Medicine & Healthcare

High School Special Schedule
Philippines

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 Filipino 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 rural health units which are hospitals outside of the main cities. You will be exposed to a wide 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. You’ll also join hydrotherapy activities to support physiotherapists at the beach.

▲ 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.

▲ Cultural Immersion:
After your volunteer work, immerse yourself in Filipino island life by exploring mangroves, caves and forests. Engage in meaningful conversations with locals, savor the flavors of authentic Filipino cuisine. Explore the nearby tropical island of Bantayan where you can swim in warm, crystal clear waters and relax by the white sand beaches. Visit historical sites and natural wonders, all while creating lifelong friendships and cherishing unforgettable moments throughout your adventure.
<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
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<tbody>
<tr>
<td><strong>Sunday</strong></td>
<td><strong>Morning: Learning</strong></td>
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<tr>
<td><strong>Arrival in Cebu</strong></td>
<td>On Monday morning, you will have a general introduction to the country, its culture and language. You will be introduced to staff and receive a city tour to learn about your surroundings in Bogo City.</td>
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You will arrive into Cebu City, located on the Eastern side of Cebu Island. Cebu City is a prosperous port capital, and is now popular for its Spanish colonial architecture.

After you pass through customs you will be met by a staff member holding a sign welcoming you to Cebu. You will be taken to the north of the island and have a welcome dinner with the rest of your group.

<table>
<thead>
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<th>Day 3</th>
<th>Day 4</th>
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<tbody>
<tr>
<td><strong>Tuesday</strong></td>
<td><strong>Morning: Clinical</strong></td>
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<tr>
<td></td>
<td>During the morning you will support and observe midwives in the delivery room.</td>
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You will begin the day by shadowing nurses in the Outpatient Department.

**Afternoon: Learning**

In the afternoon, there will be a discussion about your observations in the Outpatient Department. There will also be a lecture about tuberculosis.

**Evening: Culture**

Dance like nobody’s watching during a Zumba night! Keep fit and healthy while having fun with the rest of your group.

<table>
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<th>Day 5</th>
<th>Day 6</th>
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<tr>
<td><strong>Thursday</strong></td>
<td><strong>Morning: Community</strong></td>
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<td></td>
<td>Run an awareness campaign in the community to educate about hygiene. This may focus on handwashing, brushing teeth and other basic hygiene practices.</td>
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Observe and assist staff in the Emergency Room. Learn from medical staff and have a discussion to review what you have seen.

**Afternoon: Learning**

Join a lecture about hypertension and its impact on Filipino health.

**Evening: Culture**

Watch the sunset at Lapyahan. Enjoy the picturesque sandy beaches. Your group will get to play beach volleyball during the last light of the day.

<table>
<thead>
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<th>Day 6</th>
<th>Day 2</th>
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<tr>
<td><strong>Friday</strong></td>
<td><strong>Morning: Community</strong></td>
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<td></td>
<td>Continue the awareness campaign by focusing on nutrition and healthy diets. Lead cooking classes to inspire healthier meals.</td>
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Dinner will be served at the accommodation.

**Evening: Culture**

Dinner will be served at the accommodation in the evening.

**Day 2**

**Clincial**

**Day 3**

**Day 6**

**Community**
Day 7
Saturday
Weekend Activities

Full
During the weekend you will take a ferry to the tropical island of Bantayan. This small spot of paradise is located to the West of Cebu.

During the afternoon you will tour Spanish churches built in the 1500s and learn about Spanish colonialism. Later, you will explore mangrove forests and walk across elevated boardwalks to easily see this important ecosystem.

In the late afternoon you will explore the Ogtong cave. Enjoy meals out a different restaurants.

Day 8
Sunday
Weekend Activities

Full
Spend the morning swimming in the crystal clear ocean, or relaxing by the beach.

Explore Bantayan Market at midday and eat out for lunch. Afterwards, travel back to Santa Fe wharf to take the ferry back to Cebu and your guesthouse.

Day 9
Monday

Morning: Clinical
Shadow and learn from medical staff in the hospital laboratory. See how staff do various tests and procedures.

Afternoon: Learning
After a busy morning, join discussions to review your observations. Then join a lecture about diabetes – one of the main causes of death in the Philippines.

Evening: Culture
Enjoy a tasty dinner at the guesthouse

Day 10
Tuesday

Morning: Clinical
Observe and assist nurses in the outpatient department during the morning. You will see patient interactions and a variety of tasks to care for and treat patients.

Afternoon: Learning
Review your morning observations and ask questions to medical professionals. Join a workshop to learn about HIV and the efforts made in Cebu to tackle this disease.

Evening: Culture
Explore the bamboo forest in Medellin. Stroll along the pathways and immerse yourself in the beautiful scenery.

Day 11
Wednesday

Morning: Clinical
Observe and assist nurses in the nursing station. Learn about their daily activities and routine.

Afternoon: Learning
Review your morning observations and ask questions. Join a lecture about Dengue fever and what preventative measures can be made to avoid infection.

Evening: Culture
Enjoy a pleasant dinner at home.

Day 12
Thursday

Morning: Clinical
Join nurses in the neonatal intensive care unit. Learn about the care of babies in this specialist department.

Afternoon: Learning
After reviewing your morning observations, join a workshop on basic life support. Gain first aid skills from professionals.

Evening: Culture
Learn about Filipino cuisine with a cooking and baking class in the evening.

Day 13
Friday

Morning: Community
Join medical staff on the beach for a hydrotherapy session. Support physiotherapists treat patients in the water. Learn about traditional rehab techniques making use of the sand on the beach.

Afternoon: Community
Join a medical outreach event in the community to check blood pressure, sugar, BMI, and to other medical checks with patients.

Evening: Culture
We will conclude the program with a memorable farewell dinner and karaoke night.

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Day 14
Saturday / Sunday
Departing Cebu

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. They will transport you South to Cebu City for your return flight.

Personal Achievements

- Completed a total of 40 medical-based service hours
- Attended 10 Hours of professional medical skills workshops
- Took part and assisted medical professionals on a public health outreach

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?

We’d be happy to talk to you and and and answer any questions you may have. You can call or email our team, or use the ‘live chat’ feature on the Projects Abroad website.

General inquiries: info@projects-abroad.org

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