

**PROJECTS
ABROAD.**

Medical Internship for Teenagers in

Sri Lanka

**Medical exposure, wildlife
discovery, and cultural
immersion**

3 GOOD HEALTH
AND WELL-BEING



10 REDUCED
INEQUALITIES



17 PARTNERSHIPS
FOR THE GOALS



Certified



Corporation

**SUSTAINABLE
DEVELOPMENT
GOALS**



Trip highlights:

- ➔ Shadow medical professionals in urban and rural hospitals, and compare resources, challenges, and techniques.
- ➔ Improve healthcare access to the community by performing basic check-ups (BMI, blood pressure, blood sugar) and raising awareness about illnesses and challenges present in the region.
- ➔ Discover Sri Lanka's unique wildlife and diverse ecosystems, spotting elephants at Udawalawe National Park and monkeys, water monitors, giant squirrels during a Madu river boat safari
- ➔ Live an authentic cultural immersion through traditional dance and cooking classes, mask painting, tea plantation and factory tours, and a trip to Ella.



LENGTH

14 Days



SUPERVISION

24/7



TRANSPORT

Private bus, boat, train



ACCOMMODATION

Host Family



SHADOWING HOURS

20+ hours

Overview

The following is included in the cost of your trip (subject to change).



Medical Shadowing

- 24 hours direct patient observation
- Daily journal of observed cases
- Case histories review
- Holistic natural medicine initiation at an Ayurvedic Hospital
- Colombo private hospital tour
- Community outreach

Rotate through various hospital settings:

- Emergency Treatment Unit
- Neurosurgery ward and operating theatre observation
- Palliative care unit
- Occupational Therapy department
- Hemodialysis centre

Practical skills workshop:

- Suturing techniques
- Measuring blood pressure
- Monitoring blood sugar levels

Food/Accommodation

- Three meals/day (all diets catered for)
- Drinking water
- Host family

Culture & Leisure

- Galle Dutch Fort
- Traditional Sri Lankan cooking class
- Traditional dance lessons
- Traditional Mask Factory tour and mask painting
- Cricket and football matches with locals
- Souvenir shopping
- Hike through the Kanneliya Rainforest
- Madu River boat safari
- Sea Turtle Conservation Centre tour
- Coconut Tree Hill and Parrot Rock
- Relaxation at a beachside sunset pool
- Safari at Udawalawe National Park
- Ravana Falls
- Hike to the summit of Little Adam's Peak
- Scenic train journey through the hills of Ella
- Tea plantation and factory tour
- Visit the iconic Nine Arch Bridge

Logistics

- Airport transfers in Sri Lanka
- Orientation and tour of Colombo
- Travel in country
- Pre-departure support
- 24/7 support from local staff
- Emergency assistance

Explore Sri Lanka's Diverse Healthcare

Develop a comprehensive understanding of global healthcare by comparing medical resources across three distinct settings: regional government hospitals in Galle, high-tech private facilities in Colombo, and traditional Hindu and Ayurvedic healing centres.



Days 1 - 2

Arrival & orientation

Land at Bandaranaike International Airport in Colombo, where our staff will meet you and transfer you to your accommodation in Galle. This scenic two-hour drive offers your first impression of Sri Lanka's lush landscapes. After settling into your homestay and meeting your host family, you will have time to rest and refresh for the journey ahead.

Your first full day begins with a comprehensive induction session to help you feel at home, covering essential travel information, an introduction to local culture and customs, and a guided orientation of the area.

Later, you'll receive an introduction to the Sri Lankan healthcare system, exploring its modern achievements, common tropical diseases, and traditional medical practices.

To celebrate your arrival, you'll join the team and fellow volunteers for team-building games on the beach.

Medical training

Your internship begins! You'll learn by observing as you join doctors on their rounds across diverse departments. Expect to rotate through the Emergency Treatment Unit, Neurosurgery (ward and operating theatre), Palliative Care, Occupational Therapy, and the Hemodialysis centre. You'll observe patient consultations and diagnoses, maintaining a daily journal and reviewing case histories to discuss with your supervisor. .

