

Medicine

High School Special Schedule Sri Lanka | 2 weeks

Welcome to our High School Special Medical Project in Sri Lanka! Are you ready to embark on an extraordinary journey where you'll gain valuable insights into the medical field and explore the captivating wonders of this beautiful island? Make a positive impact on local communities and immerse yourself in a rewarding healthcare experience.

Programme Goals:

▶ Medical Learning Experience and Skill Development:

The program provides students with the opportunity to observe medical professionals in a hospital setting, gaining valuable insights into healthcare practices and procedures. Through guided observation, students can develop a deeper understanding of medical disciplines and patient care.

▶ Community Health Outreaches:

The project focuses on organizing medical camps, where students actively participate in providing basic healthcare services and first aid training to underserved communities. By engaging in hands-on activities during the medical camps, students make a tangible difference in the lives of individuals in need.

▶ Cultural Immersion and Exploration:

Alongside medical activities, the program incorporates cultural experiences to enrich students' understanding of Sri Lankan traditions and customs. Cultural presentations, visits to significant landmarks like Galle Fort and Unawatuna Peace Temple, and participation in local cooking classes create a well-rounded experience.





Highlights

- ▶ 15 Service hours
- ▶ 25 Clinical shadowing hours
- ▶ Observe medical professionals in action during hospital observation sessions
- ▶ Participate in a meaningful medical outreach work, including First Aid Training
- ▶ Learn to cook traditional Sri Lankan dishes
- ▶ Discover the vibrant attractions of Sri Lanka
- ▶ Offset your carbon footprint

Accommodation

Host family

Transport

Private van and by foot

Meals

At the host family. During weekends and other programs meals will be taken from outside

Timings

This schedule is subject to change, however you will be advised in advance should this happen. Detailed plan will be discussed by the coordinator for each day.

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 to Sri Lanka

Friendly representatives of Projects Abroad will eagerly await your arrival at Colombo airport. Their warm reception will include assistance in currency exchange and purchasing a new SIM card, ensuring a smooth transition.

A dedicated Projects Abroad driver will then whisk you away to your accommodation, where excited host families will welcome you in their home. In the event of an early arrival, your supervisor has thoughtfully organized engaging activities to make the most of your time.



Day 2

Monday

Morning:

Dive into cultural immersion and a project briefing. Review your schedule and have an orientation at the hospital so you are equipped with the knowledge and context for effective project engagement.

Afternoon:

Enjoy lunch in Galle and learn about local history by exploring Galle Dutch Fort.

Evening:

Experience warmth and hospitality with a homemade dinner shared with your welcoming host family.

Day 3

Tuesday

Morning:

Begin with hospital observation in the assigned department, providing firsthand experience and insight into the healthcare environment. Each volunteer will have at least two days' observation in the Surgical and Emergency wards until the following Monday inclusively.

Afternoon:

Participate in a medical seminar reviewing the Sri Lankan healthcare system and methods for measuring blood pressure and sugar levels.

Evening:

Join a daily briefing to plan for next day and have dinner with your host family.

Day 4

Wednesday

Morning:

Engage in hospital observation at your assigned department. Facilitate interaction with local staff and senior medical students for firsthand learning and collaboration.

Afternoon:

Begin with a feedback and reflection session to review your experiences and to ask questions. The group will then visit Unawatuna Peace Temple and Jungle Beach for relaxation and contemplation.

Evening:

Enjoy dinner with your host family.

Day 5

Thursday

Morning:

Engage in hospital observation at your assigned department for the day.

Afternoon:

Join a cooking class at the host family (learn the art of preparing authentic dishes). Additionally, showcase your culinary skills by preparing a dish that represents your own country, creating an enriching cultural exchange.

Evening:

Relax with your host family.

Day 6

Friday

Morning:

Engage in hospital observation at your assigned department.

Afternoon:

Participate in an elders home community program, offering basic health checkups including BMI, blood pressure, and blood sugar tests, alongside donating essential sanitary materials to support their well-being.

Evening:

Have dinner with your host family.

