

Medicine & Healthcare

High School Special Schedule Jamaica

This project is designed to allow you to observe medical professionals, earn your First AID certification, 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 the Jamaican culture and explore some of the country's most popular tourism sites.

► Clinical:

Spend time shadowing local doctors and nurses in different medical facilities. We work with health centres and public health agencies. You will be exposed to a variety of medical cases 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.

► 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. You will also be certified as a First AID responder as you learn how to provide preliminary care in an emergency.

► Cultural Immersion:

After your volunteer work, immerse yourself in the rich Jamaican culture by engaging in meaningful conversations with locals, and savoring the diverse flavors of authentic Jamaican cuisine. Explore the wonders of Jamaica alongside fellow volunteers, visiting beautiful beaches, and stunning waterfalls, all while creating lifelong friendships and cherishing unforgettable moments.



2 WEEKS



- Highlights**
- ▶ 20 hours of clinical shadowing
 - ▶ 25 service hours
 - ▶ Participate in community outreach activities
 - ▶ Gain medical skills and a first aid certification
 - ▶ Learn about Jamaican healthcare
 - ▶ Visit YS Falls & Turtle Tower Beach
 - ▶ Offset your carbon footprint

Accommodation

Host Families

Transport

Private Taxis, Buses, By Foot

Meals

Breakfast will be served at your host family each day. Lunch will either be at the hospital, at home or in the community. Dinner will be at home or a restaurant.

Timings

This schedule is subject to change, however you will be advised in advance should this happen. You will depart the host family around 7:30 am and return at around 5 pm. This may differ daily 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 1

Sunday

Arrival in Jamaica

You will arrive in the capital city of Kingston. It's a busy and vibrant city surrounded by mountains and the Caribbean Sea.

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



Day 2

Morning: Learning

Join a general introduction to Projects Abroad and Jamaican 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 Jamaican medical system and how departments are managed in hospitals.

Evening: Culture

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

Day 3

Tuesday

Medical Workshops

Morning: Learning

Join a workshop and learn how to take and record a patient's vital signs. Begin work on charts for our educational awareness activities.

Afternoon: Learning

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

Evening: Culture

Dive into a lively Jamaican patois language and culture session as you learn the native language and expressions.

Day 4

Wednesday

Community Outreach

Morning: Community

Inspect homes with the Ministry of Health Vector Control Team and share vector control tips with residents. This aims to reduce the impact of mosquitoes.

Afternoon: Learning

Participate in a dentistry workshop. Complete charts and activities for the educational campaign tomorrow.

Evening: Culture

Rest & Relax with the host family after a full day of activities.

Day 5

Thursday

Educational Awareness Campaign

Morning: Community

Lead engaging educational activities on hygiene, dental care, and other topics, creating a fun and interactive learning experience for the students

Afternoon: Community

Continue to share your knowledge with the children as you positively impact their well-being and help to promote healthier habits in communities.

Evening: Culture

Rock to the infectious rhythms of Reggae as you master popular dance moves with a vibrant teacher.

Day 6

Friday

First Aid Training

Full Day: Learning

Complete a comprehensive first aid certification course. Through hands-on training and interactive sessions, you'll gain the skills and confidence to respond effectively in emergencies.

Enjoy some ice cream while you unwind and reflect on a productive week.

Day 7

Saturday Ocho Rios Park Beach and Craft Market

Full Day:

Get ready for an unforgettable weekend adventure as we head to the stunning Ocho Rios Bay Beach!

Leaving your host families bright and early at 7 am, you'll spend the day soaking up the sun, swimming in crystal-clear waters, and enjoying the vibrant beach atmosphere.

Afterward, head to the lively Craft Market, where you can shop for unique souvenirs, sample local treats, and experience the rich culture of Jamaica.

It's the perfect way to relax, explore, and make incredible memories!



Day 8

Sunday YS Falls

Full Day:

Prepare for a day of natural beauty and adventure as we journey to the breathtaking YS Falls! You will be able to explore cascading waterfalls surrounded by lush greenery and take a refreshing dip in the cool natural pools. Whether you're snapping photos, relaxing by the water, or diving into the fun, this experience captures the heart of Jamaica's stunning landscape.

Day 9

Monday Clinical Observation

Morning: Clinical

Take a tour of a Health Centre 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 shadow different medical staff throughout the day.

Afternoon: Clinical

Continue shadowing medical staff until 3pm. Then the group will meet with a doctor to review and reflect on their experiences from the day.

Evening: Culture

Enjoy dinner at the host family as you reflect on your clinical experience so far.

Day 10

Tuesday Clinical Observation

Morning: Clinical

Join medical staff at the health centre for 4 hours of medical shadowing.

Afternoon: Clinical

Experience another 3 hours of medical shadowing. Learn about the most common ailments in Jamaica from direct patient interaction. Afterward, the group will meet with a doctor to reflect on their observations.

Evening: Culture

Put on your chef hat and prepare to whip up some Jamaican meals in our cooking class.

Day 11

Wednesday Clinical Observation

Morning: Clinical

Continue shadowing medical staff at the health centre.

Afternoon: Clinical

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

Evening: Culture

Choose from a variety of games and activities as we interact and unwind with a games night.



Day 12

Thursday Hospital Tour and Training

Morning: Community

Participate in a full tour of the Mandeville Regional Hospital. Engage with the children in the pediatric ward through arts, crafts and storytelling.

Afternoon: Learning

Participate in your final training session on non-communicable diseases, as you prepare to support the doctors and engage with patients during a community outreach.

Evening: Culture

It's Kahoot Time! Let us see what you have learned over the past two weeks with a quiz!

Day 13

Friday
Community
Outreach

Full day: **Community**

Head to the community centre where you will work alongside a doctor, assisting with patient registration and vital checks such as height, weight, blood pressure, and blood sugar. You'll help complete medical forms and ensure patients are ready for their consultations.

Additionally, you'll deliver informative presentations on non-communicable diseases and dental care, empowering the community with essential health knowledge.

Evening: **Culture**

Join your group for a final farewell meal at a popular restaurant where you can soak up the Reggae vibes as you dine.

Day 14

Saturday
Departing
Jamaica

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 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
-  @projectsabroad
-  @projectsabroad
-  @projectsabroad

Personal Achievements



- Completed a total of 25 service hours.
- Completed a total of 20 hours of medical shadowing.
- Gained First AID certification.
- Taught important lessons on hygiene to over 100 children.
- 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.