

**PROJECTS
ABROAD.**

Medicine

Nepal

**Medical exposure, rhino safari
and cultural discovery**

3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



10 REDUCED
INEQUALITIES



17 PARTNERSHIPS
FOR THE GOALS



LOtC Quality Badge



Certified



Corporation

**SUSTAINABLE
DEVELOPMENT
GOALS**

Overview

The following is included in the cost of your trip (subject to change).



Medical Shadowing

- Shadow doctors and nurses during clinical rounds
- Observe patient interactions and diverse medical cases

Rotate through different departments in a local general hospital:

- Emergency Treatment Unit
- Gynecology
- Pediatric
- ENT
- General Medicine
- Pathology
- Radiology
- Ophthalmology
- Dentistry
- Anatomy
- Surgery (pre- and post-op)
- Gastroenterology
- Oncology
- Dermatology
- Orthopedic

Workshops:

- Common and tropical diseases
- Pathology
- Learn to take medical history
- Anatomy lesson and museum visit

Community outreach:

- Dental hygiene awareness campaign
- Supervised general health screening at local schools



Culture & Leisure

- Jungle safari
- Monkey temple visit
- Bhaktapur guided tour
- Pottery making workshop
- Traditional dance lesson
- Cooking class
- Moula Kali temple visit
- Birdwatching morning
- Yoga session
- Cultural show in Kathmandu
- Tharu village: community interaction and museum tour
- Tharu cultural show
- Sunset on Rapti riverbanks
- Markets souvenir shopping



Food/Accommodation

- Three meals a day (all diets catered for)
- Drinking water
- Hotel



Logistics

- Airport transfers in Nepal
- Orientation and tour of cities
- Travel in country
- Pre-departure support
- 24/7 support from local staff
- Emergency assistance



 **LENGTH**
14 Days

 **ACCOMMODATION**
Hotel

 **TRANSPORT**
Minibus

Trip highlights:

-  Gain invaluable firsthand experience by observing local medical professionals at health centres as they provide patient care.
-  Make a difference within communities by supporting general health screenings at local schools and delivering essential dental hygiene awareness campaigns for the community.
-  Develop your clinical understanding through interactive workshops on pathology, tropical diseases, and common illnesses, while learning practical skills like taking medical histories.
-  Explore the heart of Nepal, from the ancient temples and palaces of Kathmandu to a thrilling jungle safari in Chitwan National Park and traditional momo-making classes.



Days 1-2



SLEEP
Hotel



TRAVEL
7 hours
(Day 2)

Arrival

Land at Kathmandu Airport, where our local team will be waiting to welcome you before driving you to your accommodation in Kathmandu for your first night.

The next day, embark on a scenic seven-hour drive to Bharatpur, stopping for lunch at a restaurant. Upon arrival, settle into your new home for the week before joining an orientation session with our local team. They'll go over your schedule, brief you on our safety protocols, and teach you essential cultural rules for your time in Nepal.

Hospital shadowing & outreach

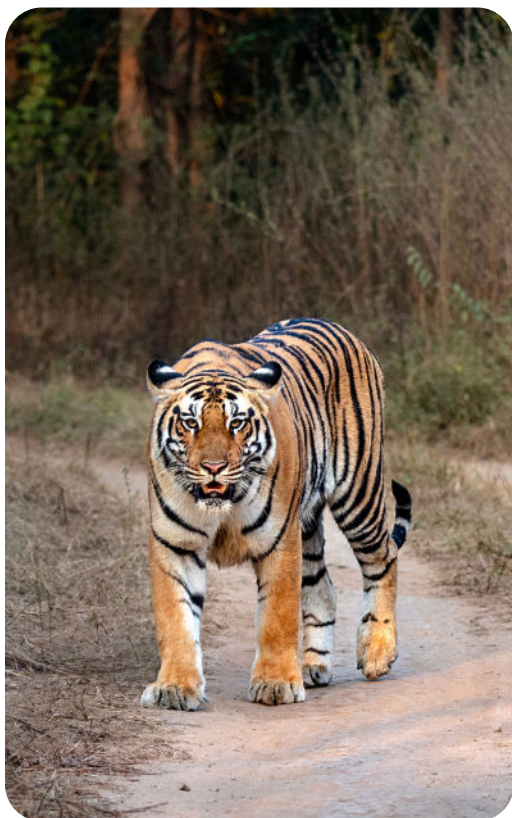
Begin your learning by experiencing life as a medical professional in a busy hospital setting. You'll shadow local medical teams, rotating through various departments to get a comprehensive view of hospital operations.

You'll also take part in a variety of practical workshops, where you'll learn how to take medical histories and build foundational knowledge on pathology, tropical diseases, and common illnesses. A local language lesson will also equip you with basic Nepali phrases to better communicate with hospital staff and patients.