Day 7

Saturday

Full Day:

Embark on an exciting journey from Galle to Kandy. Explore a Spice Garden and Tea Factory, learning about herbs, spices, and tea production.

Visit the revered Kandy Temple and enjoy a traditional dance show. Conclude the day with a delicious dinner, experiencing the cultural wonders of Sri Lanka.

Day 8

Sunday

Full Day:

Enjoy a hearty breakfast before visiting a stunning view point for panoramic views. Explore a wood carving factory to witness intricate craftsmanship. Shop for souvenirs at the Kandy Curio Market. Conclude the day with a delicious lunch before heading back to your host family.

Day 9

Monday

Morning:

Engage in hospital observation in your assigned department.

Afternoon:

Prepare for a medical camp and first aid awareness program for an underprivileged community.

The group will participate in a feedback and reflection session to contemplate how their experience has been so far and what they have learnt..

Evening:

Play games and sports with the other volunteers before dinner.

Day 10

Tuesday

Morning:

Join a 5 hour guided tour with an assigned doctor to observe and learn about all functionalities at a rural base hospital. Gain insight into healthcare practices, patient care, and community impact using minimal resources.

Afternoon:

Join traditional games at Hikkaduwa Beach, promoting teamwork and camaraderie among volunteers while celebrating local culture and community spirit.

Evening:

Have dinner with your host family.

Day 11

Wednesday

Morning & Afternoon:

Embark on a medical outreach event in an underprivileged area to the South, offering BMI, blood pressure, and blood sugar checks, along with free consultation by a local doctor and provision of medicines.

Additionally, conduct a first aid awareness program to empower the community with life-saving skills. Together, these initiatives aim to enhance healthcare access and promote well-being among vulnerable populations.

Evening:

Play board games in the evening with the group.

Day 12

Thursday

Morning:

Join a Community Day where you will support a girls' educational centre through a hygiene awareness program and help with cleaning and wall painting efforts.

Afternoon:

Engage in an immersive river safari through the serene mangroves of Madu River, visit Cinnamon Island, and explore a temple alongside fellow volunteers.

Evening:

Enjoy dinner with your host family.



Day 13

Friday

Morning:

Travel to Colombo for a tour of a private hospital, exploring the distinctions between private and public healthcare in Sri Lanka. Gain insights into facilities, services, and patient experiences in contrasting healthcare sectors.

Afternoon:

Receive your project certificate and explore Colombo, embracing its history and culture as you mark the end of an impactful journey..

Evening:

Gather for a heartfelt farewell dinner, celebrating bonds formed and memories shared in Sri Lanka

Day 14

Saturday

The group members will likely be departing at different times, therefore the last 2 days 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.

Personal Achievements



- ▶ Completed a total of 15 service hours.
- ▶ Completed a total of 25 clinical shadowing hours.
- ▶ Gain first hand exposure to the medical field.
- ▶ Develop cultural competence.
- ▶ Acquire practical skills.
- ▶ Make a positive impact through outreach events.



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.



Sri Lanka, a gem in the Indian Ocean, welcomes visitors with its warm hospitality and tranquil ambiance. With its diverse landscapes of pristine beaches, lush rainforests, and ancient cities, Sri Lanka offers a wealth of exploration opportunities. As a stable and thriving nation, it captivates with its rich history, vibrant culture, and economic growth. Nestled in the Indian Ocean, it beckons travelers to embark on an unforgettable journey of natural beauty and cultural splendor.

FUN FACTS

- ▶ Sri Lanka is famous for producing world-renowned Ceylon tea
- ▶ Home to the largest gathering of Asian elephants
- ▶ Boasts the highest biodiversity density in Asia
- ▶ Well known for its vibrant festival culture

Want to learn more?

We'd be happy to talk to you and 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

Destination Information

National Language:	Sinhalese
Population:	22.2 million
Currency:	Sri Lankan Rupees
Time Zone:	GMT
Capital:	Colombo
Calling Code:	+94
Dominant Religion:	Buddhism
National Dish:	Rice & Curry
National Animal:	Giant Squirrel

Social Media

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