

Medicine & Healthcare

IN CAMBODIA

High School Special Schedule

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 Cambodian culture and explore some of the country's most popular tourism sites.

Programme Goals

In order to provide a varied and impactful experience for all participants, the activities in this programme have been split into the following 4 categories:

Clinical

Spend time shadowing local medical staff in a number of medical and community locations. Your clinical shadowing will occur at one of the largest hospitals in Phnom Penh and at a rehabilitation center.

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.

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. Physiotherapists will also guide you to give stretches for patients at rehab centres.

Culture

Experience Khmer culture by watching Apsara dances, speaking with locals, and enjoying traditional Cambodian cuisine. Explore buddhist pagodas, and the magnificent Angkor Temples.





Day 1

Sunday

Arrival in Cambodia

You will arrive into the capital city of Phnom Penh. It's a busy and colourful city alongside the Tonle Sap and Mekong rivers.

After passing through customs you will be met by a staff member holding a Projects Abroad sign. You will then be taken to your hotel in Phnom Penh where you can relax and meet other volunteers. You'll be added to the group WhatsApp chat and have dinner all together.



Highlights

- ▶ 30 hours clinical shadowing in a hospital
- ▶ 15 service hours
- ▶ Learn about Cambodian healthcare
- ▶ Gain medical skills and experience
- ▶ Visit Siem Reap & Angkor Wat
- ▶ Offset your carbon footprint

Accommodation

Hotels

Transport

Private bus, ferry and by foot

Meals

Breakfast will be served at the hotel each day. Lunch will usually be at a restaurant near your work placement. Dinner will be at different restaurants.

Timings

This schedule is subject to change, however you will be advised in advance should this happen. You will depart the hotel around 7:30am and arrive back at around 5pm. This may differ from day to day depending on the activity and progress of the volunteer work.

Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We're committed to being fully climate-positive!

By volunteering with us you're helping reforestation efforts, protecting existing forests and providing employment to local communities around the world.

Day 2

Morning: Learning

General introduction to Projects Abroad and Cambodian culture and language.

Afternoon: Culture

Explore the local area and get a chance to buy a local SIM card. Learn about the Medical Management Plan, the role of volunteers, and start preparing for your project activities. Join a lecture about the Cambodian medical system and how departments are managed in hospitals.

Afterwards, visit a buddhist pagoda and receive a water blessing from monks.

Evening: Culture

Enjoy a welcome dinner at a restaurant with the rest of the group.

Day 3

Tuesday

Medical Workshops

Morning: Learning

Learn about the recent history of Cambodia by visiting S-21 Genocide Museum. Understand the impact the Khmer Rouge regime had on Cambodian life. Explore Russian Market afterwards.

Afternoon: Learning

Medical staff will lead a lecture on tropical diseases and the most prevalent medical ailments in Cambodia. The group will also take part in a workshop to practice suturing.

Evening: Culture

Have dinner at a restaurant and reflect as a group on your first impressions of Cambodia. Join a walking tour of the Riverside, Wat Botum and Independence Monument at night.

Day 4

Wednesday Physiotherapy Outreach

Morning: Community

Visit a rehabilitation center and learn physiotherapy techniques. Support staff with basic exercises and care for patients as the center is understaffed.

Afternoon: Learning

Start preparing for an awareness campaign. Preventative medical campaigns are an important part of supporting public health. You will also get further training to prepare for treating patients during your outreach work.

Evening: Culture

Enjoy Khmer cuisine at a restaurant

Day 5

Thursday Awareness Campaign & Outreach

Full day: Community

Conduct awareness campaigns about health and hygiene in communities that lack proper education and medical access. Students will provide presentations and conduct basic medical checks for patients whilst under the supervision of medical staff.

Evening: Culture

Watch a traditional Khmer Boxing match as it's broadcast on live TV.

Day 6

Friday Travel to Siem Reap

Full Day:

Take a private bus to Siem Reap. Have lunch at a lakeside restaurant on the way and enjoy views of the Cambodian countryside.

Collect your tickets for Angkor Wat before checking into your hotel room. There is a swimming pool and places to relax with the rest of the group.

