

**PROJECTS
ABROAD.**

Medicine

Sri Lanka

**Medical exposure, wildlife
discovery, and cultural
immersion**

3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



10 REDUCED
INEQUALITIES



17 PARTNERSHIPS
FOR THE GOALS



**SUSTAINABLE
DEVELOPMENT
GOALS**

LOEC Quality Badge



Council for
Learning Outside the Classroom

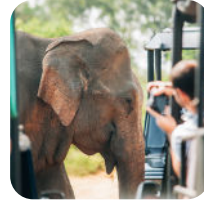
Certified



learn more at
bcorp.com

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
- Visit an Ayurvedic Hospital to learn about holistic natural medicine
- Tour a private hospital in Colombo to compare urban and rural resources

Rotate through different departments in a local general hospital:

- Emergency Treatment Unit
- Neurosurgery ward and operating theatre observation
- Palliative care unit
- Occupational Therapy department
- Hemodialysis centre

Practical skills workshops:

- Suturing techniques
- Measuring blood pressure
- Monitoring blood sugar levels

Community outreach:

- Health checkups at a home for the elderly
- Health screenings (BMI, BP, and glucose) at a community centre
- Lead medical awareness programs on disease prevention

Food/Accommodation

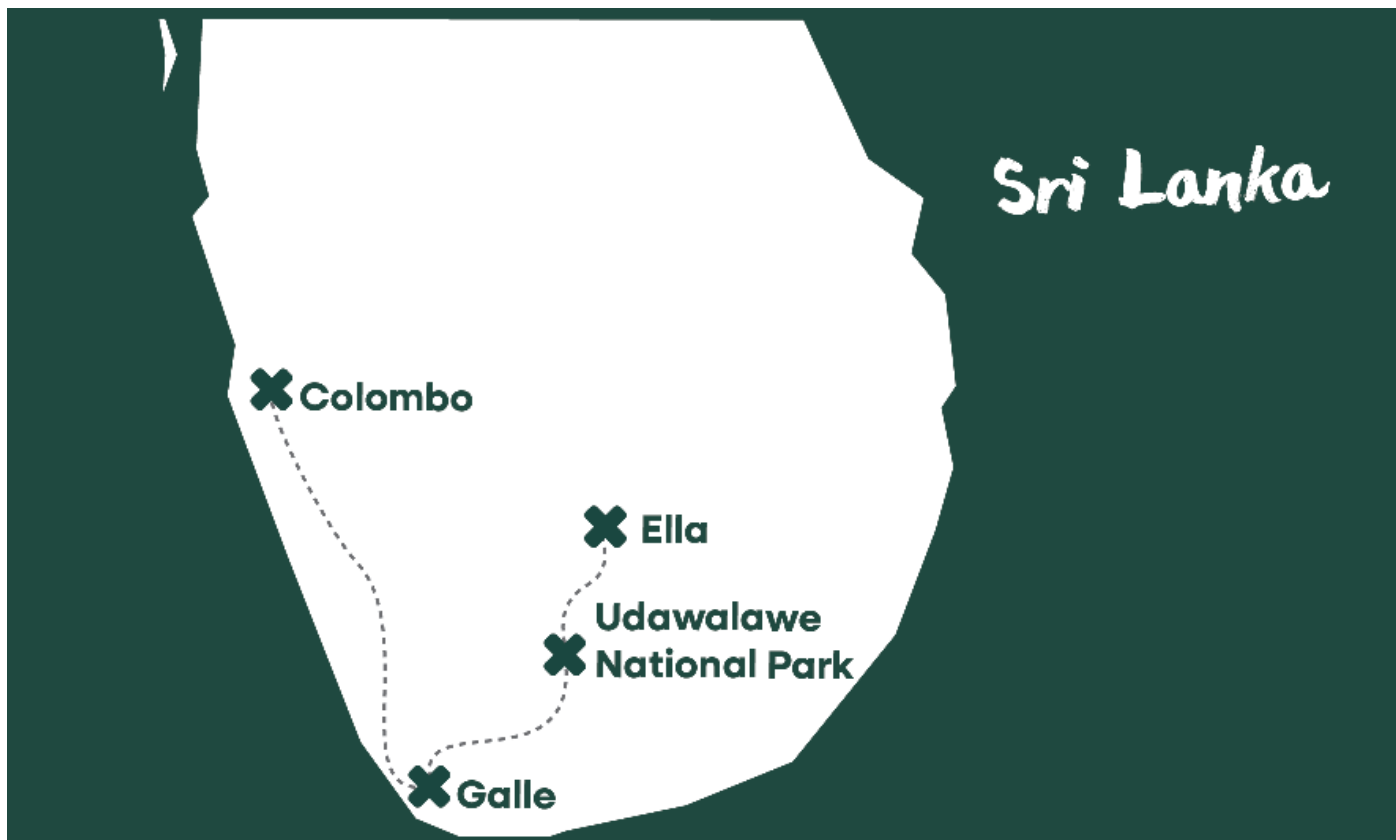
- Three meals a day (all diets catered for)
- Drinking water
- Hotels

