

# Medicine & Healthcare

## High School Special Schedule Mongolia | 2 weeks

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 Mongol 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 national 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 community centers to assist nurses with medical checks for homeless and vulnerable people. You'll help prepare and distribute food and educate about nutrition. You will also get to join ambulance crews as they do home visits and paramedic work.
- ▶ **Learning**  
Learn basic medical skills such as suturing, 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**  
Mongolia is famous for its rich culture, and vast landscapes. Beyond the project itself, we aim to show you the best the country has to offer. Students can look forward to exploring Ulaanbaatar and surrounding national parks, including a visit to the Chinggis Khan Statue Complex.



2 WEEKS



# MONGOLIA

RUSSIA



## Highlights

- ▶ 40 Service Hours
- ▶ Gain medical skills and experience
- ▶ Join ambulance crews on home visits
- ▶ Learn about traditional medicine
- ▶ Immerse yourself in Mongol culture
- ▶ Visit Terej National Park
- ▶ Offset your carbon footprint

## Accommodation

Host families or guesthouse (depending on group size)

## Transport

Private bus and by foot

## Meals

Breakfast will be served at the accommodation each day. Depending on the days' activities, lunch will either be at the hospital, hotel or in the community. Dinner will be at a restaurant.

## 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.

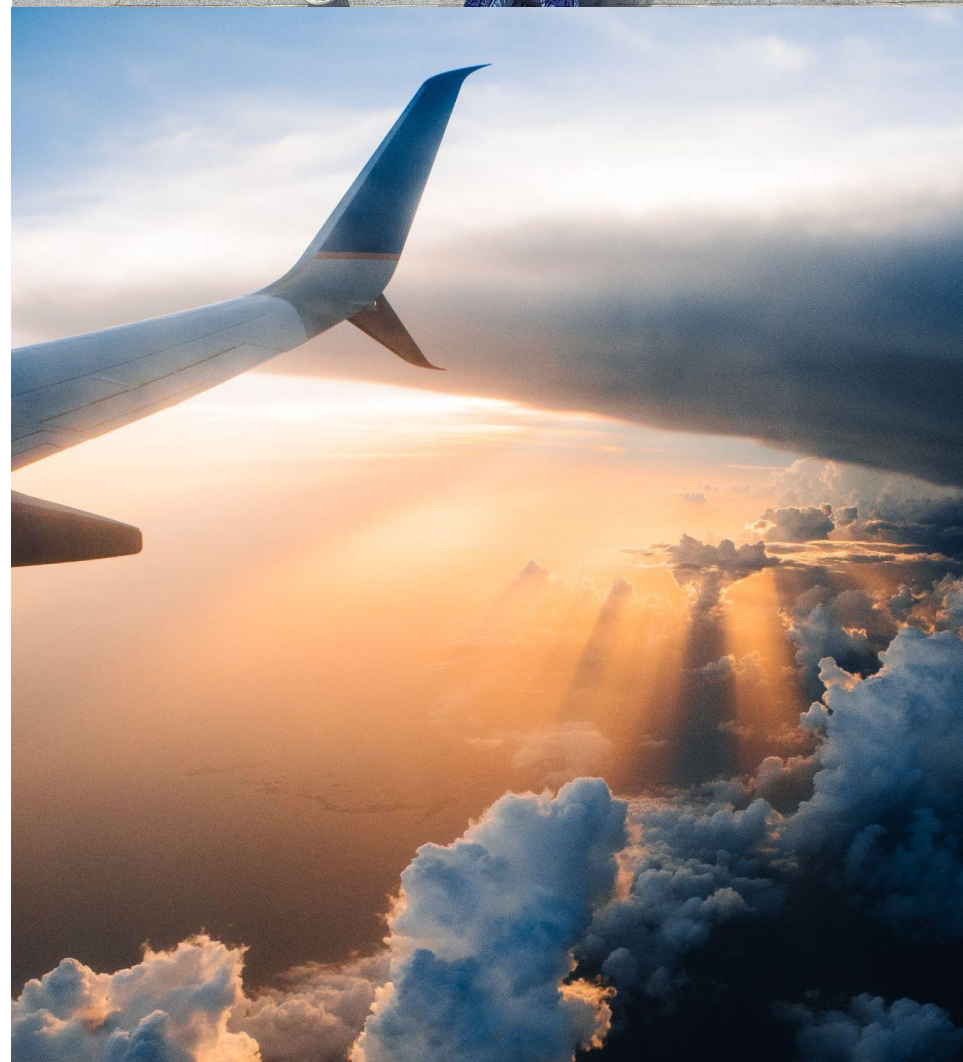
# Day 1

## Sunday

### Arrival in Ulaanbaatar

You will arrive into the capital city of Ulaanbaatar. This industrialised city is developing fast and is a stark contrast to the open plains that make up most of Mongolia. Its busy lifestyle will keep you occupied when you are not working.

