be fed.

Thankfully, a more ethical alternative is available. A growing number of sanctuaries now provide greatly improved conditions for the elephants, while providing employment for mahouts and a source of income to meet care costs. These sanctuaries – such as Elephant Nature Park in Chiang Mai, which I visited – allow tourists the opportunity to experience elephants in an ethical environment. By avoiding elephant rides, which have been shown to cause spinal injuries, and instead allowing visitors to help feed the elephants and watch them bathe, elephant welfare is the top priority.

Although unethical use of elephants is still widespread, it is an issue that tourists can help to address. By avoiding attractions that advertise shows or rides, and instead support high-welfare sanctuaries, we can help alter common care practice for domesticated elephants in South East Asia. I hope that, before long, the idea of a Western tourist riding an elephant in Thailand will seem as outdated as a chimp in a circus tent sat smoking a cigar.



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It's assembly time

By Helena Diffey (5th Year, RVC, AVS senior vice-president)

Earlier this year I was somewhat surprised, but tremendously thrilled, to be selected to attend the 2016 World Health Assembly in Geneva as a youth delegate for the International Federation of Medical Students' Associations.

Having intercalated in global health at Imperial College, London, I have become interested in global health, policymaking and interdisciplinary work during my veterinary studies.

The World Health Assembly (WHA) is the yearly decision-making meeting of the World Health Organisation (WHO). At its core, 194 countries come together to negotiate and agree on the health priorities and goals for the world. Its processes are mind-boggling with a bewildering number of agenda items and a myriad of people taking part.

The International Federation of Medical Students' Associations (IFMSA) delegation I was part of was comprised 49 medical students from 28 countries around the world and we had an intense four-day workshop before the assembly began.

The workshop gave us the opportunity to swot up on some of the most important topics on the agenda, shed light on the processes of the WHA, and fine tune our advocacy approach. We had talks, debates and discussions with some of the most eminent individuals in global health, unravelling the complexities of the issues and igniting our desire to do something about them. The most amazing aspect was having 48 other like-minded young people in the room giving insights from their own experiences and education in their countries. We learnt a lot from the experts but also a great deal from each other.

With so much on the agenda to cover, we divided ourselves into groups to tackle an area each – my group focused on food and nutrition. In our groups we prepared pol-



icy briefs based on IFMSA policies, made sure we were well equipped with all of the necessary facts and prepared our lobbying strategy. We even spent time practising how to approach people and get our message across using elevator pitches.

The WHA is held at the Palais des Nations – an enormous and imposing complex of buildings, home to offices of the United Nations. On arrival I felt like an imposter. Despite the legitimate photo-pass around my neck and the preparation we had undergone, it was fantastically overwhelming. In addition to the main plenary hall, there were two main rooms with simultaneous translation where member states discuss and approve WHO recommendations and policy.

As IFMSA is an official partner non-governmental organisation (NGO) of the WHO, we could sit in on these meetings to observe and respond to the proceedings by reading out our statements when invited to do so. The meetings were interesting to follow, however, most of the real negotiation took place behind closed doors in 'drafting groups', which we did not have access to. Here, countries spent days disagreeing over the constituents and wording of resolutions before

they reached consensus and handed the documents to the committee to be passed.

Clearly, influencing discussions that we had no access to was a challenge; however, besides official WHO meetings there were a plethora of side events on specific topics, hosted by countries and other NGOs. Here, we could track down country officials for direct lobbying, engage vocally in the debates and discussions, and we had a huge amount of influence through social media. We also quickly learnt that the café was an excellent place for 'bumping into' important delegates and gathering intelligence from the closed meetings. We all aimed to talk to as many people as possible to maximise the presence and influence of young people across the whole event, and were generally well received by people who were enthusiastic enough to listen to our opinions. In fact, it was somewhat surreal what conversations I ended up having over the week.

Despite our tuition in global health diplomacy, what was most startling about the whole experience was the political nature of the discussions. Unsurprisingly, with international decisions there must be international considerations, and

the boundaries between health, foreign affairs and trade become blurred. However, behind closed doors, health becomes politics and politics damages health. This was seen most clearly in the food and nutrition related areas I was following, where the influence of the food and drinks industry and the conflict of interest on trade is undeniable.

