



As I reflect on 2025, I can see with fresh perspective, what a busy year we have had at Medic to Medic. Our running event in May in Malawi was a milestone event. Our elective initiative has been gaining momentum and has been instrumental this year in helping us increase the number of students we can provide scholarships to. An increase in student numbers also comes with an increase in administration, selection processes, onboarding, and allocations of student mentors. Efficiency is always something we have strived to achieve, but its definition varies significantly depending on the context (and time of year). My apologies to new donors who are awaiting student allocation. We would really love (and need) some volunteers to help with administration from time to time – tasks include helping to create posters, leaflets and proofreading reports (and newsletters!). If you may be in a position to volunteer please get in touch. Wishing all our community near and far, season's greetings and a happy, healthy 2026.

Tamsin

“As this semester comes to an end, I realise how much **more at ease** it has been on me **mentally** with **no worries** about my school fees or balances, something that **I will always remain grateful for.**”

Want to receive Medic to Medic updates via WhatsApp?

For those who'd like to receive Medic to Medic updates on the go, please join our admin only WhatsApp group via this link: <https://chat.whatsapp.com/DLsQUDinQpX6vYImceJkuM> You will be updated sporadically with different news, events, photos and posters, making it even easier to stay up to date!

What's included in Medic to Medic support?



Tuition Fees



Medical Equipment



Laptop (or tablet)



Semester Allowance



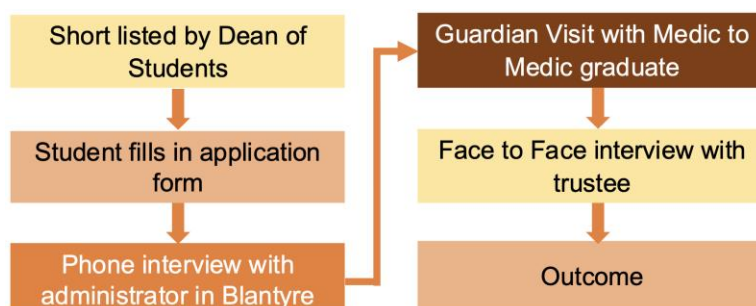
Peer Mentorship



Books

What is the application process for a Medic to Medic scholarship?

Demand for student applications always exceeds what we have capacity to supply. Our selection process ensures feedback from relevant stakeholders. The infographic below shows our current application process.



Student Update: Shadreck Timothy

The past few months have been anxious, inspiring, and full of growth as I continue my journey as a third year dental technician. This update reflects not only my academic and clinical progress but also the personal experiences that have shaped me recently. As I look back, I realise how much I have developed both in skill and confidence and I am grateful for the opportunity to share this update.

This semester marked a biggest milestone, for me it was my first time performing several dental procedures under supervision. There were different cases that I came across and able to manage them all. One of the most memorable cases involved a middle aged patient who came in with severe dental caries and unbearable tooth pain. After taking his history and performing an oral exam, I assisted in preparing him for extraction. The moment I successfully extracting his tooth under the guidance of my supervisor and completed it was nerve wracking. Seeing the relief on his face reminded me why I chose dentistry to relieve pain and restore confidence.

Another patient encounter that deeply affected me involved a young girl who came with a fractured head and mandible after a motorcycle accident. She was emotionally distressed, and her mother was equally worried. I helped perform the initial assessment, explained the procedure gently, and assisted in performing a temporary immobilization. Then after that, my supervisor and I sent her to the radiographic department for further examination noting that there was malocclusion. After taking a radiograph of her, the radiograph showed us that she had a mandible fracture involving the body of the mandible, and we performed the process called intermaxillary fixation (IMF) which helped to reduce, stabilize and immobilize the fractured bone including the body of the mandible. The transformation in her expression from panic to a shy, relieved smile was incredibly rewarding. It taught me the emotional weight dental issues can carry and the importance of patience and reassurance.

My coursework this semester has been challenging. Oral medicine and oral pathology have been two of my favourite areas because they connect directly to what I see in the clinic. However, courses like maxillofacial surgery require extra effort due to the amount of technical detail, so I've been attending additional study sessions with classmates.

Life on campus has been busy but fulfilling. As a third year student, the workload has increased significantly, so I have had to adjust my study habits.

I now use early mornings for revision because the evenings are often unpredictable due to power cuts. I share accommodation with a radiography student, and we sometimes revise together especially radiology courses.

