

PRE-MED PROGRAM

NEPAL

Program Objectives

- ▶ **Physician Shadowing**
Spend time shadowing local doctors and healthcare professionals in a variety of medical settings. We work with larger regional hospitals as well as smaller and more specialist clinics. You will be exposed to a variety of different departments during the program.
- ▶ **Volunteer Community Service**
Develop materials and activities for awareness campaigns and healthy living workshops and visit local schools to educate the children and complete health checkups.
- ▶ **Medical-based Learning**
Learn about tropical diseases and medical ethics, as well as practical skills such as suturing and checking patients' vital signs, blood pressure and blood sugar levels. You will be taught how to assist with medical checks and about common diseases in the region.
- ▶ **Cultural Immersion**
Immerse yourself in the vibrant culture of Nepal through captivating experiences, such as witnessing traditional dances, engaging in conversations with locals, and savoring the flavors of authentic Nepalese cuisine. Nepal is famous for its rich culture, towering mountains and stunning landscapes. Beyond the project itself, we aim to show you the best the country has to offer.

40+

Hours

18+

Hours

9+

Hours

Pre-Med
Program





- Highlights**
- ▶ 40 Physician Shadowing Hours
 - ▶ 18 Community Service Hours
 - ▶ 6 Medical Based Workshops
 - ▶ Gain Medical Skills & Experience
 - ▶ Raise Awareness on Medical Issues
 - ▶ Immerse Yourself in Nepalese Culture
 - ▶ Visit Nagarkot Hill Station

Accommodation

Hotel in Kathmandu

Transport

Private bus and by foot

Meals

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

Timings

This schedule is subject to change. However, you will be advised in advance should this happen. You will depart home before 9am and arrive back at around 5pm.

However, 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 2024!

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

Day 1	Saturday
All Day	You will arrive into the capital city of Kathmandu. Set in a valley surrounded by the Himalayas, it's a bustling city but also a place of peace and tranquillity. After you pass through customs, you will be met by a staff member holding a sign welcoming you to Nepal. You will then be taken to the hotel in Kathmandu where you will relax, contact your family, have a meal and relax before your first full day in the country. Should you require any assistance, our staff will be on hand to help you.



Day 2	Sunday
All Day	08:00 - 09:00: Breakfast 10:00 - 12:00: Program Induction: Attend a comprehensive project induction session, where you will receive detailed information about the project schedule, objectives, safety protocols, and local customs. You will also learn about the Nepalese medical system and important guidelines for your stay. 12:00 - 01:00: Lunch 01:00 - 04:00 Town Tour: Embark on a guided tour of the local area to familiarise yourselves with the surroundings. You will have the opportunity to exchange money and organise local phone numbers for communication purposes. 07:00: Rest, Relax & Dinner

Day 3	Monday
Morning	07:30 - 08:00: Breakfast 09:00 - 10:00: Orientation at Hospital 1: Begin your program with a comprehensive orientation session at Hospital 1, familiarising yourself with the medical facilities and protocols. (3 hours) 10:00 - 01:00: Physician Shadowing (+3 hours) Students will engage in supervised physician shadowing activities for three hours, observing medical procedures, patient consultations, and interactions between healthcare professionals and patients.

Afternoon	01:00 - 02:00: Lunch 02:00 - 04:00: Physician Shadowing (+2 hours) Students will continue their physician shadowing experience, further observing medical practices and gaining insights into various specialties.
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Evening	05:00 - 06:30: Introduction to Nepali Medical System, Tropical Medicine, and Infectious Diseases: Expand your knowledge with a lecture focusing on the Nepalese medical system, tropical medicine, and infectious diseases. 07:00: Dinner, Rest & Relax
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Day 4	Tuesday
Morning	07:30 - 08:00: Breakfast 09:00 - 01:00: Physician Shadowing (+4 hours) Participants will spend four hours shadowing physicians in different departments, gaining exposure to a variety of medical specialties and procedures.

