

Medicine & Healthcare

High School Special Schedule Nepal

This project is designed to give you the opportunity to observe medical professionals, learn basic medical procedures and participate in a variety of community health outreach activities. During this two week trip, you will have a unique insight into Nepalese culture and explore some of the country's most popular tourism sites.

Programme Goals

- ▶ **Clinical**
Spend time shadowing local doctors and nurses in a number of medical facilities. We work with regional teaching hospitals as well as smaller and more specialist clinics. You will be exposed to a variety of different departments during your project.
- ▶ **Community**
Visit local schools and present information on various healthcare issues facing the region. You will develop materials and activities for awareness campaigns and healthy living workshops
- ▶ **Learning**
Learn basic medical skills such as checking patients' vital signs, blood pressure and blood sugar levels. You will be taught how to assist with medical checks and about common ailments and illnesses in the region.
- ▶ **Culture**
Nepal is famous for its rich culture, towering mountains and stunning landscapes. Beyond the project itself, we aim to show you the best the country has to offer. Students can look forward to exploring the special city of Kathmandu and Chitwan National Park with its wide variety of wildlife.



2 WEEKS



Highlights

- ▶ 40 Service Hours
- ▶ Gain medical skills and experience
- ▶ Raise awareness about medical issues
- ▶ Learn about traditional medicine
- ▶ Immerse yourself in Nepalese culture
- ▶ Visit Chitwan National Park
- ▶ Offset your carbon footprint

Accommodation

Hotel

Transport

Private bus and by foot

Meals

Breakfast will be served at the hotel each day. Lunch will either be at the hospital, host or in the community. Dinner will be at the host family.

Timings

This schedule is subject to change, however you will be advised in advance should this happen. You will depart home before 8am and arrive back at around 5pm. However, this may differ from day to day depending on the activity and progress of the volunteer work.

Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We're committed to being fully climate-positive by 2024!

By volunteering with us you're helping reforestation efforts, protecting existing forests and providing employment to local communities around the world.

Day 1

Sunday

Arrival in Kathmandu

You will arrive into the capital city of Kathmandu. Set in a valley surrounded by the Himalayas, it's a bustling city but also a place of peace and tranquillity.

After you pass through customs you will be met by a staff member holding a sign welcoming you to Nepal. You will then be taken to the hotel in Kathmandu where you will relax, have a meal and sleep before departing to Chitwan the following morning.



Day 2

Monday

Transfer to Chitwan & settle in!

Our staff will take the group in a private coach from Kathmandu to Chitwan. The journey will take roughly 6 hours to reach Chitwan.

On arrival and after settling in at Hotel Global, the group will have an orientation of the area and will be able to change money and organise a local SIM card. 4 pm induction.

Dinner will be served at the hotel before getting some rest before the exciting week ahead.

Day 3

Tuesday

Hospital Orientation

Morning: Clinical

After breakfast, you will make the short trip to your allocated hospital where you will receive an introduction and orientation of the facility. During your stay, you will work at the following hospitals: CMC, Eye Hospital, National City Hospital, Manakaman Hospital and Family Planning Hospital..

Afternoon: Clinical

You will be split into smaller groups and begin shadowing local doctors in different departments until 3pm.

Evening: Learning

After you finish at the hospital, you will join a workshop on common and tropical diseases with a medical professional.

Day 4

Wednesday

Clinical Observation & Workshop

Morning: Clinical

After breakfast, you will split into groups and travel to your scheduled hospital to shadow local doctors in various departments.

Afternoon: Learning

Once you have finished at the hospital, you will have a feedback session on the morning observations, followed by a workshop on pathology.

Evening: Culture

Spend your evening expanding your local vocabulary during a Nepalese Language lesson.

Day 5

Thursday

Community Outreach

Morning: Community

In groups, you will prepare a medical awareness presentation on the importance of dental hygiene for young students.

Afternoon: Community

Once you arrive at the school, you will deliver your presentations to the students.

Evening: Culture

Before dinner, it's time to learn some local Nepali dance moves!