This year, I joined a student dentistry association, and through it, I participated in an oral health outreach programme at a nearby primary school. We screened children, taught them proper brushing techniques, and handed out toothbrushes. It was a humbling experience that reminded me how much our communities need accessible dental education and promotion.

Although university life has been meaningful, the challenges remain real. The inconsistent electricity supply sometimes disrupts pre clinic preparation, and the limited availability of some dental materials means we often have to practise with shared instruments. Despite this, I have learned to stay adaptable. Working closely with my peers has helped me maintain motivation, and together we encourage each other to keep pushing through. I am always optimistic to learn new things from my peers and elders that gives me motivation and helps me to grow mentally, physically and financially. I do some scale business in the campus to sustain myself due to rise cost of living and buy groceries which demand more money. Stationery money has gone up and we have had an average of 3 assignments per week which require lots of money for us to print those assignments and submit them.

Looking back, I am proud of how much I have grown and how much I have achieved. I have developed better hand skills, improved my communication with patients, and gained confidence in clinical decision making. The emotional aspects of patient care have also become clearer to me especially how anxiety, pain, and dental fear influence a patient's experience. I have learned that communication is the best key in health sector whereby it has a lot of advantages of building public trust, patient's safety and error reduction and care coordination I remain deeply grateful to Medic to Medic and all the sponsors who make my studies possible.

Travelling to Malawi during 2026?

Are you (or do you know anyone who may be) travelling to Malawi during 2026? We have several donated items that we are hoping to get to our partner colleges. Most airlines give visitors on economy tickets 2x 23kg bags when travelling to Malawi. The main items that we need assistance with carrying include medical textbooks and spectacles. The medical textbooks are given to our students and the spectacles are given to the optometry clinics at both the College of Health Sciences and Mzuzu University. Please get in touch if you may be able to assist.

Chichewa, Tumbuka, Nyanja & Kiswahili



Mori

Language Lessons

Learn the basics before you arrive! Classes are led by our students, helping them to improve their teaching skills, whilst giving visitors essential language and cultural preparation. Get in touch if you are interested! Our language leaflets can be found on our website: medictomedic.org.uk/site-resources

Since our last newsletter

7 students have finished their courses
16 laptops have been distributed
20 new sponsored students welcomed
23 students have received equipment packs

“I hope this message finds you well and at peace. As I reflect on my academic journey this past term, I’m filled with gratitude for the support that continues to carry me forward. Your generosity isn’t just something I benefit from but it’s something I feel deeply. It reminds me that my journey matters, not only to me, but to others who believe in its purpose.”

Elective Student Project Sponsorship

Are you able to sponsor an elective student project? We’re looking for donors who may be in a position to make a one-off donation of £200-£250 to provide the matched funds for elective student fundraising to carry out small-scale capacity building projects at their elective sites. Past projects have included providing mosquito nets to secondary school boarders, first aid training to community leaders, menstrual hygiene kits and mother & baby packs to health facilities. We aim that each elective student will send you a report on completion of the project. Please get in touch if this may be of interest to you.

Medical Students in Malawi

Unfortunately, due to various concerns, Medic to Medic no longer sponsors medical students at Kamuzu University of Health Sciences in Malawi. We continue to sponsor clinical officers in Malawi who work in a similar role to resident doctors in rural areas to improve the healthcare of the Malawian population. Our sponsorship of medical students in Zambia and Uganda has not changed.

Raising funds for scholarships of trainee health workers



medictomedic
CINQOMA C1605/2022

MALAWI MARATHON EVENT

Sunday 24th May 2026

5k, 10k, half or full marathon options

Local entries from
25,000MK

prices include lunch

For enquiries: info@medictomedic.org.uk

Run through
Thyolo Tea
Estates in
Southern Malawi

INTERNATIONAL PARTICIPANT - join our Southern Malawi tour featuring a village visit, Mount Mulanje, Zomba, Liwonde National Park, Cape Maclear and Dedza. £2150 (excluding flights) Arriving Friday 22nd May 2026 leaving Sunday 31st May 2026.

MALAWI MARATHON FEEDBACK

"From start to finish, the Medic to Medic marathon experience was exceptional. The trip was impeccably organised, from clear pre-travel guidance and airport pickup to seamless logistics throughout the week. Tamsin and the Medic to Medic team were incredibly supportive, ensuring everyone felt welcomed and well cared for."