After you pass through customs you will be met by a staff member holding a sign welcoming you to Mongolia. You will then be taken to your host family where you will relax, have a meal and sleep.



# Day 2

## Monday

### Introduction

The group will have an orientation of the area and will be able to change money and organise a local SIM card. There will be a presentation about the Mongolian medical system.

During the afternoon the group will explore the main sights of the city centre.

Dinner will be a traditional Mongolian barbeque. Meals include a lot of meat in Mongolia, though arrangements can be made for those with dietary requirements.

# Day 3

## Tuesday

### Training & Outreach

#### Morning: Learning

After breakfast, you will learn how to conduct basic medical checks for patients. This workshop will prepare you for the activities in the afternoon.

#### Afternoon: Community

You will visit a local community centre and assist nurses with basic medical checks for homeless people. This will include preparing food for the homeless.

#### Evening: Culture

After you finish at the outreach, you will visit the National History Museum to learn about the Mongol Empire. There are archaeological, historical and ethnographic exhibits to provide a detailed introduction to Mongolian culture.

# Day 4

## Wednesday

### Clinical Observation & Ambulance ride along

#### Morning: Clinical

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

#### Afternoon: Clinical

In the afternoon you will ride with ambulance crews to visit household emergencies and appointments.

#### Evening: Clinical

Have dinner with paramedics at the ambulance centre. Shadow their routine and join ambulance call outs till the late evening.

# Day 5

## Thursday

### Clinical Observation & Workshop

#### Morning: Clinical

Shadow medical staff across different hospital departments.

#### Afternoon: Learning

You will have a feedback session on the morning observations followed by a workshop on bandaging wounds, intramuscular and subcutaneous injections, and inserting IVs.

#### Evening: Culture

Watch traditional Mongolian dance, contortion and throat singing performances.

# Day 6

## Friday

### Clinical Observation & Outreach

#### Morning: Clinical

Shadow medical staff across different hospital departments.

#### Afternoon: Community

Support staff at a community centre for vulnerable people.

#### Evening: Culture

Take time to relax with your host family



## Day 7

You will spend your day exploring Ulaanbaatar. Visit the Bogd Khan Winter Palace, once the imperial residence of a high ranking Tibetan Buddhist leader.

### Saturday Weekend Activities

After lunch, climb up Zaisan hill to reach a war memorial. Learn about the historical relationship between Mongolia and the USSR. Later in the day, tour the International Intellectual Museum to see puzzles and games created by international artists..

Enjoy a dinner out followed by a Karaoke party. This is one of the most popular ways to spend an evening in Mongolia.

## Day 8

### Sunday Weekend Activities

It's time to leave the city and explore the vast plains of Mongolia! Travel east to the Chinggis Khan Statue Complex. Climb to the top of one of the tallest statues in the world and learn about the most famous Mongol of them all.

In the afternoon, go for a hike in Terelj National Park. Enjoy the fresh air and wide, empty landscapes.

## Day 9

### Monday Shadowing & Workshop

#### Morning: Clinical

Visit the National Center for Mental Health and shadow medical staff across different departments.

#### Afternoon: Learning

Join a workshop teaching you about CPR and basic life support.

#### Evening: Culture

You will be given traditional Mongolian outfits and take a photo with the group.

## Day 10

### Tuesday Community Outreach & Culture

#### Morning: Community

After breakfast, the group will visit a local community centre and assist nurses with basic medical checks for homeless people. This will include preparing food for the homeless.

#### Afternoon: Culture

Visit the Chinggis Khan National Museum in the afternoon. Learn more about the life of Genghis Khan and his importance in Mongolian culture and identity.

