



Figure 1: The urology team - Dr Meteta (back row - centre right) and Dr Mbwambo (front row - centre right) with visiting trainees from across East Africa. The hospital takes up a commanding view on the outskirts of Moshi.



Figure 2: The wards and operating theatre are clean and functional, although lack the basic and specialist equipment often found in contemporary hospitals in Europe.



Figure 3: The Art of Packing - personal gear, medications, clinical supplies plus computers and cameras needed to be carefully stored for the long journey. Lock and wrap your bags!

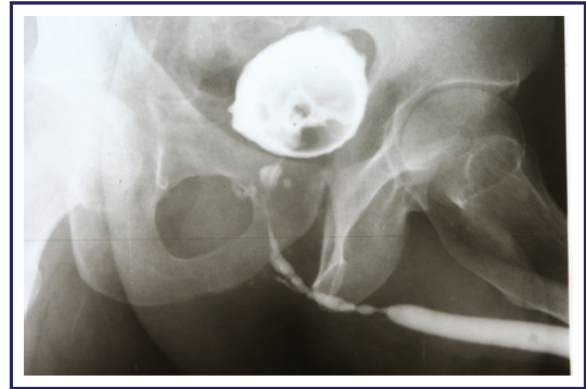


Figure 4: Urethral surgery at KCMC - typical cases of short and long urethral strictures that often present to the department. There is ample opportunity to participate in the surgery.



Figure 5: My fellow trainees and theatre staff worked hard together and the air is filled with upbeat singing, music and positive energy during operations and throughout the day.

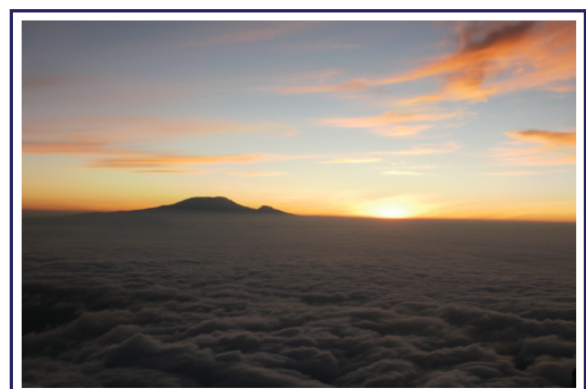


Figure 6: Weekend activities - there was never enough time to do and see everything but I challenged myself to climb Mount Meru (4500m) and explore the spectacular surroundings.