Marathon Highlights

Running the first-ever marathon through the stunning Satemwa Tea Estate was a privilege. The course was scenic, challenging, and made all the more special by the camaraderie — including walking alongside a Malawian doctor and spotting familiar faces from the support crew who we had met at dinner the night before. The handwritten marathon numbers and beautifully carved finishers medals were a real treat. The accommodation at Huntingdon House, especially the unique Chapel Room, was also a standout, especially the post run bath!

Post-Marathon Experience

The following week was deeply impactful. Visiting Ndala village, staying with a local host family, and sharing in everyday life — including preparing meals — was humbling and unforgettable. Highlights included a cultural hike to Mulanje Waterfall, a stay at Casa Rossa with its warm hospitality (and a playful puppy!), thrilling safaris in Liwonde National Park, the relaxing beauty of Cape Maclear at Lake Malawi, and learning about sustainable fuel brick projects at Dedza Pottery.

Overall Reflections

The accommodations were thoughtfully chosen — small, locally run, and full of character. Traveling with other compassionate participants made the journey feel communal, even as a solo traveller. The experience offered a powerful insight into both the challenges and the hope in Malawi's healthcare system, and it was inspiring to see the tangible impact of Medic to Medic's work.

Final Thoughts

What begins as a marathon quickly becomes something far richer — a cultural, emotional, and human journey. I can wholeheartedly and unreservedly recommend the Medic to Medic Malawi Marathon experience to anyone considering it. "

- Claire



2026 Southern Malawi Tour Itinerary

Interested in joining our Southern Malawi tour in May 2026? The tour is combined with our running events on 24th May 2026. There are 5k, 10k, 21k and 42k events – but if running is not for you, you don't have to take part! Enjoy the tea estate and atmosphere of event day instead!

Friday 22nd May	Arrive in Blantyre. Collected from the airport by M2M team. Given local SIM card and Malawi Kwacha spending money. Afternoon walk to Mount Soche with local guides and visit the carbon offset project with Mount Soche Conservation Trust. Stay overnight in Blantyre at one of the local lodges.
Saturday 23rd May	Travel from Blantyre to Satemwa tea estate in Thyolo (approximately 1 hour by car). Tea tasting in the afternoon and free time to explore the tea estate. Overnight at Huntington House on Satemwa tea estate.
Sunday 24th May	Event day! Take part in your scheduled event. Overnight at Huntington House.
Monday 25th May	Travel from Huntington House to Ndala village (approximately 90 minutes) and learn about village life. Stay overnight with a host family. Activities include making nsima and playing Bawo.
Tuesday 26th May	Travel from Ndala village to Zomba via Mulanje (approximately 90 minutes). Day hike to Mulanje waterfall from the Likhubula side of the mountain. Stay overnight at Cassa Rosa half way up Zomba plateau. There may be opportunities for day walks here depending on arrival time.
Wednesday 27th May	Travel from Zomba to Liwonde National Park (approximately 2.5 hours). Overnight in Mvuu Camp. Safari activities in the afternoon (choice of boat or game drive)
Thursday 28th May	Morning hours, safari game drive. Travel to Cape Maclear (approximately 3 hours). Sunset cruise and snorkeling. Curio shopping at the local market. Overnight at Thumbi View Lodge.
Friday 29th May	Travel from Cape Maclear to Dedza. Meet the local women's group and learn about briquette making. Overnight at Dedza Pottery.
Saturday 30th May	Travel to Chongoni Rock Art (UNESCO World Heritage Site). Pottery tour +/- hike to Dedza Mountain +/- painting own pottery (optional activities). Overnight at Dedza Pottery.
Sunday 31st May	Leave Malawi from Kamuzu International Airport in Lilongwe.



For more
information and to
sign up:
[medictomedic.org.uk/
marathon](https://medictomedic.org.uk/marathon)

Interested in a medical elective in Malawi?

info@medictomedic.org.uk

WhatsApp + 265 (0)98 134 5409

Mzuzu House

Earlier in 2025, we were fortunate to receive our first legacy donation. This gave an opportunity to provide the start up funds to set up a Medic to Medic space in Mzuzu, northern Malawi, where we currently sponsor 29 students. With the expansion of elective hospital partnerships to Mzuzu Central Hospital, this infrastructure helps us provide accommodation for visiting students, as well as accommodation for our team during monitoring and evaluation visits. Our Mzuzu house means we now have in country infrastructure in the northern and southern region of Malawi. We have ambitions in the future to open an office in Lilongwe, which will strengthen our in country processes, ensuring sustainability for student supports. Please get in touch if you may need accommodation in Blantyre or Mzuzu.



