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.
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 barbecue. 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
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.
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.
You wish you a safe journey home and we hope to see you again on one of our projects around the world!

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.

Want to learn more?
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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.

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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.

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.
## 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.

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**Medicine & Healthcare HSS Schedule**

info@projects-abroad.org

**Medicine & Healthcare HSS Schedule**

info@projects-abroad.org
### 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.

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 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
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
Weekend Activities

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.

Day 15
Monday
Weekend Activities

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.

Day 16
Tuesday
Shadowing

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.

Day 17
Wednesday
Community Outreach & Culture

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.

Day 18
Thursday
Shadowing & 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 how to effectively record the medical history of patients.

Evening: Culture
Spend the evening with your host family.

Day 19
Wednesday
Shadowing & Ambulance ride along

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.
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.

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Day 21  
**Saturday**  
Departing Mongolia

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- [Facebook](https://www.facebook.com/projectsabroad)
- [Twitter](https://twitter.com/projectsabroad)

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**Personal Achievements**

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- Attended 10 hours of professional medical workshops
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**Intercultural Competence**
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