For example, guidance from the WHO on ending the inappropriate promotion of foods for infants and young children became an extremely contentious resolution to pass due to objectives to restrict inappropriate promotion of baby formula. Strong evidence shows that baby formula is inferior to breast milk as a

nutritional source, and is associated with malnutrition and obesity in infants worldwide. Formula feeding is disproportionately used in disadvantaged areas, which is possibly due to inadequate advertising laws that allow companies to promote their products in a misleading way with regard to their health-related qualities and safe, age-appropriate use.

Interestingly, baby formula accounts for 50 per cent of growth in the dairy market and, funnily enough, it was major milk exporting countries such as the USA and New Zealand, which pressed to weaken the resolution and ultimately slow progress in this area. When eventually passed on the last day of the



assembly, an unprecedented number of NGOs were outspoken in condemning its weaknesses, including IFMSA. Although the resolution was disappointing it was empowering to be able to deliver a strongly worded statement reflecting this, in front of all the member states.

I think my expectations of the World Health Assembly were that as youth delegates we would mainly be there to learn. I was not expecting to be swept up with the issues and so actively involved in lobbying. As with all incredible opportunities comes a certain amount of responsibility – and to represent the interests and opinions of medical students worldwide was not a small one. Furthermore, I was one of only three veterinary students and therefore indirectly representing the veterinary profession too. It was a true privilege to have such a position and, although hard to measure, I think that our voices were heard loud and clear. The experience was fascinating, exhilarating and exhausting and the incredible group of people I was working with were as inspirational as the WHA itself.

My involvement with global health will continue, as will my work on food and nutrition that really got under my skin at the WHA.

I implore more of you to get involved with global health. Joining your university's branch of Medsin or going to its national events may offer you access to many amazing opportunities such as this.

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IVSA Global Congress Vienna 2016

By Jordon Egan (3rd Year, RVC)

Attending my first International Veterinary Students' Association event at the 65th congress in Vienna in July, I couldn't believe that I had spent three years at vet school without having a clue what I was missing.

Meeting around 270 vet students from over 35 different countries at this year's International Veterinary Students' Association (IVSA) congress was an incredible experience, combined with special lectures and practicals at Vetmeduni Vienna.

Everyone was so welcoming and 'cultural night' was a highlight for me. The event also offered us an opportunity to explore Vienna and visit special places such as a party at the castle and a formal ball at Vienna City Hall. Travelling with IVSA is hard to beat.

Transport was easy for me, compared with the distances some people had to travel. I flew with EasyJet from Luton to Vienna and returned



Bright eyed and bushy-tailed ready for our first day of lectures, the general assembly, campus tour followed by a cultural evening. Left to right: Jordon Egan, Jordan Fisher, Ali Nicholls, Alice Turner and Joe Lunt

through Gatwick with one 20kg hold bag and a free cabin bag, for just under £155. I also paid €400 for the 10 days, which included all meals

and transport (including drinks at some events).

Working as a Student Ambassador for RVC during term time and completing two weeks of paid lambing, helped towards the cost of the trip. I also took €200 spending money with me and brought some of it home again!

The only problem was that the lecture halls didn't have air conditioning (and it was hitting 30°C), but to counter this our hosts handed out plenty of ice cream and lollies. It was a very eventful 10 days and I wasn't expecting the lack of sleep – I did struggle to stay awake in one or two lectures.

The city was amazing, and the Opera House and the City Hall were particular highlights. The vet school was also simply fantastic. The campus is big and it was a great opportunity to explore and compare their facilities with ours.

As well as the city, the people that were brought together made



The UK&Ireland delegation eating at the Zwölf Apostelkeller restaurant (covered by the Vienna Organising Committee), which is a cellar/basement restaurant built in 1339

the trip incredible. Everyone was so open and we all integrated well. I had the best roommates (from Taiwan and Turkey). The organising committee deliberately split up the delegates so that we made friends with students from across the world.

My advice would be to make the most of opportunities and take opportunities whenever they are presented. IVSA congress is a fantastic place to network and broaden your horizons.

