

PROJECTS ABROAD.

Medical Internship for Teenagers in

Spain

Gain valuable medical
experience and embrace
Spanish culture in Valencia.

Certified



Corporation

3 GOOD HEALTH
AND WELL-BEING



SUSTAINABLE
DEVELOPMENT
GOALS



Trip highlights:



Gain 24 hours of supervised medical observation across different departments in a modern, European, clinical setting.



Add 27 hours in a pioneering, simulated clinical facility for a broader range of exposure and real diversity of experience.



With 300 days of sunshine a year, enjoy a fully supervised and hand-picked schedule of cultural activities under warm blue Mediterranean skies.



Build your confidence, independence, and adaptability along with practical medical skills as you safely push past your comfort zone.



LENGTH

14 Days



SUPERVISION

24/7



TRANSPORT

Taxi, Metro



ACCOMMODATION

Host Family



SHADOWING HOURS

50+ hours

Overview

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



Medical Shadowing

- 24 hours direct patient observation
- 27 hours in state-of-the-art virtual hospital

Rotate through different departments:

- Physical therapy
- Psychology
- Dentistry
- Dieticians
- General Medicine
- Physiology*
- Cardiovascular*
- Respiratory*
- Ultrasound*
- Infection control*
- Emergency Room*
- Gynaecology*
- Obstetrics*
- Paediatrics*
- Trauma Care*
- Clinical Cases*

* Virtual Hospital

Culture & Leisure

- Eight hours of Spanish lessons
- Valencia city tour
- Paellan cooking class
- Walking tour
- Day trip to Xativa
- City of Arts & Science Museum
- Beach afternoon
- Scavenger hunt
- Museo Valenciano de Etnología
- Museo de la Cerámica
- Flamenco Show
- Turia Gardens
- Souvenir shopping

Logistics

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

Food/Accommodation

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

What is the Virtual Hospital?

Boost your clinical confidence in a state-of-the-art Virtual Hospital designed to mirror real-world medical environments. You'll gain hands-on experience in realistic settings—from emergency rooms to ICUs—using the latest simulation technology to master complex scenarios in a safe, expert-led space. Take the next step in your medical career and join a programme that sets the benchmark for European training today!



Days 1 - 2

Arrival & Orientation

Fly into Valencia Airport where you'll be met on arrival by a member of the local Projects Abroad team. They'll take you to meet your host family, where you'll stay for the next two weeks (typically staying with at least one other participant of the same gender).

Settle in and get to know the city from the local people themselves. Enjoy an authentic home-cooked meal and get some rest before your internship begins!

Day 2 begins meeting fellow interns before your orientation. Get to know the local staff, the basics of the city, and what to expect during your medical internship.

After lunch you'll visit the Virtual Hospital, where you'll tour the cutting-edge medical training facilities. This is followed by a tour of Valencia itself and a welcome dinner of traditional tapas with your new dedicated teen medical intern crew.



Day 3 - 6

Week One

Your days now take on a familiar pattern, with mornings spent in the virtual hospital, followed by lunch and a transfer to the second hospital where you'll spend time doing direct patient observation and medical shadowing.

Your routine will quickly become established but the exposure you receive will continue to be dynamic, giving you equal opportunity to explore a wide-range of specialisms both virtually and through observing real-world medical work.

Your evenings will include Spanish lessons on Tuesday and Thursday, with a paella cooking class on Wednesday. Friday evening will feature a city centre walking tour, the ideal way to relax, unwind, and reflect with your fellow interns on your successful first week.

Day 7

Day trip to Xativa

Take a one hour train journey outside of Valencia to explore the historic hill top town of Xàtiva.

It's rich in history, culture, and scenic views with a medieval castle and charming “old town” streets just waiting to be explored.

From the Romans, Moors, and the Borgia's, it's a layered town with lots of stories to tell.



Day 8

Explore Valencia

Spend your morning at the City of Arts & Sciences, one of the “12 treasures of Spain”, featured in a variety of well-known film, music videos, and television series, including Star Wars.

After lunch, enjoy a sunny afternoon unwinding on the beach. Picnic to the sound of the waves, swim, and relax. Saving your energy for later in the day... After three hours on the beach, join a challenging scavenger hunt exploring famous markets and landmarks around Valencia.





Days 9 - 13

Week Two

You'll continue to rotate across departments and specialisms as you go back to dividing your time between the virtual hospital and direct patient observation.

Rejoin your Spanish lessons on Monday, with your fourth and final on Thursday afternoon—followed by a Flamenco Show. Your fluency in Spanish culture is reaching new heights!

On Tuesday, you'll visit the Museo Valenciano de Etnología too, where you will learn about both the “tangible and intangible” heritage linked to the traditional and popular culture of Valencia.

On Wednesday, visit the Museo de la Cerámica featuring the largest collection of ceramics in Spain, including pieces by Pablo Picasso. On Friday, you'll finish your internship at lunchtime with an afternoon spent at the Turia Gardens, before buying souvenirs and enjoying an evening meal with your new medical friends.

Departure

Reflect on the once-in-a-lifetime journey you've undertaken as you head back to the airport. Don't forget to share your contact details with your new friends to forever remember your time in Valencia.

As you pack your bags, think about your new found confidence, skills, and memories from your journey — you'll be taking these home too.



Destination

Be swept up in the spirit of Spain, where siesta culture is deeply ingrained and flamenco echoes through cobbled streets. Located in western Europe, bordering France and Portugal, Spain has more bars per person than any other country.

Home to sun-kissed coastlines, the oldest restaurant in the world, and the third-most UNESCO World Heritage Sites, Spain has something for everyone. It is safe, welcoming, and a hugely popular tourist destination, with some of the best beaches in Europe.

LANGUAGE

Spanish

CURRENCY

Euro

NATIONAL DISH

Paella

POPULATION

48 million

TIMEZONE

GMT +1

NATIONAL ANIMAL

Bull

CAPITAL

Madrid

COUNTRY CODE

ES / +34

NATIONAL BIRD

Imperial Eagle

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Adventure with Purpose.



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