

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



Day 1

Sunday Arrival in Kathmandu

You will arrive in 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 District the following morning.

Highlights

- ▶ 15 service hours and 25 clinical shadowing 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's 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 2

Monday Transfer to Bharatpur & settle in!

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

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

Travel to a local school to 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 your hotel (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).

Enjoy watching the sunset on the banks of the Rapti River before having dinner and watching a Tharu cultural dance.



Day 8

Sunday Weekend Activities

Have 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!

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 join an anatomy workshop at the hospital. Doctors will dissect a cadaver and show you the different organs, muscles and anatomy of a body.

Evening: Culture

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

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

Continue outreach work at the school and engage in activities focused on dental hygiene.

Evening: Culture

You will spend the evening learning how to prepare your own Nepalese dumplings, known as "Momos". This is 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 11

Wednesday 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 Bharatpur 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.



Day 12

Thursday Shadowing & Culture

Morning: Clinical

Visit the Nutritional Rehabilitation Home, a centre for malnourished mothers and their babies. Shadow nurses and staff to learn about the centre's patient care.

Afternoon: Culture

Take a tour of Kathmandu Durbar Square. This is the iconic view of the city with temples, palaces and museums to explore. Afterwards, wander the winding streets to explore markets and shops. Have time to search for souvenirs.

Evening: Culture

Dinner will be served at the hotel.



Day 13

Friday
Explore
Kathmandu

Morning: Culture

Have an early morning start to drive to Bhaktapur. From The Palace of Fifty-five Windows to the Bhairavnath Temple, the group will see the area's impressive architecture and learn about Nepal's rich history. Explore medieval streets and artisan markets, and get your hands dirty with a pottery-making workshop!

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
Departing Nepal

The group members will likely be departing at different times; therefore, days 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

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Personal Achievements



- ▶ Completed a total of 15 service hours.
- ▶ Completed a total of 25 clinical shadowing 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



Highlights

- ▶ 30 service hours and 50 clinical shadowing hours
- ▶ Gain medical skills and experience
- ▶ Raise awareness about medical issues
- ▶ Learn about traditional medicine
- ▶ See Himalayan views from Pokhara
- ▶ Visit Chitwan National Park
- ▶ Offset your carbon footprint

Accommodation

Hotels

Transport

Private bus and by foot

Meals

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

Timings

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Day 1

Sunday

Arrival in Kathmandu

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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.

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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

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Evening: Culture

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

Day 5

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Community Outreach

Morning: Community

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

Afternoon: Community

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Evening: Culture

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Morning: Clinical

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

Afternoon: Learning

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Evening: Culture

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

Day 7

Saturday Weekend Activities

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Day 9

Monday Shadowing & Workshop

Morning: Clinical

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Afternoon: Learning

Once you have finished at the hospital, you will join an anatomy workshop at the hospital. Doctors will dissect a cadaver and show you the different organs, muscles and anatomy of a body.

Evening: Culture

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

Day 10

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Morning: Community

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

Afternoon: Community

Continue outreach work at the school and engage in activities focused on dental hygiene.

Evening: Culture

You will spend the evening learning how to prepare your own Nepalese dumplings, known as "Momos". This is 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 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

Continue with shadowing across different departments. Once you have finished at the hospital, you will have a feedback session on the morning's observations.

Evening: Culture

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 Shadowing & Culture

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
Trip to Pokhara

All Day:

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. Spend the evening exploring night markets in the city.

Day 15

Sunday
Pokhara

All Day:

Wake up watching the sunrise over the Annapurna Range, one of the world's most stunning mountain ranges. After breakfast, you will travel up to Sarangkot viewpoint and enjoy a view where you can see three of the top ten highest mountains in the world.

Explore the nearby Bindybasini temple before travelling back to town for lunch.

Afterwards, you'll explore the shores of Phewa lake and visit the World Peace Pagoda: a beautiful white stupa overlooking the city. The pagoda offers a panoramic view of Pokhara and the surrounding mountains, making it a great spot for photography. Visit Pumdikot Shiva Temple to learn more about local religion and to see large statues with mountain backdrops.

Before dinner you'll experience "the divine arati" at the sacred Barahi temple on the shore of Phewa lake. See chanting and fire rituals during this Hindu ceremony offering light to deities. After dinner, you'll have time to explore the city and do some souvenir shopping.

Day 16

Monday
Travel 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 Bharatpur 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.



Day 17

Tuesday
Shadowing &
Culture

Morning: Clinical

Visit the Nutritional Rehabilitation Home: a centre for malnourished mothers and their babies. Shadow nurses and staff to learn about the centre's patient care.

Afternoon: Culture

Take a tour of Kathmandu Durbar Square. This is the iconic view of the city with temples, palaces and museums to explore. Afterwards, wander the winding streets to explore markets and shops. Have time to search for souvenirs.

Evening: Culture

Dinner will served at the hotel.

Day 18

Wednesday
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 19

Thursday
Medical Outreach

Morning: Community

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

Afternoon: Community

After lunch, you will continue the outreach work at the school and engage in activities focussed on raising awareness about health issues.

Evening: Culture

Enjoy a relaxing dinner at the hotel.



Day 20

Morning: Culture

Have an early morning start to drive to Bhaktapur. From The Palace of Fifty-five Windows to the Bhairavnath Temple, the group will see the area's impressive architecture and learn about Nepal's rich history. Explore medieval streets, artisan markets and get your hands dirty with a pottery making workshop!

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.

Friday
Explore
Kathmandu

Day 21

All Day:

The group members will likely be departing at different times. 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!

Saturday
Departure

Want to learn more?

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General inquiries: info@projects-abroad.org

Social Media

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Personal Achievements



- ▶ Completed a total of 20 service hours.
- ▶ Completed a total of 35 clinical shadowing hours.
- ▶ Attended 15 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

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.