If you want to travel, IVSA is an excellent way to do so, but do book a hold bag as it will come in handy when packing items for the cultural and fundraising auction evenings. I cannot wait for my next

opportunity, be it Malaysia's IVSA Congress in July/August 2017 or South Africa's IVSA Symposium in December 2017, where I hope to meet up again with my new friends. I've started saving already. There's no better time to get involved with IVSA than now, especially as there is now an alumni chapter to maintain the global connection even after graduation.

The last night: writing our farewell messages for friends on our white T-shirts. Khairina, an IVSA 'veteran' from the IVSA Malaysia, is laughing her socks off in the background with so many signings on her shirt



Now qualified, Joseph Lunt, BVSc MRCVS, says: 'I had an amazing time being involved with IVSA. It has opened my eyes to a multitude of travel possibilities'. He says:

'It all started when an email went round, telling us that Liverpool was hosting a UK and Ireland IVSA meeting for the weekend. After meeting the group I decided to dip my toe in the water and join the committee as the Association's webmaster.

The following summer, I applied for the IVSA Congress in Norway, and was lucky enough to get a place. The theme was aquaculture and we had loads of lectures and labs presented by world leaders in the field. We also learned about Norwegian culture; I was smitten, I fell in love with the country and have been back four times since, including spending three months with the Erasmus Programme at the School in Oslo.

After such a great experience, I felt ready to take the next step so I applied to join the secretariat. In this role, I helped the Secretary General on IVSA's Global Committee to write policy and minutes from meetings. I was also a member of the Animal Welfare Committee.

The following summer, IVSA

Congress was held in the Netherlands, with the theme One Health. Yet again, it was an amazing experience, meeting 100 vet students from around the world. We saw a lot of the city of Utrecht and travelled everywhere by bike.

I was also lucky enough to join the post-congress event where we chartered a yacht and sailed to a number of Dutch islands, including Texel.

This year I was elected to the executive committee as the Development Aid Director; to manage the charitable arm of IVSA Global. During my term of office, I managed to raise around €25,000 and was involved in various projects, including:

- Sending two custom-built anaesthetic machines to Uganda, a country that hadn't had veterinary anaesthetic equipment for five years.
- Helping rebuild a vet school facility in the Philippines following typhoon Haiyan.
- Sending five tons of textbooks to Africa; and
- Setting up the Merck scholarship fund.

Being on the executive committee, I was also invited to the Federation

of Veterinarians of Europe meeting in Brussels, and it was interesting to see the direction our profession may be heading in the future. And I attended a symposium in Turkey that explored the 'human-animal bond'. Needless to say, experiencing Turkish culture and hospitality over New Year was a privilege.

In March, I attended SAVMA symposium in Colorado and managed to spend several days at Copper Mountain's ski resort and visit several breweries.

The summer congress was held in Indonesia where the theme was conservation medicine. We visited Jakarta and Yogyakarta as well as a post-congress event in Bali. Here I was elected to the IVSA Trust, which is an executive committee advisory body. The following year I kept my involvement to a minimum as I was in final year. After that I travelled to the IVSA Congress in Austria.

IVSA is a family and, as you can see, it can become an addiction if you get hooked. I have poured every penny I had into it and worked through vet school to pay for the trips, but it was worth every penny. IVSA is a great way of seeing countries and places from a local's perspective. More than that, you will make friendships that will last forever.

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Please complete this form and return it to: Membership office, BVA, 7 Mansfield Street, London W1G 9NQ

Your details

FULL NAME (INC. TITLE): DATE OF BIRTH:

UNIVERSITY: YEAR OF STUDY:

TERM-TIME ADDRESS: HOME ADDRESS:

.....

.....

POSTCODE: POSTCODE:

SEND JOURNALS TO: TERM-TIME ADDRESS ☐ HOME ADDRESS ☐

HAVE YOU PREVIOUSLY BEEN A BVA MEMBER? ☐ YES ☐ NO

TEL: MOBILE:

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We occasionally provide members' details to companies screened by BVA. If you would not like your details to be given out please tick here ☐

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Please pay the British Veterinary Association Direct Debits from the account detailed on this instruction subject to the safeguards assured by the Direct Debit guarantee. I understand that this instruction may remain with BVA and, if so, details will be passed electronically to my bank/building society.

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DATE:

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