#### Evening: Culture

Spend the evening with your host family.



## Day 11

### Wednesday Shadowing & Workshop

#### Morning: Clinical

Shadow medical staff across different hospital departments.

#### Afternoon: Learning

After shadowing at the hospital, you will discuss your morning observations and join a workshop and demonstration wound cleaning and applying bandages.

#### Evening: Culture

Spend the evening with your host family.



## Day 12

### Thursday Shadowing, Workshop & Ambulance ride along

#### Morning: Clinical

Visit the Mongolian Traditional Medicine Clinic. Shadow staff and learn about traditional remedies and medicines.

#### Afternoon: Learning

After shadowing at the hospital, you will discuss your morning observations and join a workshop and demonstration on how to prepare drips and installing nasogastric tubes and catheters.

Spend the late afternoon riding with ambulance crews to visit household emergencies and appointments.

#### Evening: Culture

Have dinner with paramedics at the ambulance centre. Shadow their routine and join ambulance call outs till the late evening.





## Day 13

**Friday**  
Explore  
Ulaanbaatar

### Morning: Culture

Have a relaxed morning to recover from the weeks work. Travel to Hunnu mall to explore the markets and entertainment areas that cater to the residents of the city.

### Afternoon / Evening: Culture

Explore markets and watch a movie with your group.

Have a farewell dinner to say goodbye to staff and your new friends.

## Day 14

**Saturday**  
Departing Mongolia

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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### Social Media

 [@projectsabroadglobal](https://www.instagram.com/projectsabroadglobal)

 [@projectsabroad](https://www.facebook.com/projectsabroad)

 [@projectsabroad](https://www.tiktok.com/@projectsabroad)

 [@projectsabroad](https://twitter.com/projectsabroad)

## Personal Achievements



- ▶ Completed a total of 40 service hours
- ▶ Attended 10 hours of professional medical workshops
- ▶ Supported 3 community outreach events



## 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.



# Medicine & Healthcare

## High School Special Schedule Mongolia | 3 weeks

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 Mongol culture and explore some of the country's most popular tourism sites.

### Programme Goals

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- ▶ **Community**  
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- ▶ **Learning**  
Learn basic medical skills such as suturing, 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**  
Mongolia is famous for its rich culture, and vast landscapes. Beyond the project itself, we aim to show you the best the country has to offer. Students can look forward to exploring Ulaanbaatar and surrounding national parks, including a visit to the Chinggis Khan Statue Complex.



3 WEEKS



# MONGOLIA

RUSSIA



## Highlights

- ▶ 40 Service Hours
- ▶ Gain medical skills and experience
- ▶ Join ambulance crews on home visits
- ▶ Learn about traditional medicine
- ▶ Immerse yourself in Mongol culture
- ▶ Visit Terelj National Park
- ▶ Offset your carbon footprint

## Accommodation

Host families or guesthouse (depending on group size)

## Transport

Private bus and by foot

## Meals

Breakfast will be served at the accommodation each day. Depending on the days' activities, lunch will either be at the hospital, hotel or in the community. Dinner will be at a restaurant.