Afternoon	01:00 - 02:00: Lunch 02:00 - 04:00: Physician Shadowing (+2 hours) Participants will continue their physician shadowing activities, observing medical rounds, patient consultations, and healthcare practices in a clinical setting.
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Evening	04:00 - 05:00: Lecture: Outreach Preparation & Demonstration of Basic Clinical Skills Students will attend a lecture focused on preparing for medical outreach activities in the local community. They will also receive a demonstration of basic clinical skills such as vital sign measurements and wound care. 07:00: Dinner at Restaurant
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Day 5	Wednesday
Morning	07:30 - 08:00: Breakfast 09:00 - 12:00: Community Volunteer Service: Medical Outreach at Local School (+3 hours) Make a meaningful impact in the community by participating in a medical outreach program at a local school.
Afternoon	12:00 - 01:00: Lunch 01:00 - 04:00: Community Volunteer Service: Medical Outreach at Local School (+3 hours) Students will continue their medical outreach activities, focusing on promoting health and well-being in the Maasai community through educational initiatives and preventive healthcare measures.
Evening	07:00: Shopping & Dinner
Day 6	Thursday
Morning	07:30 - 08:00: Breakfast 09:00 - 01:00: Physician Shadowing (4 hours) Students will spend four hours shadowing physicians in different specialties, gaining valuable insights into clinical practice and patient care.
Afternoon	01:00 - 02:00: Lunch 02:00 - 04:00: Physician Shadowing (2 hours) Students will continue their physician shadowing experience, observing medical procedures and professional interactions in a hospital setting.
Evening	04:00 - 05:00: Lecture: Medical Ethics Students will attend a lecture focusing on medical ethics, including principles of patient autonomy, confidentiality, and ethical decision-making. 07:00: Nepali Language Class: 08:00: Dinner, Rest & Relax
Day 7	Friday
Morning	07:30 - 08:00: Breakfast 09:00 - 01:00: Physician Shadowing (4 hours) Students will engage in a four-hour physician shadowing session, observing medical procedures, patient consultations, and interdisciplinary teamwork in a hospital environment.
Afternoon	01:00 - 02:00: Lunch 02:00 - 04:00: Physician Shadowing (2 hours) Students will continue their physician shadowing experience, gaining further insights into different medical specialties and healthcare practices.
Evening	04:00 - 06:00: Cookery: Momo Making Students will have the opportunity to shop for essentials and souvenirs in preparation for the upcoming weekend safari excursion. 07:00: Dinner, Rest & Relax

Day 8	Saturday
All Day	Commence the day with breakfast at the hotel, then depart the Kathmandu bustle for the serene Nagarkot Hill Station, a mere 32 kilometers away. Upon arrival, enjoy a leisurely lunch, explore the surroundings, take photos, and take in the panoramic views of the Himalayas. After lunch, Take a cultural break and visit the iconic Boudhanath Stupa, immersing yourself in the spiritual and architectural richness of the area. At around 8pm, you will return to the hotel for dinner.
Day 9	Sunday
Morning / Afternoon	Take a trip on the Chandragiri cable car where you’ll head to the lush, leafy hilltop, and enjoy panoramic views of the city. After you arrive at the summit you will have lunch at the hilltop restaurant. Once you get back to the hotel you will have some time to rest and relax.
Evening	Ease into the evening with a serene and calming yoga session, immersing yourself in the spiritual and relaxing practice. Round off the day with a delightful dinner experience at a local restaurant.
Day 10	Monday
Morning	07:30 - 08:00: Breakfast 09:00 - 10:00: Orientation at Hospital 2 Students will attend an orientation session at Hospital 2, familiarising themselves with the facilities, staff, and procedures. They will receive safety instructions and an overview of their responsibilities during their time at the hospital. 10:00 - 01:00: Physician Shadowing (+3 hours) Students will engage in supervised physician shadowing activities for three hours, observing medical procedures, patient consultations, and interactions between healthcare professionals and patients.
Afternoon	01:00 - 02:00: Lunch 02:00 - 05:00: Physician Shadowing (3 hours) Students will engage in a three-hour physician shadowing session, observing medical practices and patient care in various departments of Hospital 2.
Evening	07:00: Workshop: Cultural Competence in Healthcare Students will delve into the critical aspect of cultural competence in healthcare. They will explore the importance of understanding and respecting cultural differences in medical practice, enhancing their ability to provide effective and compassionate care to diverse patient populations. 08:30: Dinner, Rest & Relax
Day 11	Tuesday
Morning	08:30 - 09:00: Breakfast 09:00 - 12:00: Community Volunteer Service: Medical Outreach at Local School (+3 hours) Students will participate in a medical outreach program at a local school, providing healthcare services and health education to children.
Afternoon	12:00 - 01:00: Lunch 01:00 - 04:00: Community Volunteer Service: Medical Outreach at Local School (+3 hours) Students will continue their medical outreach activities, focusing on promoting health awareness and disease prevention in the community.
Evening	07:00: Dinner, Rest & Relax