Day 6

Friday

Clinical Observation & Workshop

Morning: Clinical

After breakfast, you will split into groups and travel to your scheduled hospital to shadow local doctors in various departments.

Afternoon: Learning

Once you have finished at the hospital, you will have a feedback session on the morning observations followed by a workshop on taking medical history.

Evening: Culture

Before dinner, stretch out during a yoga class at the hotel.

Day 7

Saturday Weekend Activities

You will spend your weekend at Chitwan National Park. After arriving at Rainbow Safari Hotel in Sauraha (45 minutes drive), you will enjoy a welcome drink before visiting a traditional Tharu village and museum.

After lunch at the hotel, it's time for a jeep safari where you will have a chance to spot the Greater One-horned Rhino (you may even be lucky enough to spot the rare Bengal Tiger).

You will enjoy the sunset on the banks of the Rapti River before enjoying dinner and a Tharu cultural dance.



Day 8

Sunday Weekend Activities

You will enjoy a leisurely breakfast at the hotel before learning and observing some of the incredible bird life found in the area.

After your experience in the National Park, you will return to Bharatpur for lunch and to rest at the hotel.

In the afternoon, you will climb the 1,700 steps to Moula Kali Temple and look over the city before returning to the hotel for dinner and an early night!

Day 9

Monday Shadowing & Workshop

Morning: Clinical

After breakfast, you will split into groups and travel to your scheduled hospital to shadow local doctors in various departments.

Afternoon: Learning

Once you have finished at the hospital, you will have a feedback session on the morning's observations, followed by a workshop on vital signs.

Evening: Culture

Take a stroll around a local market for a bit of souvenir shopping.

Day 10

Tuesday Community Outreach

Morning: Community

After breakfast, the group will travel to a local school with medical professionals and conduct health screenings with the children.

Afternoon: Community

After lunch, you will continue the outreach work at the school and engage in activities focussed on dental hygiene.

Evening: Culture

Time to test your general knowledge at our volunteer quiz night at the hotel.

Day 11

Wednesday Shadowing & Workshop

Morning: Clinical

After breakfast, you will split into groups and travel to your scheduled hospital to shadow local doctors in various departments.

Afternoon: Learning

After shadowing at the hospital, you will discuss your morning observations and join a workshop and demonstration on anatomy at CMC.

Evening: Culture

You will spend the evening learning how to prepare your own Nepalese dumplings, known as "Momos". These are often the most popular dish for our volunteers.

After dinner you will have a chance to pack your bags and have an early night before the following day's departure to Kathmandu.



Day 12

Thursday Travel back to Kathmandu

Morning: Back to Kathmandu

In order to allow enough time to explore the capital city of Kathmandu and to make sure you have plenty of time for your departure flight, you will depart Chitwan early in the morning. Along the way, you will stop at a scenic restaurant and enjoy a local Nepalese lunch.

Afternoon: Culture

Once you arrive back in Kathmandu, you will settle in to the hotel and have a look at the nearby local artisan shops. This is the perfect opportunity to find some unique souvenirs and gifts for your family and friends back home.

Evening: Culture

Dinner will be served at the hotel and you will have time to rest and relax ahead of your final day in Nepal.



Day 13

Friday
Explore
Kathmandu

Morning: Culture

Start your day by immersing yourself in the cultural heritage of Kritipur as you visit the revered Golden Temple, soaking in the spiritual ambiance. Lunch will be served at a nearby restaurant.

Afternoon / Evening: Culture

Continue your exploration of Nepal's rich cultural landscape with a visit to the iconic Swayambhu Nath, also known as the Monkey Temple, where you can admire the stunning architecture and panoramic views of Kathmandu Valley. Conclude your afternoon with a shopping excursion in the vibrant streets of Thamel followed by dinner at the hotel.

Day 14

Saturday / Sunday
Departing Nepal

The group members will likely be departing at different times, therefore day 13 and 14 may not be the same for everyone. Your exact departure plan will be communicated with you directly by our local team.

You will have the continued support of Projects Abroad staff right until you are safely at the airport.

We wish you a safe journey home and we hope to see you again on one of our projects around the world!

Want to learn more?