Have dinner in Siem Reap and explore markets before an early night's sleep.

Day 7

Saturday Angkor Wat

Full Day:

Leave the hotel around 4:30 am so you can reach Angkor Wat before sunrise. Explore the stunning temple with a tour guide and have breakfast at a nearby buffet. Hear about the mighty Khmer Empire and its mythology. See how Hindu and Buddhist religions are both portrayed with intricate carvings and decorations on the temple walls.

Visit Bayon and Ta Prohm Temples before lunch at a nearby restaurant. Learn about the history of the Khmer Empire and how the jungle has reclaimed some of the temple ruins.

Either relax at the hotel and swimming pool or visit more temples in the afternoon. The group will have more freedom at the smaller temples as they decide how to navigate through the ruins.

Enjoy a buffet dinner with a traditional Apsara Dance performance. Spend the rest of the evening visiting the famous night markets of Siem Reap.



Day 8

Sunday Travel back to Phnom Penh

Full Day:

Have a relaxed morning to recover from yesterday's activities. Then travel back to Phnom Penh in the private minibus. Stop at the lakeside restaurant for lunch, and visit a bug market to taste traditional Cambodian snacks!

Relax at the hotel in the evening and prepare for your week of clinical observations.

Day 9

Monday Clinical Observation

Morning: Clinical

Take a tour of the hospital and meet medical staff. You will be shown the different departments and told the rules to follow while shadowing staff. The group will split into smaller groups so they can follow different doctors in various departments.

Afternoon: Clinical

Continue shadowing medical staff until 4pm. Then the group will meet with a doctor to review and reflect on their experiences from the day.

Evening: Culture

Enjoy dinner at another new restaurant in the city. Taste different Asian cuisine.

Day 10

Tuesday Clinical Observation

Morning: Clinical

Join medical staff at the hospital for 3.5 hours of medical shadowing.

Afternoon: Clinical

Experience another 3 hours of medical shadowing. Visit different departments in the hospital every day so you gain the broadest and most in depth insights to hospital work. Afterwards, the group will meet with a doctor to reflect on their observations.

Evening: Culture

Enjoy Khmer cuisine at a restaurant.

Day 11

Wednesday Clinical Observation

Morning: Clinical

Continue shadowing medical staff at the hospital.

Afternoon: Clinical

Complete another afternoon shadowing medical staff at the hospital. Discuss what you have seen and ask questions to doctors at the end of your day.

Evening: Culture

Choose whatever kind of food you like at a food court, then explore markets and malls.



Day 12

Thursday Clinical Observation

Morning: Clinical

Continue shadowing medical staff and visit new hospital departments each day.

Afternoon: Clinical

Learn more from medical staff at the hospital. Ask questions and discuss your day with medical staff afterwards.

Evening: Culture

Join monks to meditate at Wat Langka before 'Your choice' dinner. Explore a food court and pick any kind of food you want to eat.

Day 13

Friday Clinical Observation

Morning: Clinical

Shadow medical staff for your last day at the hospital.

Afternoon: Clinical

Learn more from medical staff at the hospital. Ask questions and discuss your experiences at the hospital with medical staff.

Evening: Culture

Join your group for a final farewell meal at a Korean BBQ. Dance and sing with a karaoke party.

Day 14

Saturday Departing Cambodia

Group members will be departing at different times, therefore day 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 may have time to explore nearby markets in the morning. You will have the continued support of Projects Abroad staff right until you are safely at the airport.

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



Want to learn more?

We'd be happy to talk to you 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

Social Media

 [@projectsabroadglobal](https://www.instagram.com/projectsabroadglobal)

 [@projectsabroad](https://www.facebook.com/projectsabroad)

 [@projectsabroad](https://www.tiktok.com/@projectsabroad)

 [@projectsabroad](https://twitter.com/projectsabroad)

Personal Achievements



- ▶ Completed a total of 15 service hours.
- ▶ Completed a total of 30 hours of hospital shadowing.
- ▶ Learnt directly from doctors across multiple hospital departments.
- ▶ Taught important lessons on hygiene to over 100 children.
- ▶ Took part and assisted medical professionals on public health outreach work for remote community members.



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.