

Public Health

High School Special Schedule | 2 weeks Mexico

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 in various underprivileged communities. During this two-week trip, you will have a unique insight into Mexican culture and explore some of the country's most popular tourist sites.

Programme Goals:

- ▶ **Clinical:**
Spend time shadowing local medical interns and nurses during hospital visits and during medical outreach events.. We mainly work with the General Hospital of Zapopan. You will be exposed to a variety of different departments 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 public health 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, stitching, and drawing blood. You will be taught how to assist with medical checks and about common ailments and illnesses in the region.
- ▶ **Cultural Immersion:**
After your volunteer work, immerse yourself in the rich Mexican culture by witnessing captivating traditional dances, engaging in meaningful conversations with locals, and savoring the diverse flavors of authentic Mexican cuisine. Explore the wonders of Mexico alongside fellow volunteers, visit beautiful beaches and historical towns all while creating lifelong friendships and cherishing unforgettable moments throughout your adventure.





- ▶ 40 Service Hours
- ▶ Participate in community medical outreach projects
- ▶ Enjoy a weekend at the beach
- ▶ Learn about the Mexican medical system
- ▶ Immerse yourself in the Mexican culture
- ▶ Offset your carbon footprint
- ▶ 5 hours of hospital shadowing

Accommodation

Host Families and a hotel

Transport

Car, bus, and 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. The timing 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 2024!

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 Mexico

On arrival, at Guadalajara International Airport, you head through passport control and look out for a Projects Abroad staff member. They're easy to spot, wearing a bright green staff t-shirt or holding a sign to identify them.

You will then be taken to the host family's home where you will relax, have a meal, and rest for the next day.



Day 2

Monday

Morning:

In the morning there will be a general induction at the office, where you will be introduced to the staff and participate in your first workshop on Mexican culture. You will also tour the historic centre of Guadalajara.

Afternoon:

You will have lunch at a popular Mexican restaurant. In the afternoon, you will engage in Spanish language lessons as you cover cultural and project-related vocabulary.

Evening:

Unwind and enjoy dinner at your accommodation.

Day 3

Tuesday

Morning :

Begin the day by shadowing a medical intern around different departments of the General Hospital of Zapopan, and you gain first-hand exposure to the healthcare system.

Afternoon:

In the afternoon, there will be a workshop focused on training for outreaches and first aid.

Evening:

Dinner will be served at the accommodation in the evening.

Day 4

Wednesday

Morning:

Morning activities will involve participating in a workshop on Lifestyle Diseases. Here you will learn from medical professionals how to diagnose, treat, and prevent them.

Afternoon:

Head to Casa Hogar Villas Miravalle, a residential facility for the less-fortunate where you will inspire the children through health awareness campaigns and hygiene workshops.

Evening:

Conclude the day with a delicious dinner at home.

Day 5

Thursday

Morning:

Return to the hospital where you will continue to learn about the medical system in Mexico and common illnesses, through observation and shadowing.

Afternoon:

In the afternoon, there will be a workshop on non-communicable diseases, providing you with valuable information and skills for upcoming campaigns.

Evening:

Enjoy a delicious dinner at home in the evening.

Day 6

Friday

Morning:

It's time to depart to the coastal town of Melaque for a weekend trip by the sea. Pack your swimwear and a smile for an awesome weekend.

Afternoon:

Get settled in your hotel and head out for lunch as you prepare to really sample traditional Mexican cuisine. Enjoy a tour of the town and also dinner before returning to the hotel.

Day 7

Saturday Weekend Activities

Full Day:

A weekend in Melaque promises a delightful blend of relaxation and adventure, with a boat tour offering a unique perspective of the area's natural beauty.

As the sun rises over the tranquil shores of Melaque, enjoy a leisurely stroll along the sandy beaches, dive into the warm water for a swim, pause for more Mexican cuisine at lunch and enjoy a boat tour. This will offer glimpses of hidden coves, secluded beaches, and rugged cliffs adorned with lush vegetation. Unwind with dinner and a cool sea breeze.



Day 8

Sunday Weekend Activities

Full

Enjoy a final swim in the sea before bidding farewell to the beauty of this region as you depart for Guadalajara. It's time to continue making an impact now that you are rested and rejuvenated

Day:

Day 9

Monday

Morning:

Learn practical skills on suturing wounds and drawing blood, patient care techniques that are critical for medical care.

Afternoon:

Enjoy lunch with your host family. Later, you will take a tour of Tlaquepaque, known for its "umbrella lane", but more importantly galleries, ceramics, pottery, and mariachi.

Evening:

Have dinner with your host family as you unwind and reflect on the morning's session.

Day 10

Tuesday

Morning:

Today we are off to Cabañas Museum where we will see an extensive collection of murals and delve into the rich history and culture of Guadalajara.

Afternoon:

After a quick lunch, we will head to a children's centre where you will get involved in a community outreach project creating beautiful murals and doing minor renovations.

Evening:

Dinner will be served at the accommodations as we unwind and reflect on the day.

Day 11

Wednesday

Morning:

Get ready to learn about Nutrition in Mexico through our professionally-led workshop, including balanced diets, and strategies for improving overall health and wellness through dietary choices.

Afternoon:

After lunch let us resume our health awareness campaigns at Casa Hogar Villas Miravalle where we continue to promote oral health among the kids.

Evening:

Enjoy a pleasant dinner at home.



Day 12

Thursday All day

All day:

Today, you will participate in an all-day Medical Outreach. This time the intervention will be on Malnutrition. Working alongside local medical professionals and volunteers, you will work from a community centre where you will gain practical experience in evaluating patients and contributing to existing local public health efforts.

Evening:

Dinner will be served at your host family in the evening. Enjoy games and quizzes as you unwind.

Day 13

Friday

All day:

Bring an unforgettable and impactful two weeks to a close with a day trip to Chapala. This charming town offers cultural experiences with its lively markets and showcases local crafts and traditional cuisine. Walk alongside the scenic shores of Lake Chapala.

Evening:

Return to Guadalajara for a farewell dinner as you pack and prepare to depart, armed with new skills, knowledge and valuable experiences.



Day 14

Saturday / Sunday
Departing Mexico

The group members will likely be departing at different times, therefore day 13 and 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 will have the continued support of Projects Abroad staff right until you are safely at the airport to board your plane back home.



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



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Personal Achievements



- ▶ Gained knowledge and practical skills to pursue a career in healthcare.
- ▶ Completed 40 service hours.
- ▶ Completed 5 hours of hospital shadowing.
- ▶ Improved Spanish vocabulary through targeted lessons.
- ▶ Took part and assisted medical professionals on a public health outreach for 50+ 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.