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General inquiries: info@projects-abroad.org

Social Media

 @projectsabroadglobal

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Personal Achievements



- ▶ Completed a total of 40 service hours
- ▶ Attended 8 hours of professional medical workshops
- ▶ Taught important lessons on hygiene to over 100 children



Student Learning Outcomes

Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

Healthy Active Living

Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

Empowerment

Students will be empowered to think for themselves, challenging the "status-quo" and cultivating transformative decision-making mindsets.

Global Citizenship

Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.

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4 WEEKS



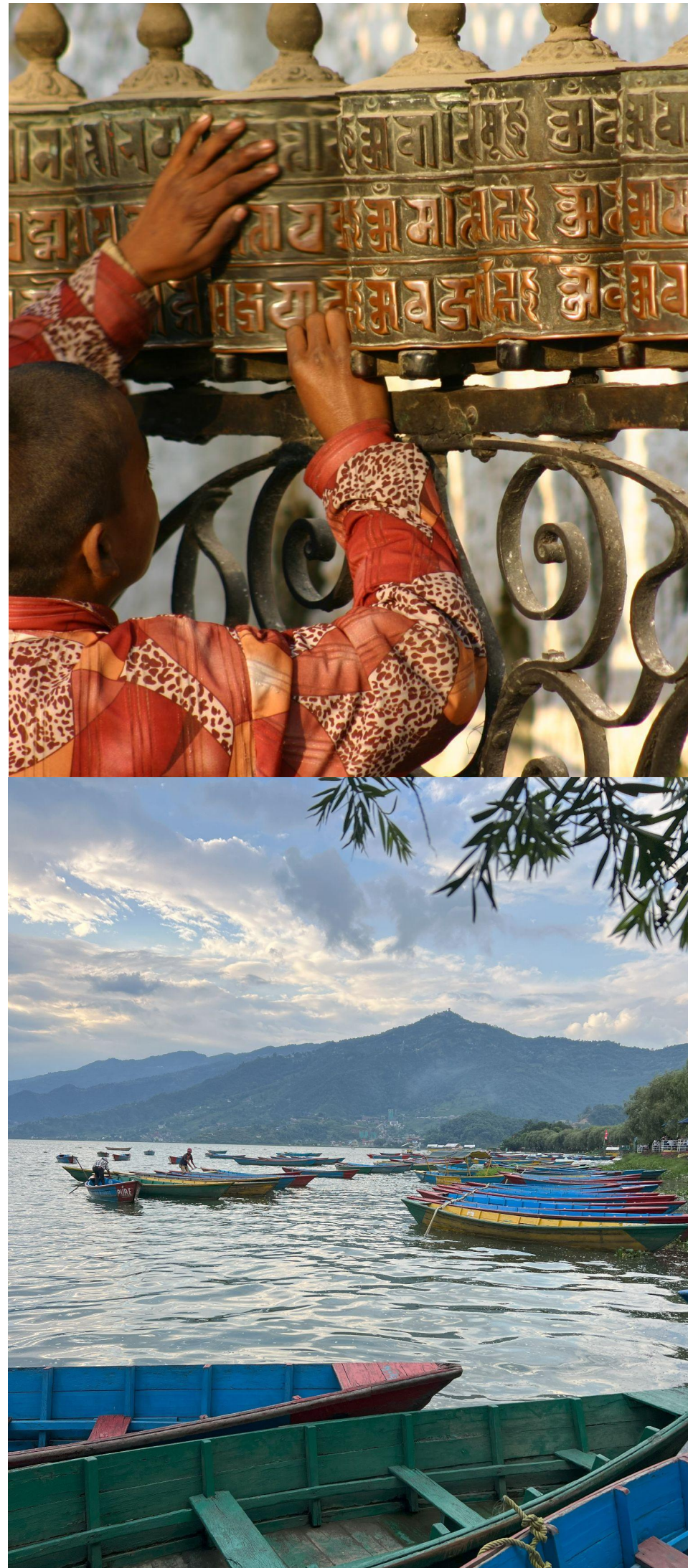
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Highlights

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Evening: Culture

Take a stroll around a local market for a bit of souvenir shopping.

