

18<sup>th</sup> February 2023

Dear Rotary family,

I hope the world is treating you kindly. Please forgive my relative silence – life has felt all-encompassing in novel ways over the past few months. I cannot believe that we're already half way through the second term. Time really does fly. It is reading week (the week that marks the middle of the term, where we don't have classes), and I am currently writing to you from Barcelona. I am staying with a friend from Nigeria who I haven't seen in over a decade! As the best friendships go, we picked up right where we left off.

What they say about the second term is correct – you do feel more settled, you do feel like you engage more readily in class, and the craziness of planning for what comes after makes time pass even quicker. The modules I am taking this term are: Measuring Health Systems' Performance, Behavioural Economics in Health Care, and Health Regulation. I love my lecturers, and the content of each compliment the others very well. Also, I was recently hired as a Research Assistant within the Department of Health Policy to work on a very exciting project with a professor I had last term! The project is a systematic review and metanalysis on the economics of patient safety initiatives. This feels quite special to me because I was chosen amongst all the candidates because of my clinical background. It's an empowering sense of validation to know that economists at the LSE see potential in leveraging these joint budding expertise.

Preparations for returning to medical school are already underway. I know I still have around 4 months left on this side of the ocean, but I want to make sure all the ducks are in line for when I must hit the ground running. I must uneasily admit that I am quite nervous about the return. I am actively working on reframing my mindset – I want to walk in being genuinely excited about completing my clinical training. What a privilege it is to have the space to achieve your goals! Thank you for being such a crucial part in this journey – every day I am grateful for the Rotary and the doors it has opened for me. I promise to do all in my power to return, and pay it forward.

With warmth,  
Aanchal

PS. Here are some photos!



Mayrose, a BCM classmate and co-scholar studying at the University of Edinburg, and I met up in Lisbon to explore Portugal together!

The most magical castle in Sintra, Portugal!  
It was so vibrantly colourful – it looked like it was made of several Lego sets!





A particularly beautiful winter sunset from our kitchen. My phone is packed with photos from this spot. I never seem to shake off the feeling of awe.



This is my friend, Elmer. She is Nigerian and runs a non-profit that serves sickle cell patients in West Africa. She is such a joy and an inspiration. I call her my big sister!



More friends that feel like family – photos from when we are not at the library with our nose buried in readings!

This is my friend, Mannav, who I am visiting in Barcelona. We grew up together in Lagos. Who would have thought that ten years later, we would meet up in Barcelona?

