

High School Special Schedule | Nepal

16th June - 29th June 2024

7th July - 20th July 2024

21st July - 3rd August 2024

8th December - 21st December 2024

5th January - 18th January 2025

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

In order to provide a varied and impactful experience for all participants, the activities in this programme have been split into the following 4 categories:

► 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 communities and present information on various healthcare issues facing the region. You will develop materials and activities for awareness campaigns and healthy living workshops focusing on the importance of seeking medical help if there is a problem.

► 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.





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

Kathmandu Prince Hotel
Hotel Global
Rainbow Safari Lodge

Transport

Private bus and by foot

Meals

Breakfast will be served at the hotel each day. Depending on the days’ activities, lunch will either be at the hospital, hotel or in the community. Dinner will be at the hotel 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 travelling with us, you’re making a positive contribution to the economy of communities around the world, supporting local jobs.

Day 1

Saturday / 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 around 5 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.

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 Chitwan Medical and Teaching Hospital (CMC) where you will receive an introduction and orientation of the facility.

Afternoon: Clinical

The volunteers will split into smaller groups and begin shadowing local doctors in different departments.

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 at the hotel, you will prepare a medical awareness presentation on the importance of hygiene for young students.

Afternoon: Community

Once you arrive at the school, you will split into groups and deliver medical awareness presentations to the students.

Evening: Culture

Before dinner, you will have the chance 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, you get to stretch out during a yoga class at the hotel.

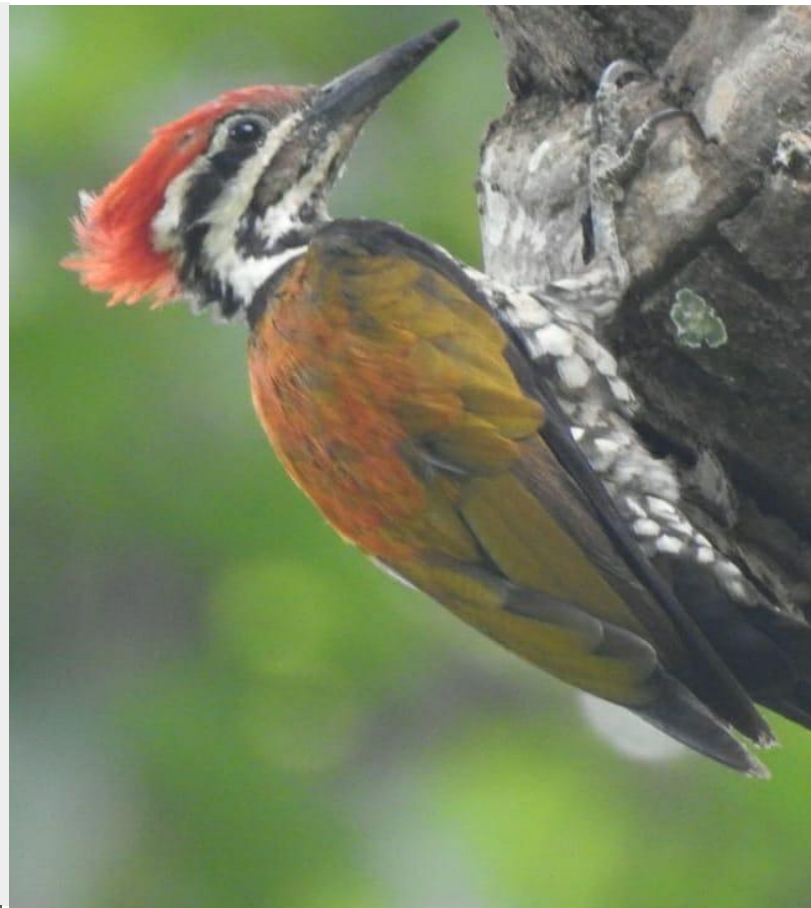
Day 7

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 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 and do some 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 check ups 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 on anatomy (demonstration).

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: Community

In the late afternoon you will prepare a medical awareness presentation for a local school on preventing Dengue Fever and COVID-19.

Day 13

Friday
School Outreach

Morning: Community

The group will visit a local school in the Kathmandu Valley with a medical professional to conduct a workshop with the students and teachers on first aid.

Afternoon: Community

You will split into smaller groups and deliver a presentation on preventing COVID-19 and Dengue Fever.



Evening: Culture

You will visit the Golden Temple on the way back to the hotel, followed by a final meal with your fellow volunteers and a chance to reflect on the last two weeks in Nepal.

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. If you have longer to wait around, we will ensure you are comfortable and well looked-after.

You will have the continued support of Projects Abroad staff right until you are safely at the airport to board your plane back home.



Price and Contact Information

Placement Costs
\$3375 AUD, \$3755 NZD

Inclusions: placement costs and arrangements, accommodation, meals, 24/7 local staff support, in country transport, airport transfers, pre-departure support and preparation, all sightseeing and social activities

Exclusions: flights, visas, vaccinations, travel insurance

Australia & NZ Office Contact Details
Office Tel: 08 7130 3970 (AU), 09 801 2518 (NZ)
General inquiries: info@projects-abroad.com.au

Social Media



Personal Achievements



- Completed a total of 40 medical-based service hours
- Attended 12 Hours of professional medical skills workshops
- Taught important lessons on hygiene to over 100 children
- Took part and assisted medical professionals on a public health outreach for 100+ remote community members



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.