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Morning: Community

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Afternoon: Community

After lunch, you will continue the outreach work at the school and engage in activities focussed on dental hygiene.

Evening: Culture

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Morning: Clinical

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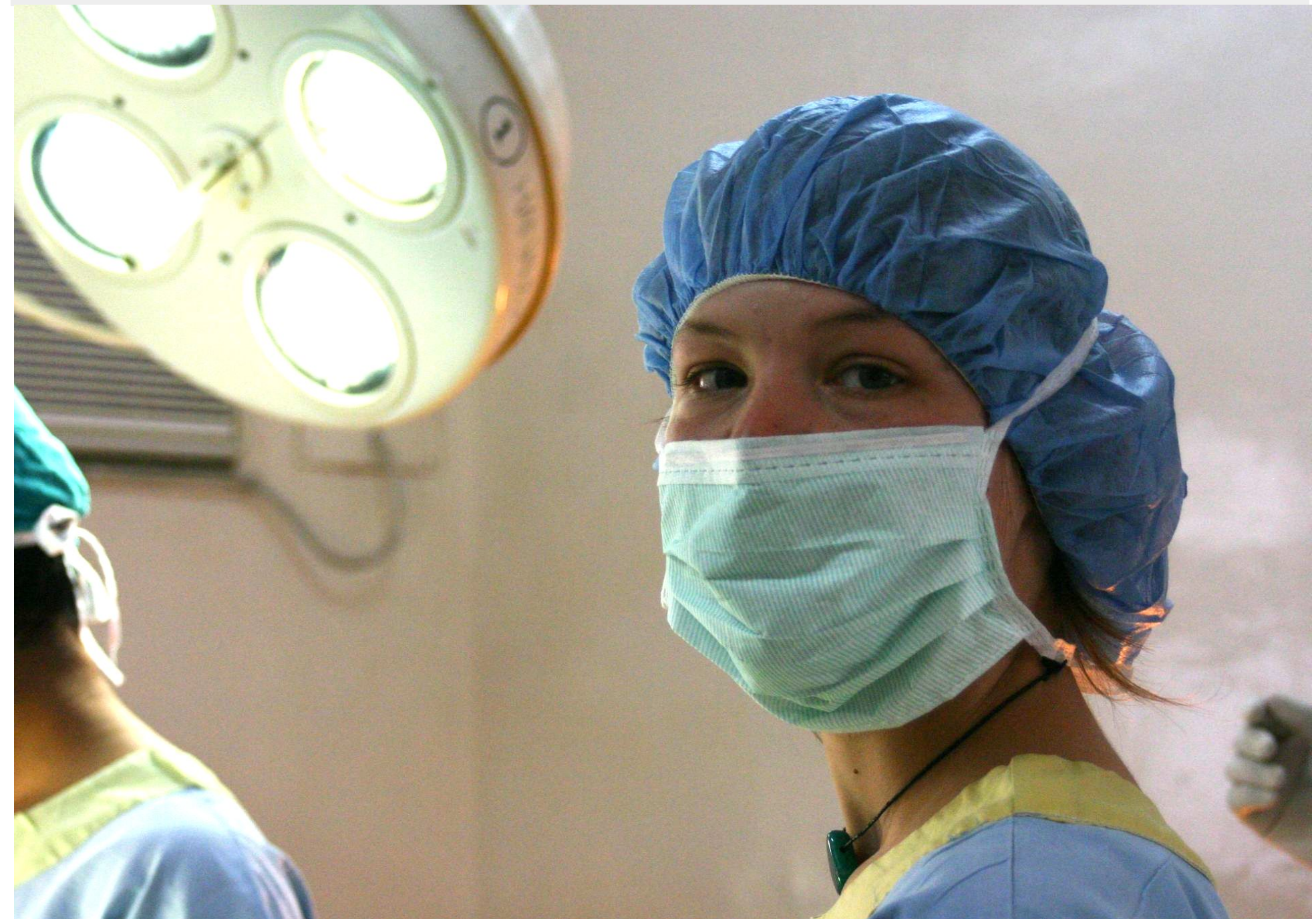
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Day 12

Thursday

Morning: Clinical

After breakfast, you will split into groups and travel to your scheduled hospital to shadow local doctors in various departments.