Culture & Leisure

- Galle Dutch Fort
- Traditional Sri Lankan cooking class
- Traditional dance lessons
- Traditional Mask Factory tour and mask painting
- Guided orientation and tour of the local area
- Cricket and football matches with locals
- Souvenir shopping
- Hike through the Kanneliya Rainforest (UNESCO Biosphere Reserve)
- Madu River boat safari
- Sea Turtle Conservation Centre tour
- Coconut Tree Hill and Parrot Rock
- Relaxation at a beachside sunset pool
- Wildlife safari at Udawalawe National Park
- Ravana Falls
- Hike to the summit of Little Adam's Peak
- Scenic train journey through the hills of Ella
- Tea plantation and factory tour
- Visit the iconic Nine Arch Bridge

Logistics

- Airport transfers in Sri Lanka
- 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**
Private Bus,
Train, Boat

Trip highlights:

-  Shadow medical professionals in urban and rural hospitals, and compare resources, challenges, and techniques.
-  Improve healthcare access to the community by performing basic check-ups (BMI, blood pressure, blood sugar) and raising awareness about illnesses and challenges present in the region.
-  Discover Sri Lanka's unique wildlife and diverse ecosystems, spotting elephants at Udawalawe National Park and monkeys, water monitors, and giant squirrels during a Madu river boat safari.
-  Live an authentic cultural immersion through traditional dance and cooking classes, mask painting, tea plantation and factory tours, and a trip to Ella.



Days 1-2



SLEEP
Hotel



TRAVEL
2 hours
(Day 1)

Arrival

Our local team will welcome you upon your arrival at Bandaranaike International Airport in Colombo before taking you on a scenic two-hour drive through Sri Lanka's lush landscapes to your accommodation in Galle. Settle into your room, and enjoy some time to rest and refresh for your first day.

To help you feel at home, your next morning starts with a comprehensive induction, covering essential travel information, an introduction to local culture and customs, and a guided orientation of the area.

Later, discover the Sri Lankan healthcare system during a medical seminar. Explore modern achievements in local healthcare, common tropical diseases, and traditional medical practices.

End your first day on the beach as you enjoy games and team-building exercises.