Day 12	Wednesday
Morning	07:30 - 08:00: Breakfast 09:00 - 01:00: Physician Shadowing (4 hours) Students will engage in a four-hour physician shadowing session, observing various medical procedures and gaining insights into different specialties within the hospital setting.
Afternoon	01:00 - 02:00: Lunch 02:00 - 04:00: Physician Shadowing (2 hours) Students will continue their physician shadowing experience, focusing on specific medical cases and patient interactions under the guidance of healthcare professionals.
Evening	04:00 - 06:00: Workshop: Anatomy & Medical Imaging This workshop provides students with a comprehensive overview of anatomy and medical imaging techniques essential for understanding orthopaedic medicine. Participants will explore the intricacies of the musculoskeletal system, including common injuries and treatments. 09:00: Dinner, Rest & Relax
Day 13	Thursday
Morning	07:30 - 08:00: Breakfast 09:00 - 01:00: Physician Shadowing (4 hours) Students will engage in another four-hour physician shadowing session, focusing on specialised medical procedures and advanced clinical practices within the hospital environment.
Afternoon	01:00 - 02:00: Lunch 02:00 - 04:00: Physician Shadowing (2 hours) Students will continue their physician shadowing experience, observing surgeries, consultations, and patient examinations to further enhance their understanding of medical practice.
Evening	04:00 - 06:00: Workshop: Educational Outreach Preparation Students will participate in a workshop focused on preparing educational outreach materials and presentations for community health programs. They will learn effective communication strategies and how to engage with diverse audiences. 07:00: Dinner, Rest & Relax
Day 14	Friday
Morning	07:30 - 08:00: Breakfast 09:00 - 12:00: Hygiene Education & Disease Prevention at Local School (+3 hours) Students will engage in a community service project focused on promoting hygiene education and disease prevention at a local school. They will conduct interactive sessions and distribute educational materials to students and teachers.
Afternoon	12:00 - 01:00: Lunch 01:00 - 04:00: Community Volunteer Service: Medical Outreach at Local School (+3 hours) Students will continue their community service activities, addressing important health issues and empowering students to adopt healthy behaviours and practices.
Evening	07:00: Social: Farewell Dinner Students will gather for a farewell dinner to celebrate the conclusion of their program and reflect on their experiences. They will have the opportunity to share stories, exchange contact information, and express gratitude to the local staff and community members who supported them during their stay.

Personal Achievements

- ▶ Completed a total of 40 physician shadowing hours
- ▶ Attended 6 professional medical skills workshops
- ▶ Taught important lessons on hygiene and health to children
- ▶ Completed 18 community volunteer service hours, educating children on health and hygiene



AAMC Core Competencies

Commitment to Learning & Growth: Gain new knowledge and skills through practical experience in various medical settings, fostering continuous learning and growth.

Cultural Awareness: Understand diverse backgrounds and engage effectively with patients and medical professionals from different cultures.

Empathy & Compassion: Develop strong interpersonal relationships and provide compassionate care through volunteer service and shadowing experiences.

Ethical Responsibility to Self & Others: Navigate ethical dilemmas in healthcare settings and uphold ethical principles during shadowing experiences and medical ethics workshops.

Interpersonal Skills: Enhance interpersonal skills through interactions with patients, fellow students, and healthcare professionals.

Teamwork & Collaboration: Develop teamwork skills by working effectively with fellow students and professionals during collaborative activities such as medical outreach and workshops.

Resilience & Adaptability: Learn to cope with stress, setbacks, and change, developing resilience and adaptability crucial for navigating challenges in healthcare settings.

Service Orientation: Serve others and contribute to community well-being through volunteer service and medical outreach.