Afternoon: Learning

Once you have finished at the hospital, you will have a feedback session on the morning's observations.

Evening: Culture

Take a stroll around a local market for a bit of shopping. Dinner will be served at the hotel.

Day 13

Friday Shadowing & Workshop

Morning: Clinical

After breakfast, you will split into groups and travel to your scheduled hospital to shadow local doctors in various departments.

Afternoon: Learning

Once you have finished at the hospital, you will have a feedback session on the morning's observations, followed by a workshop on vital signs.

Evening: Culture

Have dinner at the hotel and relax with your fellow volunteers.

Day 14

Saturday Rest & Relax

All Day: Rest & Relax

After two busy weeks, you will have the morning to relax at the hotel with your fellow volunteers. It's important to take some time to rest and reflect on your experience so far.

It is also a good time to think about what you are looking to gain out of your remaining time in Nepal and take notes to discuss any medical cases or departments you would like to experience.

You will have lunch at a local restaurant, which will be followed by a movie at the local cinema.

You will have dinner at the hotel and relax before another busy day of volunteer work.

Day 15

Sunday Community Awareness

Morning: Community

In groups, you will prepare a medical awareness presentation on nutrition and the benefits of a healthy diet.

Afternoon: Community

Once you arrive at the school, you will deliver your presentations to the students.

Evening: Culture

Enjoy dinner at the hotel and relax with your fellow volunteers!

Day 16

Monday Shadowing & Workshop

Morning: Community

After breakfast, the group will travel to a local school with medical professionals and conduct eye screenings with the children.

Afternoon: Community

After lunch, you will continue the outreach work at the school and engage in activities focussed on harmful activities on eyesight.

Evening: Culture

Enjoy a relaxing dinner at the hotel.



Day 17

Tuesday Trip to Pokhara

All Day: Trip to Pokhara

You will depart for Pokhara in the morning. Pokhara is a picturesque city located in the western part of Nepal, nestled in the foothills of the Himalayas. Known for its stunning natural beauty, tranquil lakes, and breathtaking mountain views, it's a popular destination for tourists visiting Nepal.

After arriving in Pokhara, you will settle into the hotel before taking a relaxing stroll around the Phewa Lake, which is the second-largest lake in Nepal. You will enjoy the beautiful sunset and the reflection of the mountains in the water, making it a perfect end to the day. You will be briefed on the next days activities and then enjoy dinner at the hotel.

Day 18

Wednesday Trip to Pokhara

All Day: Trip to Pokhara

On the second day, you will wake up early to watch the sunrise over the Annapurna Range, one of the world's most stunning mountain ranges. You will hike up to the Sarangkot viewpoint and enjoy the beautiful view.

After hiking back down to the city you'll have some well earned lunch. Next up is a visit to Davis Falls, which is a unique waterfall that drops into a deep hole and then disappears underground.

Finally, you'll visit the World Peace Pagoda, which is a beautiful white stupa located on a hill overlooking the city. The pagoda offers a panoramic view of Pokhara and the surrounding mountains, making it a great spot for photography.

Before dinner you'll get a chance to explore the city and do some souvenir shopping. Dinner will be served at the hotel.

Day 19

Thursday Travel to Kathmandu

Morning: Travel back to Kathmandu

In order to allow enough time to explore the capital city of Kathmandu, you will depart Pokhara early in the morning. Along the way, you will stop at a scenic restaurant and enjoy a local Nepalese lunch.

Afternoon: Culture

Once you arrive back in Kathmandu, you will settle in to the hotel and have a look at the nearby local artisan shops. This is the perfect opportunity to find some unique souvenirs and gifts for your family and friends back home.

Evening: Culture

Dinner will served at the hotel and you will have time to rest and relax ahead of your final week in Nepal.

Day 20

Friday Temple tours

Morning: Culture

Start your day by immersing yourself in the cultural heritage of Kritipur as you visit the revered Golden Temple, soaking in the spiritual ambiance. Lunch will be served at a nearby restaurant.