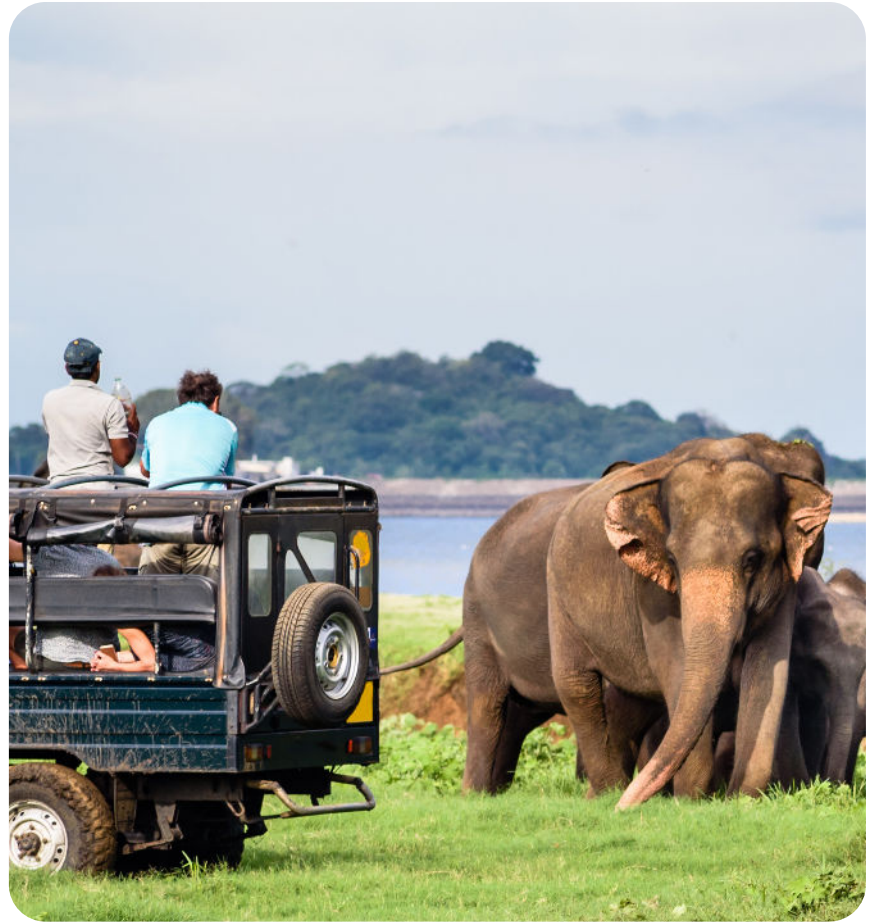
Medical training & outreach

Shadow doctors and nurses during their rounds across various key departments of a local general hospital, including the Emergency Treatment Unit, the Palliative Care Unit, the Occupational Therapy department, and the Haemodialysis Centre, as well as the Neurosurgery ward and operating theatre observation. Discover first-hand how medical professionals interact with patients and handle specific cases; make sure you take notes and ask questions to maximise your learning.

When you're not following active cases, develop practical skills such as suturing, measuring blood pressure, and monitoring blood sugar levels through medical workshops. You will also participate in a community outreach project, visiting a home for the elderly to conduct basic health checkups.

When not immersed in the medical world, step back in time at the Galle Dutch Fort and experience authentic Sri Lankan culture through cricket and football matches, traditional dance lessons, and a local cooking class. You'll also have time to explore street markets for unique souvenirs.





Days 7-8



SLEEP

Hotel,
guesthouse



TRAVEL

3 hours
each way

Udawalawe & Ella

After a week of learning and hard work, it's time to explore Sri Lanka's wild side. Rise early for a drive to Udawalawe National Park, where you'll search for elephants, crocodiles, leopards, and rare bird species in their natural habitat. On the way, you'll stop at the legendary Ravana Falls, where you will be able to take photos and learn more about the myth behind this beautiful location.

After lunch, hike to Little Adam's Peak for panoramic views of Ella Rock and the surrounding tea plantations. Embark on a scenic train journey through the hills of Ella, followed by a tour of a tea plantation and factory to see how one of the world's biggest exporters operates.

Conclude your weekend at the iconic Nine Arch Bridge, a colonial-era railway marvel, before returning to Galle.

Traditional medicine & rainforest

Kick off your second week with a final hospital rotation, shadowing the medical team and asking any remaining questions you may have. In the evening, immerse yourself in local culture with a visit to a traditional mask factory to discover the history and symbolism of these hand-carved artefacts.

The following day, explore a different side of healthcare by visiting an Ayurvedic hospital. Known as the “science of life”, Ayurveda is a traditional system that uses a holistic approach, focusing on balancing mind, body and spirit through diet, herbs, massage, meditation and yoga to prevent diseases and promote wellness.

In the afternoon, connect with nature during a hike through the Kanneliya Rainforest, a UNESCO Biosphere Reserve. You’ll have the chance to spot rare birds, amphibians, monkeys, and reptiles while learning to identify local medicinal plants.

Finally, you’ll spend time preparing for the next two days of community outreach, where you’ll focus on promoting healthy living and disease prevention awareness.





Days 11-12

 **SLEEP**
Hotel

 **TRAVEL**
Minimal

Community outreach & coastal discovery

Over the next two days, work alongside doctors and pharmacists at a community centre to improve local healthcare access. Your group will assist with health screenings, including BMI calculations and blood pressure and glucose monitoring, as well as help lead a medical awareness programme to educate residents on disease prevention and healthy lifestyle habits.

When you're not working, experience the beauty of the south coast. Visit the iconic Coconut Tree Hill in Mirissa, explore the unique rock formations at Parrot Rock, and unwind by a beachside pool at sunset.

To wrap up your time in the south, you'll enjoy a scenic Madu River boat safari and visit a sea turtle conservation centre to learn about vital local wildlife protection efforts.