## Responsible Travel

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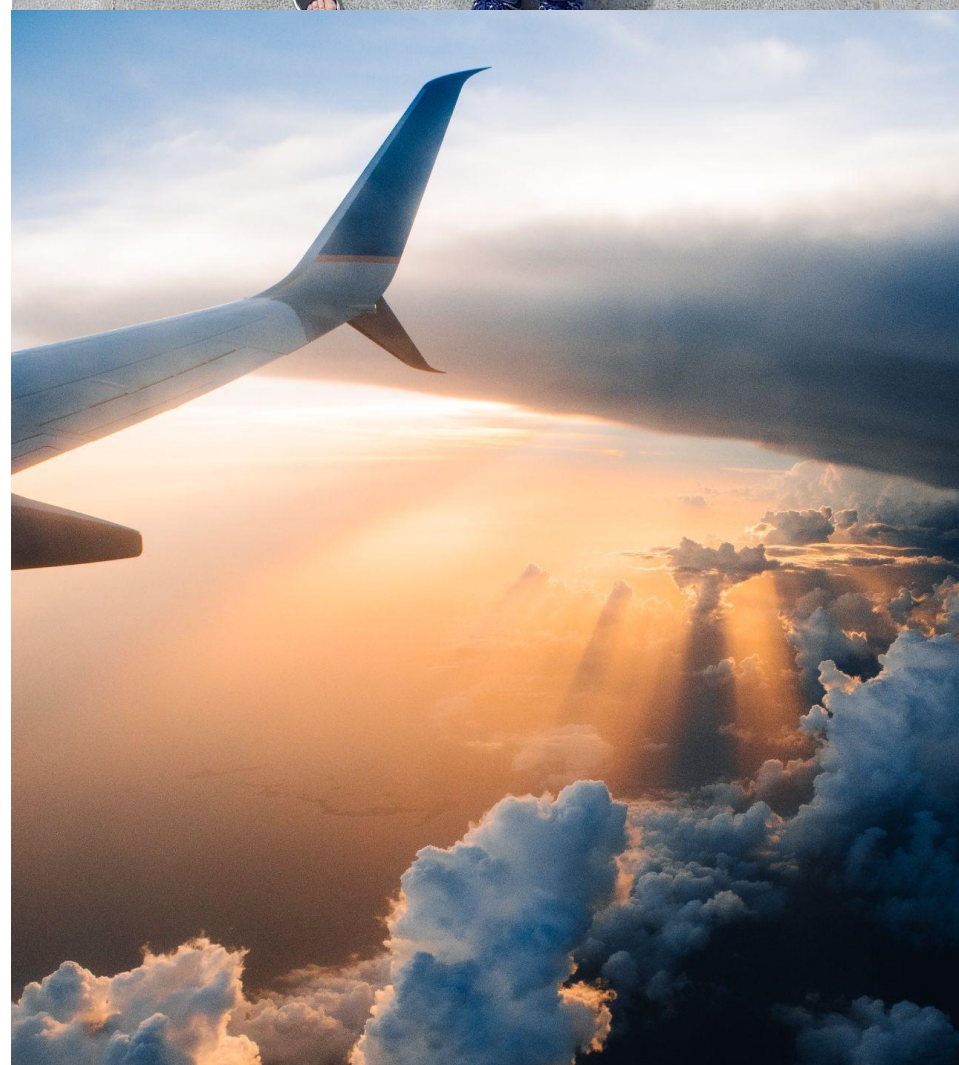
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# Day 3

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#### Afternoon: Community

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#### Evening: Culture

After you finish at the outreach, you will visit the National History Museum to learn about the Mongol Empire. There are archaeological, historical and ethnographic exhibits to provide a detailed introduction to Mongolian culture.

# Day 4

## Wednesday

### Clinical Observation & Ambulance ride along

#### Morning: Clinical

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

#### Afternoon: Clinical

In the afternoon you will ride with ambulance crews to visit household emergencies and appointments.

#### Evening: Clinical

Have dinner with paramedics at the ambulance centre. Shadow their routine and join ambulance call outs till the late evening.

# Day 5

## Thursday

### Clinical Observation & Workshop

#### Morning: Clinical

Shadow medical staff across different hospital departments.

#### Afternoon: Learning

You will have a feedback session on the morning observations followed by a workshop on bandaging wounds, intramuscular and subcutaneous injections, and inserting IVs.

#### Evening: Culture

Watch traditional Mongolian dance, contortion and throat singing performances.

# Day 6

## Friday

### Clinical Observation & Outreach

#### Morning: Clinical

Shadow medical staff across different hospital departments.

#### Afternoon: Community

Support staff at a community centre for vulnerable people.

#### Evening: Culture

Take time to relax with your host family



## Day 7

### Saturday Weekend Activities

You will spend your day exploring Ulaanbaatar. Visit the Bogd Khan Winter Palace, once the imperial residence of a high ranking Tibetan Buddhist leader.

After lunch, climb up Zaisan hill to reach a war memorial. Learn about the historical relationship between Mongolia and the USSR. Later in the day, tour the International Intellectual Museum to see puzzles and games created by international artists..

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In the afternoon, go for a hike in Terelj National Park. Enjoy the fresh air and wide, empty landscapes.

## Day 9

### Monday Shadowing & Workshop

#### Morning: Clinical

Visit the National Center for Dermatology and shadow medical staff across different departments.

#### Afternoon: Learning

Join a workshop teaching you about CPR and basic life support.

