Program Objectives

**Physician Shadowing**
Spend time shadowing local doctors and healthcare professionals in a variety of medical settings. We work with larger regional hospitals as well as smaller and more specialist clinics. You will be exposed to a variety of different departments during the program.

**Volunteer Community Service**
Develop materials and activities for awareness campaigns and healthy living workshops and visit local schools to educate the children and complete health checkups.

**Medical-based Learning**
Learn about tropical diseases and medical ethics, as well as practical skills such as suturing and checking patients’ vital signs, blood pressure and blood sugar levels. You will be taught how to assist with medical checks and about common diseases in the region.

**Cultural Immersion**
Immerse yourself in the vibrant culture of Nepal through captivating experiences, such as witnessing traditional dances, engaging in conversations with locals, and savoring the flavors of authentic Nepalese cuisine. 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.
Day 1

All Day

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 tranquility.

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, contact your family, have a meal and relax before your first full day in the country. Should you require any assistance, our staff will be on hand to help you.

Day 2

All Day

08:00 - 09:00: Breakfast

10:00 - 12:00: Program Induction:
Attend a comprehensive project induction session, where you will receive detailed information about the project schedule, objectives, safety protocols, and local customs. You will also learn about the Nepalese medical system and important guidelines for your stay.

12:00 - 01:00: Lunch

01:00 - 04:00: Town Tour: Embark on a guided tour of the local area to familiarise yourselves with the surroundings. You will have the opportunity to exchange money and organise local phone numbers for communication purposes.

07:00: Rest, Relax & Dinner

Day 3

Morning

07:30 - 08:00: Breakfast

09:00 - 10:00: Orientation at Hospital 1:
Begin your program with a comprehensive orientation session at Hospital 1, familiarising yourself with the medical facilities and protocols. (3 hours)

10:00 - 01:00: Physician Shadowing (+3 hours)
Students will engage in supervised physician shadowing activities for three hours, observing medical procedures, patient consultations, and interactions between healthcare professionals and patients.

Afternoon

01:00 - 02:00: Lunch

02:00 - 04:00: Physician Shadowing (+2 hours)
Students will continue their physician shadowing experience, further observing medical practices and gaining insights into various specialties.

Evening

05:00 - 06:30: Introduction to Nepali Medical System, Tropical Medicine, and Infectious Diseases: Expand your knowledge with a lecture focusing on the Nepalese medical system, tropical medicine, and infectious diseases.

07:00: Dinner, Rest & Relax

Day 4

Morning

07:30 - 08:00: Breakfast

09:00 - 01:00: Physician Shadowing (+4 hours)
Participants will spend four hours shadowing physicians in different departments, gaining exposure to a variety of medical specialties and procedures.

Afternoon

01:00 - 02:00: Lunch

02:00 - 04:00: Physician Shadowing (+2 hours)
Participants will continue their physician shadowing activities, observing medical rounds, patient consultations, and healthcare practices in a clinical setting.

Evening

04:00 - 05:00: Lecture: Outreach Preparation & Demonstration of Basic Clinical Skills
Students will attend a lecture focused on preparing for medical outreach activities in the local community. They will also receive a demonstration of basic clinical skills such as vital sign measurements and wound care.

07:00: Dinner at Restaurant
Pre-Med Program Nepal

Day 5 | Wednesday
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Morning |
07:30 - 08:00: Breakfast
09:00 - 12:00: Community Volunteer Service: Medical Outreach at Local School (3+ hours)
Make a meaningful impact in the community by participating in a medical outreach program at a local school.

Afternoon |
12:00 - 01:00: Lunch
01:00 - 04:00: Community Volunteer Service: Medical Outreach at Local School (3+ hours)
Students will continue their medical outreach activities, focusing on promoting health and well-being in the Maasai community through educational initiatives and preventive healthcare measures.

Evening |
07:00: Shopping & Dinner

Day 6 | Thursday
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Morning |
07:30 - 08:00: Breakfast
09:00 - 01:00: Physician Shadowing (4 hours)
Students will spend four hours shadowing physicians in different specialties, gaining valuable insights into clinical practice and patient care.

Afternoon |
02:00 - 04:00: Physician Shadowing (2 hours)
Students will continue their physician shadowing experience, observing medical procedures and professional interactions in a hospital setting.