When you're not at the hospital, shift your focus to community impact by planning and delivering a dental hygiene awareness campaign, giving you the chance to apply your knowledge and contribute to local public health initiatives.

Outside of your medical training, you'll have time to unwind and explore Nepal's unique traditions with immersive cultural experiences, including traditional Nepali dance classes and rejuvenating yoga sessions.





Days 7-8

 **SLEEP**
Hotel

 **TRAVEL**
2 hours
each way

Chitwan National Park

Over the weekend, enjoy a well-earned break from your placement as you travel to Chitwan National Park, taking in scenic views of valleys and rivers along the way. Upon arrival, you'll explore a traditional Tharu village and gain insight into local customs through a guided museum tour.

In the afternoon, embark on an unforgettable jeep safari through the jungle to spot wildlife such as Greater One-horned Rhinos, crocodiles, and various bird species, with the chance to catch a rare glimpse of a Bengal Tiger. Later, relax on the banks of the Rapti River to catch the sunset before enjoying a lively traditional cultural show.

The next morning begins with a birdwatching session before you travel back to Bharatpur. After lunch, visit the vibrant local markets to shop for snacks and unique souvenirs. Conclude your weekend with a hike up to the Moula Kali temple, a Hindu site dedicated to the goddess Kali, where you can take a moment to breathe and admire the panoramic views of the city.

Hospital, outreach & anatomy

Return to the hospital for your final session of shadowing in this setting, complemented by an interactive anatomy workshop and a structured reflection session. This is an ideal time to analyse your observations, discuss your experiences, and ask any questions you may have about the healthcare environment you've been working in.

The next day, you'll head out into the community to run general health screenings at a local school under the guidance of medical professionals, followed by a dental hygiene awareness campaign.

In the evening, explore local artisanal markets to find unique souvenirs. We believe that people can learn a lot about a culture through its cuisine, so you'll be invited to get hands-on in the kitchen with a traditional momo-making cooking class.





Days 11-13

 **SLEEP**
Hotel

 **TRAVEL**
6 hours (Day 11),
2 hours (Day 13)

Kathmandu & nutritional rehab home

Journey back to Kathmandu by bus, settling into your hotel before exploring local city markets and enjoying a traditional cultural performance over dinner. During your time in the capital, you will visit a nutritional rehabilitation home for mothers and babies, where you'll observe staff providing vital care to patients suffering from malnutrition.

Your final days are a blend of cultural exploration and hands-on learning. Tour the historic Durbar Square, visiting the ancient palace and museums; travel to Bhaktapur's mediaeval streets and artisan markets for an interactive pottery workshop; and visit the iconic Swayambhunath Temple, also known as the "Monkey Temple".

Conclude your journey with a final group farewell dinner and a celebratory cultural performance in Kathmandu.



Departure

Wrap up your time in Nepal with a final morning in Kathmandu, taking the opportunity to enjoy some last-minute shopping and pick up any souvenirs before departure.

You will then transfer to the airport, bringing your journey to a close after two unforgettable weeks of learning, cultural immersion, and meaningful impact.



Destination Info

Journey to the roof of the world in Nepal, home to Everest and the birthplace of Buddha. Even beyond the mountains, it's filled with unparalleled natural and architectural beauty, steeped in history and culture. Did you know it is the only country to have a flag without four sides?

Nepal is gaining traction as a tourist destination thanks to its incredible religious and cultural history, low crime rate, and unique landscape. Plus, it's the perfect place to embrace your spiritual side.

LANGUAGE

Nepali

CURRENCY

Nepalese Rupee

NATIONAL DISH

Dal Bhat

POPULATION

30 million

TIMEZONE

GMT +5:45

NATIONAL ANIMAL

Cow

CAPITAL

Kathmandu

COUNTRY CODE

NP / +977

NATIONAL BIRD

Himalayan Monal

A sustainable adventure

We're dedicated to protecting both people and the planet, treading lightly as participants of global travel.

By travelling with us, you're making positive contributions to people and planet, aligned with the UN SDGs.

Don't just take our word for it, we're B Corp certified!



**B CORP
CERTIFIED**



**CLIMATE ACTION
PLAN**



**FAIR & ETHICAL
WAGES**



**SUPPORTING
THE UN SDGs**

Learning Outcomes



GLOBAL HEALTHCARE

Students will explore how healthcare systems differ around the world and develop an understanding of the social, cultural, and economic factors that shape health and access to care.



CLINICAL INSIGHT

Through exposure to real-world clinical settings, students will learn about the realities of patient care and explore how medical practices are applied in different global contexts. Close observation and supervision from healthcare professionals will develop students' understanding of applied clinical skills.



EMPATHY & CULTURAL AWARENESS

Students will gain a deeper appreciation of the experiences and challenges faced by different communities, developing empathy, cultural awareness, and a more globally minded approach to healthcare.

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futures.**



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Medicine & Healthcare | Nepal

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