Beyond observation, you will engage in a medical workshop to develop practical skills such as suturing, measuring blood pressure, and monitoring blood sugar levels. You will also participate in a community outreach project, visiting a home for the elderly to conduct basic health checkups.

When not immersed in medicine, you'll step back in time at the Galle Dutch Fort and experience authentic Sri Lankan culture through cricket and football matches, traditional dance lessons, and a local cooking class. You'll also have time to explore street markets for unique souvenirs





Day 7 - 8

Weekend trip: Udawalawe & Ella

After a week at the hospital, it's time to explore Sri Lanka's wild side. Wake up before sunrise for a drive to Udawalawe National Park, where you'll search for elephants, crocodiles, leopards, and rare bird species in their natural habitat. On the way, you'll stop at the legendary Ravana Falls for a photo session and a journey into local mythology.

In the afternoon, hike to Little Adam's Peak for panoramic views of Ella Rock and the surrounding tea plantations. Your weekend continues with a scenic train journey through the hills of Ella, followed by a tour of a tea plantation and factory to see how one of the world's biggest exporters operates. You'll conclude the trip at the stunning Nine Arch Bridge, a colonial-era railway marvel, before returning to Galle.

Traditional Medicine & Rainforest

Start your second week with a final hospital rotation to shadow the medical team and ask any remaining questions. In the evening, visit a traditional mask factory to learn about the history and meanings behind these hand-carved artefacts.

The following day, you'll explore a different side of healthcare at an Ayurvedic Hospital. Ayurveda, or the "science of life", is a traditional system that uses a holistic approach, focusing on balancing mind, body and spirit through diet, herbs, massage, meditation and yoga to prevent diseases and promote wellness.

In the afternoon, connect with nature during a hike through the Kanneliya Rainforest, a UNESCO Biosphere Reserve. Keep an eye out for rare birds, as well as common amphibians, monkeys and reptiles, and identify medicinal plants.

Later, prepare for the next two days of community outreach to improve community awareness on healthy living and disease prevention.





Days 11 - 12

Community Outreach & Coastal Discovery

Work alongside doctors and pharmacists at a community centre to improve local access to healthcare. You will assist with vital health screenings, including BMI calculations and blood pressure and glucose monitoring. You will also help lead a medical awareness programme, educating residents on disease prevention and healthy lifestyle habits.

During your downtime, visit the iconic Coconut Tree Hill in Mirissa, explore Parrot Rock, and relax by a beachside pool at sunset. Conclude your final day in the south with a Madu River boat safari and a visit to a sea turtle conservation centre to learn about local wildlife protection initiatives.

Day 13

Colombo city tour

Travel to Colombo for a tour of a private hospital, providing a unique opportunity to compare the urban techniques and resources with those you observed in Galle. Following lunch, embark on a guided tour of the capital's landmarks, including the Gangaramaya Temple, Independence Square, the Lotus Tower, and the Red Mosque.

Finish your journey with a farewell dinner and a final stroll through Colombo's busy markets.



Day 14

Departure

Reflect on the once-in-a-lifetime journey you've undertaken and the memories you've made. Look back on the incredible work you've done and how you've contributed to the protection of sea turtles with pride.

Think about your newfound confidence, skills, and cultural understanding during your journey – these will stay with you for the rest of your life.



Destination

The “Pearl of the Indian Ocean”, Sri Lanka, is an island nation known for its tropical beaches, lush tea plantations, and ancient Buddhist ruins just off the southeastern tip of India.

The two dominant ethnicities of Sri Lanka are the Sinhalese and Tamil, but there are many other communities of Arabic and European descent.

Sri Lanka has a warm, tropical climate, influenced by monsoons that have resulted in diverse ecosystems, from arid plains to rainforests.

LANGUAGE

Sinhala, Tamil, English

CURRENCY

Sri Lankan Rupee

NATIONAL DISH

Rice and curry

POPULATION

22 million

TIMEZONE

GMT +5:30

NATIONAL ANIMAL

Sri Lankan Giant Squirrel

CAPITAL

Colombo

COUNTRY CODE

ES / +34

NATIONAL BIRD

Sri Lankan Junglefowl

PROJECTS ABROAD.



Adventure with Purpose.



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