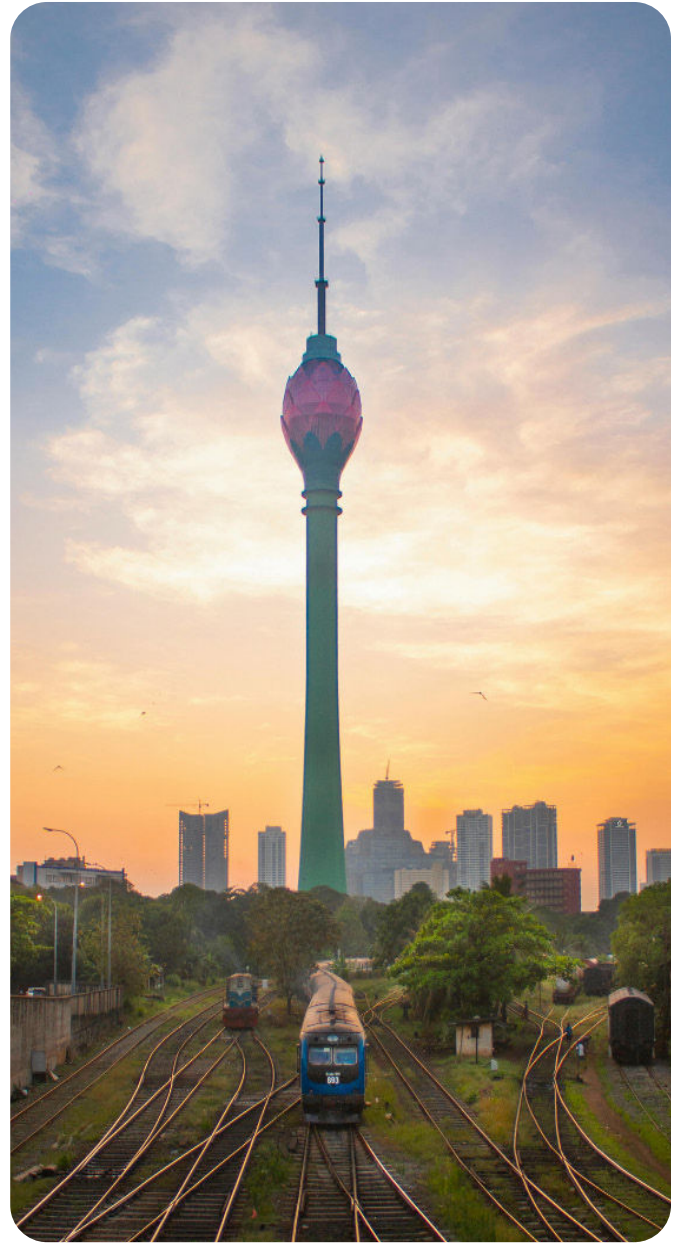
Day 13



Colombo city tour & hospital

Your final day begins with a transfer to Colombo, where you'll stay overnight, and an exclusive tour of a private hospital. This is a great opportunity to observe the contrast in medical technology and resources compared to the facilities in Galle. After lunch, embark on a guided tour of the city's highlights, from the serene Gangaramaya Temple and Independence Square to the impressive Lotus Tower and the vibrant Red Mosque.

Conclude your journey with a farewell dinner and a wander through the colourful markets of Colombo. Before you fly home the next day, take a moment to reflect on your journey, the professional growth, the cultural immersion, and the enduring bonds formed along the way.





Departure

As your trip comes to an end, look back on the incredible work you have achieved. You have gained a unique perspective on the medical field, alongside newfound confidence and a deeper understanding of Sri Lankan culture.

These experiences and the skills you've developed will serve you well long after you return home.



Destination Info

The “Pearl of the Indian Ocean”, Sri Lanka, is an island nation known for its tropical beaches, lush tea plantations, and ancient Buddhist ruins just off the southeastern tip of India.

The two dominant ethnicities of Sri Lanka are the Sinhalese and Tamil, but there are many other communities of Arabic and European descent.

Sri Lanka has a warm, tropical climate, influenced by monsoons that have resulted in diverse ecosystems, from arid plains to rainforests.

LANGUAGE

Sinhala, Tamil, English

CURRENCY

Sri Lankan Rupee

NATIONAL DISH

Rice and curry

POPULATION

22 million

TIMEZONE

GMT +5:30

NATIONAL ANIMAL

Vicuna

CAPITAL

Colombo

COUNTRY CODE

LK / +94

NATIONAL BIRD

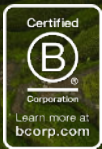
Andean Cock-of-the-rock

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 | Sri Lanka

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