

### **My experience in Borderless Dentists**

I am Judit, I have 24 years old and I come from Spain. I am a recently graduated dentist and I was looking for a volunteering in Asia. Searching in different websites I found the Borderless Dentists page and I suddenly felt that I should go with this association. It was one of the best choices I have done in my life. When I arrived to Mae Sot (Thailand), I met the team of dentists who will accompany me in that adventure. We were a little team but very close and hardworking. Our experience was almost based on helping the children with their dental health because their conditions are sometimes really poor. We went to different schools, checking up their little mouths, doing scaling, sealants, composite fillings and extractions. The kids and teachers were very grateful for our work, they make me feel like if I was at home. Besides, we visited different hospitals and saw the conditions and different ways of work. Apart from that, we also had the opportunity to share our knowledge with other dentists, so we could learn from them at the same time they learnt the way we do dentistry in Spain or other different countries. And finally, I could also hear about the real refugee's stories from Birmania. I strongly recommend this unique and special experience because you gain a lot more than you give. It was a pleasure, I will repeat the volunteering for sure in a near future.

**Thanks team! Good work!**