#### Evening: Culture

You will be given traditional Mongolian outfits and take a photo with the group.

## Day 10

### Tuesday Community Outreach & Culture

#### Morning: Community

After breakfast, the group will visit a local community centre and assist nurses with basic medical checks for homeless people. This will include preparing food for the homeless.

#### Afternoon: Culture

Visit the Chinggis Khan National Museum in the afternoon. Learn more about the life of Genghis Khan and his importance in Mongolian culture and identity.

#### Evening: Culture

Spend the evening with your host family.



## Day 11

### Wednesday Shadowing & Workshop

#### Morning: Clinical

Shadow medical staff across different hospital departments.

#### Afternoon: Learning

After shadowing at the hospital, you will discuss your morning observations and join a workshop and demonstration wound cleaning and applying bandages.

#### Evening: Culture

Spend the evening with your host family.



## Day 12

### Thursday Shadowing, Workshop & Ambulance ride along

#### Morning: Clinical

Visit the Mongolian Traditional Medicine Clinic. Shadow staff and learn about traditional remedies and medicines.

#### Afternoon: Learning

After shadowing at the hospital, you will discuss your morning observations and join a workshop and demonstration on how to prepare drips and installing nasogastric tubes and catheters.

Spend the late afternoon riding with ambulance crews to visit household emergencies and appointments.

#### Evening: Culture

Have dinner with paramedics at the ambulance centre. Shadow their routine and join ambulance call outs till the late evening.



## Day 13

### Morning: Culture

Have a relaxed morning to recover from the weeks work. Travel to Hunnu mall to explore the markets and entertainment areas that cater to the residents of the city.

### Afternoon / Evening: Culture

Explore markets and watch a movie with your group.

Have a farewell dinner to say goodbye to staff and your new friends.

**Friday**  
Explore  
Ulaanbaatar

## Day 14

Travel three hours Southwest of Ulaanbaatar to the Mongolian Steppe in Tuv Province. The journey is mostly off-road and will show off the beautiful landscapes of the country.

Meet nomad communities living in traditional ger huts. Learn about their culture, lifestyle and community. You will stay overnight with the community, getting a chance to help them on their summer farms, and herding cattle.

**Saturday**  
Weekend  
Activities



## Day 15

Wake up early and continue learning from the nomad community.

You can hike around the local area, play with the nomad children, or support families with their daily chores. This could include milking cows, herding cattle, fetching water, building fences or feeding livestock.

In the afternoon you will travel back to Ulaanbaatar and prepare for your next week of medical work.

**Monday**  
Weekend  
Activities

## Day 16

### Morning: Clinical

Visit a local community centre and assist nurses with basic medical checks for homeless people. This will include preparing food for the homeless.

### Afternoon: Clinical

Continue your outreach work until the mid afternoon.

### Evening: Culture

Spend the evening with your host family.

**Tuesday**  
Shadowing

## Day 17

### Morning: Community

Shadow medical staff across different hospital departments.

### Afternoon: Community

Continue shadowing medical staff across different hospital departments.

### Evening: Culture

Spend the evening with your host family.

**Wednesday**  
Community  
Outreach &  
Culture

## Day 18

### Morning: Clinical

Shadow medical staff across different hospital departments.

### Afternoon: Learning

You will have a feedback session on the morning observations followed by a workshop on how to effectively record the medical history of patients.

### Evening: Culture

Spend the evening with your host family.

**Thursday**  
Shadowing &  
Workshop

## Day 19

### Morning: Clinical

Shadow medical staff across different hospital departments.

### Afternoon: Clinical

In the afternoon you will ride with ambulance crews to visit household emergencies and appointments.

### Evening: Clinical

Have dinner with paramedics at the ambulance centre. Shadow their routine and join ambulance call outs till the late evening.

**Wednesday**  
Shadowing &  
Ambulance  
ride along







## Day 20

**Friday**  
Explore  
Ulaanbaatar

### Morning: Culture

Have a relaxed morning to recover from the weeks work. Travel to Hunnu mall to explore the markets and entertainment areas that cater to the residents of the city.

### Afternoon / Evening: Culture

Explore markets and explore the city centre.

Have a farewell dinner to say goodbye to staff and your new friends.

## Day 21

**Saturday**  
Departing Mongolia

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