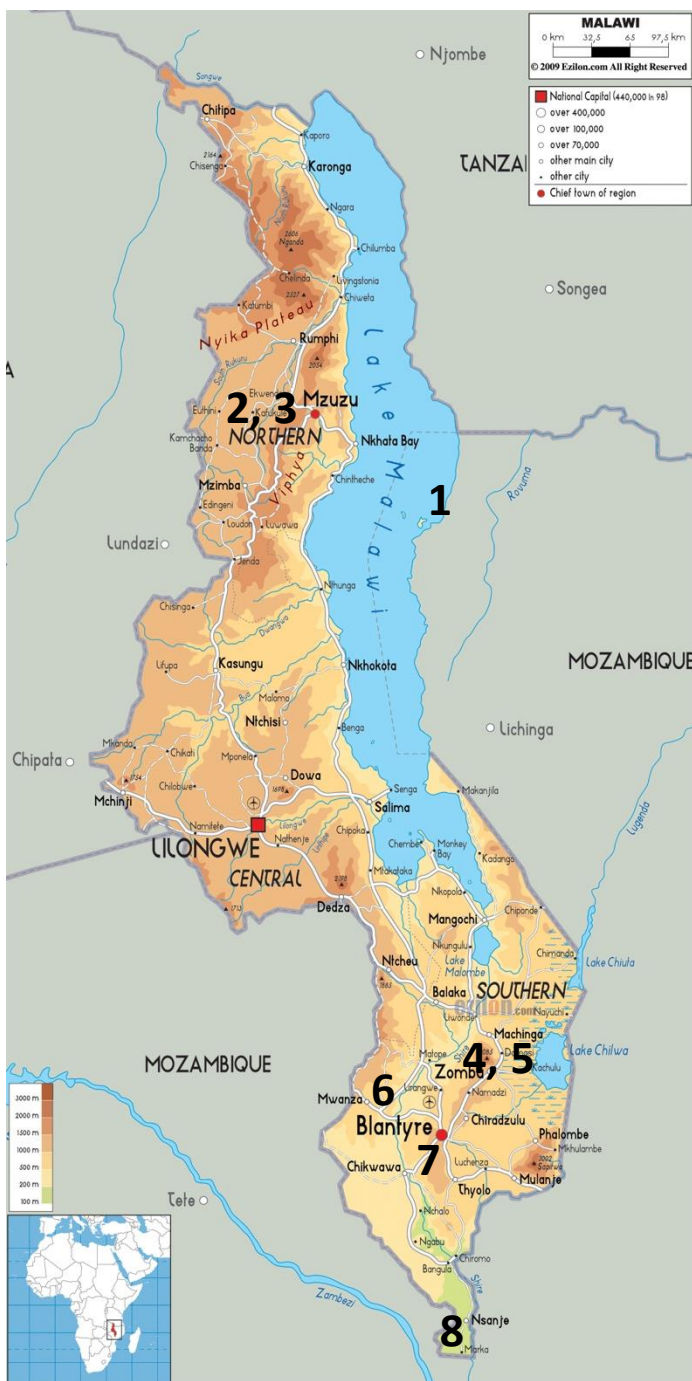
Above: Bedroom 1 Mzuzu Volunteer House



Above: Bedroom 2 Mzuzu Volunteer House

Medical Electives in Malawi

We're now two years into our elective initiative. The fundraising from the elective fee helps us to support one Malawian student with a scholarship for one year. The more elective students hosted on a Medic to Medic elective – the more scholarships can be provided to students in need. Over the last 3 months we've signed MOU's with Zomba Mental Hospital and Mzuzu Central Hospital, and we are currently in talks with Beit Cure in Blantyre, bringing our total number of partnership sites to 8 (almost 9). We can also host optometry and audiology international students in Malawi too.



1 St Peters Hospital, Likoma Island; 2 St Johns Hospital, Mzuzu; 3 Mzuzu Central Hospital, Mzuzu; 4 Zomba Central Hospital; 5 Zomba Mental Hospital; 6 Mwanza District Hospital; 7 Mwaiwathu Hospital; 8 Trinity Hospital.

