
NAFEA SCHOLARSHIP REPORT

How has the experience contributed to acquiring professional skills?

This scholarship allowed me the opportunity to contribute to and learn from a very remote community in Arnhem Land, Darwin, Australia. I was fortunate enough to learn from the unique cultures of communities found in Millingimby and Gunbalanya. This attributed to the majority of my professional competencies that were related to leadership, communication and cultural awareness skills. I believe this experience enriched my learning ten-fold in comparison to my peers who were not fortunate enough to undertake their placement in a remote region. This experience provided more exposure to areas of work and allowed me to develop and enhance skills in areas I would have to otherwise specialize in, such as pediatrics and Indigenous Australian health.

How has the experience influenced your personal motivations to work in a rural setting?

Prior to this experience I was unaware of the rewarding nature of working in a rural setting. The advanced opportunities have formed a foundation of communities and cultures I was previously unexposed to. It is now a personal endeavor for me to seek opportunities to work with Indigenous Australians and individuals residing in rural or remote regions. I am now fortunate enough to have an understanding of an additional culture that is different to my own upbringing and general life experience. I was unaware of the many limitations individuals who reside in remote communities face on a daily basis, specifically areas of education, work and food supply. Reading about these social determinants are very different to experiencing it personally and learning from the stories of real individuals. Consequently, my underlying values of practice and personal motivation to help people and communities have been enriched from this experience.

How has the NAFEA scholarship assisted with undertaking a rural placement?

My overall nutrition and dietetic placement ran over the course of 21 weeks. During this time, I was unable to work simultaneously due to change of location and obvious time constraints. This scholarship provided me the opportunity to experience an entire new location, culture and area of practice that I would have otherwise never experienced. In addition to this, I was able to invest myself into this experience wholeheartedly without financial pressure or limitations. This scholarship covered my travel and accommodation expenses, which in turn yielded the ability for me to completely devote myself in all the placement had to offer. Without the NAFEA scholarship, I know that I would have had a stressful experience and would have lacked the growth in professional skills, knowledge and leadership that I have accomplished as result of my remote placement.