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Medicina General

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IBIZA

My name is Dr. Luis Rodríguez Mori and I have been invited to write this letter inviting doctors and health workers who might like to collaborate by working in the Third World, in this case, in the city of Katmandu in Nepal.

My fifteen-year experience has proved so enriching, especially in being able to help the most needy of people within their own environment, without the need to belong to any organization or institution, and without the need for intermediaries.

The Project is a small clinic, located in the suburb of Boudha, about 6 km from the centre of Katmandu. The clinic itself is on the site of a carpet factory. This district is mainly populated by workers involved in the manufacture of Tibetan carpets. These workers (male and female) belong to different castes and nationalities (including Nepalese, Tibetans and Sherpas). The clinic practises all year round, most commonly providing vaccinations, treatments for tuberculosis, dentistry and family planning.

The clinic exists thanks to Tseten Sheresta and his immediate aides. It is self-sufficient thanks to him and to donations from various sources, from Nepal itself via the association "Help in Action", which was founded by Lama Gangchen and the Himalayan Healing Centre with the "Peace and Love" Action, that has as its aim the provision of free assistance to those people most in need. Donations also come from other countries in the form of financial assistance for private individuals or as unpaid work by health professionals.

I personally contribute through my work as a General Practitioner and Homeopath, and over the past few years I have created a small homeopathic/spagyric pharmacy, which I have been supplying year after year through donations from Spain from friends and

colleagues. I believe that continuity is key to this project and I have experienced how undertaking unpaid work brings out the best in you. As a matter of fact, since I began working and collaborating with this project, it has served as an example, judging by the fact that other clinics have since appeared with similar aims. What I want to say is that the seed that was sown at the beginning has grown and is beginning to bear fruit. Working as part of a team is highly rewarding, and the opportunity to work alongside colleagues from different countries, with different approaches and specialities is itself highly satisfying and contributes to one's personal development. Board and lodging are free for the collaborators who come from abroad and I should say that the hospitality and treatment offered by Tseten Sheresta is exquisite.

Over the years, the clinic has been able to make contact with various Hospitals, and now enjoys the collaboration of the "Teaching Hospital Kathmandu " for cases that require more specific treatments, with the aim of subsidizing operations and more specific treatments – since the clinic clientele are, by and large, people experiencing extreme poverty and lacking access to any public health system.

The idea behind this project was conceived from that most precious of human feelings – solidarity, as well as from generosity, peace and love. And so, the close of this letter is an invitation to all medical colleagues and health professionals: to participate by showing support and expressing these most noble qualities, which are held dear inside each of us, each human being.