2025 Electives Webinar

youtube.com/watch?v=23d7C7K4chM&t=7s

Find out more via our electives leaflet
medictomedic.org.uk/electives



“The financial assistance has been instrumental in allowing us to focus on our studies without the added stress of financial constraints.”



Lemon Mussa
BSc Medical Microbiology

Dr Felix Oriono
Medical Doctor

“I feel very grateful for the continued support. More than the money, it gives me hope. It reminds me that someone believes in me and my dreams.”



Joyce Banda
Registered Nurse

“Being in the university it’s a season of becoming, where each experience shapes who I am becoming, and how I will walk through the world beyond the campus gates.”



Medic to Medic Environmental Action

Every year we support a handful of student environmental projects in Malawi. Malawi has huge amounts of deforestation and projects generally center around community tree planting activities. Projects enable us to work with our students on a shared initiative, with students taking key leadership roles within their communities. Carbon emissions vary significantly around the world, with the average person in the UK producing around 10 tonnes of CO₂ per year, compared with 15 tonnes in New Zealand and just 2 tonnes in Malawi.

2025
Total Trees Planted: 4401
Total Trees Survived: 3921
Survival Rate 89%

A mature tree absorbs approximately 25 kilograms of CO₂ annually. The number of trees needed to offset an individual’s yearly emissions also differs greatly: approximately 400–600 trees for someone in the UK, 600–1500 trees for someone in New Zealand, and around 90 trees for someone living in Malawi. It costs about £100 (NZ\$250) to sponsor a student forest, and we welcome anyone who would like to get in touch to make a donation.



Email: info@medictomedic.org.uk

For comments, questions and errata regarding this newsletter, please contact the editor at the email address above. Every effort has been made to credit contributors to this newsletter. Where omissions have occurred, please advise and they will be rectified at the earliest possible opportunity.



Medic to Medic



@MedictoMedic



tamsinlillie

www.medictomedic.org.uk

Registered UK Charity No. 1149904
NZ Charity No. CC58085. Malawi CONGOMA
registration No. C1609/2022

Medic to Medic was founded in 2007 to address the problems of training and retaining medical students in some of the world's poorest countries.

For our first country, we chose Malawi. Like so many sub-Saharan countries, Malawi is desperately short of doctors. It has just two doctors per 100 000 people. The UK has over 230 per 100 000.

Medic to Medic helps by supporting poor but bright students through medical school, who might otherwise drop out. We cover their tuition fees and give them allowances for equipment and books. We can link students to mentors, who provide holistic support.

Our scheme to support medical students has been so successful that we now also support physiotherapists, pharmacists, nurses, mental health workers, clinical officers, optometrists & audiologists in Malawi.

Most of our donors give just £5—20 per month. If you feel you can support a student, please visit www.medictomedic.org.uk to set up a direct debit online.

You will be linked with an individual student and receive regular updates from them on their progress. You are welcome to enter into email correspondence with them and many of our students find this very motivating. Please note that although you will be allocated a particular student, our donations are pooled so that no student is disadvantaged if a donor needs to withdraw.

Keep Updated!

Follow our blog to keep updated with our latest news and activities:
<https://healthprofessionalmalawi.wordpress.com/>



Listen to our Podcasts!
On Spotify: "Malawi Matters"
<https://anchor.fm/medic-to-medic>

Turn your used ink cartridges into donations and make positive impact! Recycle4charity.co.uk

Recycle 4 Charity



Our eBay charity shop is almost 2 years old! Check out what we have – more items are listed regularly:
charity.ebay.co.uk/charity/i/Medic-to-Medic/95518

Shopping online? Register with easyfundraising.co.uk. For every online purchase, the retailer will give a small donation to your chosen charity at no extra cost!



Help us be in with a chance to win £1000 in unrestricted charity funds by nominating us via this link. Our charity number is 1149904.
movementforgood.com/#nominateACharity



Would you like some fun & colourful scrub tops to brighten your work place? We've sold over 250 Malawian scrub tops to health professionals globally since 2023. Email us for our UK and NZ catalogues. £30 / NZ\$50 per top plus postage. For each top sold, we plant 1 tree through 2 community forestry groups. This provides meaningful medical wear whilst fundraising for our community at the same time! Join our admin only WhatsApp group to keep updated with designs.
<https://chat.whatsapp.com/HXNk03hexn3AyaBI5dEhf7>