Afternoon / Evening: Culture

Continue your exploration of Nepal's rich cultural landscape with a visit to the iconic Swayambhu Nath, also known as the Monkey Temple, where you can admire the stunning architecture and panoramic views of Kathmandu Valley. Conclude your afternoon with a shopping excursion in the vibrant streets of Thamel followed by dinner at the hotel.

Day 21

Saturday Weekend Activities

All Day: Culture

Start your day early in the morning for a captivating day trip to Nagarkot, a charming hilltop village located approximately 32 kilometers east of Kathmandu.

Arrive in Nagarkot and be greeted by the refreshing mountain air and panoramic vistas of the majestic Himalayan range, including peaks like Langtang, Ganesh Himal, and even Mount Everest on a clear day. The sunrise view from Nagarkot is particularly famous, so if you're an early riser, this is an experience not to be missed.

Enjoy a leisurely lunch at one of the many cozy cafes or restaurants in Nagarkot while relishing the scenic beauty that surrounds you.

Enjoy dinner at the hotel and relax ahead of the following day's experiences.

Day 22

Sunday Health Centre Visit

Morning: Community

Visit to NRH (Nutritional Rehabilitation Home) - Spend the morning exploring and learning about this important centre, gaining insights into medical practices and healthcare systems.

Afternoon: Community

Continue the visit to NRH - Use the afternoon to delve deeper into different functions and cases at the centre.

Evening: Culture

Enjoy dinner at the hotel and relax with your fellow volunteers!

Day 23

Monday Hospital Visit

Morning: Clinical

Visit to International Children Friendship Hospital - Begin the day by exploring the International Children Friendship Hospital, understanding the medical care provided to young patients.

Afternoon: Clinical

Continue the visit to Children Friendship Hospital - Utilising the afternoon to observe specialised treatments and interact with hospital staff.

Evening: Culture

Enjoy dinner at the hotel and relax with your fellow volunteers!



Day 24

Tuesday First Aid Training

Morning: Clinical

First Aid Training with Health Professionals - Participate in a comprehensive first aid training session with experienced health professionals, learning essential life-saving techniques.

Afternoon: Community

Practice First Aid with School Children - After lunch, put your first aid skills to the test by practicing with school children, promoting safety and well-being in the community.

Evening: Culture

Enjoy dinner at a restaurant with your fellow volunteers!

Day 25

Wednesday Hospital Visit

Morning: Clinical

Visit to Alka Hospital - Spend the day at Alka Hospital, observing medical procedures, patient care, and interactions with healthcare providers.

Afternoon: Clinical

Continue the visit to Alka Hospital - Engage with hospital staff and learn about the challenges and successes of healthcare delivery in this setting.

Evening: Culture

Enjoy dinner at the hotel and relax with your fellow volunteers!

Day 26

Thursday Nursing Outreach

Morning: Community

Nursing Outreach with Health Professionals - Join a nursing outreach program, learning and supporting the staff as they provide medical assistance.

Afternoon: Community

Practice Nursing Activities - After lunch, actively participate in nursing activities, practice what you have learned with the medical professionals.

Evening: Culture

Enjoy dinner at the hotel and relax with your fellow volunteers!



Day 27

Friday
Explore
Kathmandu

Morning: Culture

Visit to Boudha Nath - Take a cultural break and visit the iconic Boudha Nath Stupa, immersing yourself in the spiritual and architectural richness of the area.

Afternoon: Culture

Free Time or Cultural Exploration - In the afternoon, you have the option to explore more of Boudha Nath or use this time for personal relaxation and reflection.

Evening: Culture

Farewell dinner at a local restaurant with your fellow volunteers.

Day 28

Saturday / Sunday
Departing Nepal

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We wish you a safe journey home and we hope to see you again on one of our projects around the world!

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Personal Achievements



- ▶ Completed a total of 80 service hours
- ▶ Attended 12 hours of professional medical workshops
- ▶ Taught important lessons on hygiene to over 150 children



Student Learning Outcomes

Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

Healthy Active Living

Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

Empowerment

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