

WHAT DO OUR VOLUNTEERS TALK ABOUT YOCAB?

My name is **Pilly Hussein Ndobeji**, A third-year Medical student, Pursuing a bachelor's degree in Doctor of medicine at The University of Dodoma, Tanzania. I am also acting Vice-Chairperson Tanzania Medical Students' Association UDOM chapter -2022.

The 7th Tanzania Health summit (THS), 2020 was held in Dodoma Tanzania, a grand conference where healthcare stakeholders discuss, reflect, and provide a general recommendation of the health system of the country. I was selected to attend the youth capacity building (YOCAB) workshop, a sideline training program within the grand summit program, that the youth program alone attracts around 25 youth every year.

As a young lady eager about the future, I got a chance to learn from the experts on leadership, communication, and career choices from Dr. Charles Wanga, Rehema George, and Faraja Nyarandu. It was a wake-up call to my future endeavors and professionalism.



The mentorship program has made a significant impact towards my personal and professional development which has been so useful especially during this transitional age. As a young leader I have been able to learn small details that matter in leadership field that I never paid attention to, for instance minding my body language, effective communication, accountability and my attitude towards decision making. Through this program I have gained access and exposure towards my field of interest. The administrations, operations and most important of all the inter-dependence of blocks in health system, reminding me how much team work matters in every aspect. I gained skills and capacities way beyond those taught in class.



A photo taken during my presentation on Communication Skills. On the left is my mentor Dr. Ntuli Kapologwe, DHSWNS at PORALG.

In March 2021, four months after the Tanzania Health Summit, I was among the six participants shortlisted to continue with the YOCAB mentorship program for the six months extension, I was assigned to Dr. Ntuli Kapologwe, (Director of health, social welfare, and nutrition services PORALG) and Ms. Beatrice Lupi (Director of Finance - PSSSF, Dodoma) as my mentors. A life-changing opportunity that gave me a clear picture of what it takes to achieve my dreams but also the practical aspect of communication, leading others, and serving the community.

MY ADVICE TO YOUTH

YOCAB mentorship program is the opportunity that every one should take.

YOCAB create competitive youth and health community.