

## **Phelophepa's life-changing experiences**

Studying and working hard doesn't always prepare one for what real life has in store for them. Sometimes practical experience in a wide range of fields is more beneficial to students in the health sciences, and this proved true for Chané Du Toit, a student studying counselling.

"When my first day of counselling on the train started, I realised how much little exposure I actually had and how vast the issues I may be presented with can be," she says.

Apart from learning new skills, Chané comments that she realised that she had something to teach the community as well. "The basic skills we were facilitating were new to many within the rural communities, increasing my awareness of the needs of our rural communities and schools within them," she noted.

For Chané, being on the Phelophepa train was a life-changing experience that increased her self-confidence and made her realise she was doing exactly what she was meant to be doing.

"I realised how lucky I am to be part of such an amazing field and community based project. I would love to be part of the team on Phelophepa 2 again and hopefully for a longer period of time."

Working on the Phelophepa health care train helped Chané gain the expertise she felt she needed.