Day 7 | Friday
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Morning |
07:30 - 08:00: Breakfast
09:00 - 01:00: Physician Shadowing (4 hours)
Students will engage in a four-hour physician shadowing session, observing medical procedures, patient consultations, and interdisciplinary teamwork in a hospital environment.

Afternoon |
02:00 - 04:00: Physician Shadowing (2 hours)
Students will continue their physician shadowing experience, gaining further insights into different medical specialties and healthcare practices.

Evening |
04:00 - 06:00: Cookery: Momo Making
Students will have the opportunity to shop for essentials and souvenirs in preparation for the upcoming weekend safari excursion.
07:00: Dinner, Rest & Relax

Day 8 | Saturday
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All Day |
Commence the day with breakfast at the hotel, then depart the Kathmandu bustle for the serene Nagarkot Hill Station, a mere 32 kilometers away.

Upon arrival, enjoy a leisurely lunch, explore the surroundings, take photos, and take in the panoramic views of the Himalayas. After lunch, take a cultural break and visit the iconic Boudhanath Stupa, immersing yourself in the spiritual and architectural richness of the area. At around 8pm, you will return to the hotel for dinner.

Day 9 | Sunday
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Morning / Afternoon |
Take a trip on the Chandragiri cable car where you’ll head to the lush, leafy hilltop, and enjoy panoramic views of the city.

After you arrive at the summit you will have lunch at the hilltop restaurant. Once you get back to the hotel you will have some time to rest and relax.

Day 10 | Monday
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Morning |
07:30 - 08:00: Breakfast
09:00 - 10:00: Orientation at Hospital 2
Students will attend an orientation session at Hospital 2, familiarising themselves with the facilities, staff, and procedures. They will receive safety instructions and an overview of their responsibilities during their time at the hospital.

Afternoon |
01:00 - 02:00: Lunch
02:00 - 05:00: Physician Shadowing (3 hours)
Students will engage in supervised physician shadowing activities for three hours, observing medical procedures, patient consultations, and interactions between healthcare professionals and patients.

Day 11 | Tuesday
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Morning |
08:30 - 09:00: Breakfast
09:00 - 12:00: Community Volunteer Service: Medical Outreach at Local School (3+ hours)
Students will participate in a medical outreach program at a local school, providing healthcare services and health education to children.

Afternoon |
12:00 - 01:00: Lunch
01:00 - 04:00: Community Volunteer Service: Medical Outreach at Local School (3+ hours)
Students will continue their medical outreach activities, focusing on promoting health awareness and disease prevention in the community.

Evening |
07:00: Dinner, Rest & Relax

Day 12 | Wednesday
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All Day |

Day 13 | Thursday
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All Day |

Day 14 | Friday
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All Day |

Day 15 | Saturday
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All Day |

Day 16 | Sunday
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All Day |

Day 17 | Monday
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All Day |

Day 18 | Tuesday
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All Day |
**Personal Achievements**

- Completed a total of 40 physician shadowing hours
- Attended 6 professional medical skills workshops
- Taught important lessons on hygiene and health to children
- Completed 18 community volunteer service hours, educating children on health and hygiene

**AAMC Core Competencies**

**Commitment to Learning & Growth:** Gain new knowledge and skills through practical experience in various medical settings, fostering continuous learning and growth.

**Cultural Awareness:** Understand diverse backgrounds and engage effectively with patients and medical professionals from different cultures.

**Empathy & Compassion:** Develop strong interpersonal relationships and provide compassionate care through volunteer service and shadowing experiences.

**Ethical Responsibility to Self & Others:** Navigate ethical dilemmas in healthcare settings and uphold ethical principles during shadowing experiences and medical ethics workshops.

**Interpersonal Skills:** Enhance interpersonal skills through interactions with patients, fellow students, and healthcare professionals.

**Teamwork & Collaboration:** Develop teamwork skills by working effectively with fellow students and professionals during collaborative activities such as medical outreach and workshops.

**Resilience & Adaptability:** Learn to cope with stress, setbacks, and change, developing resilience and adaptability crucial for navigating challenges in healthcare settings.

**Service Orientation:** Serve others and contribute to community well-being through volunteer service and medical outreach.