

Medicine & Healthcare

Spain

► Physician Shadowing

Spend time shadowing local doctors and healthcare professionals in state-of-the-art hospitals and clinics. We work with private 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

Work with local NGOs and contribute towards local healthcare initiatives.

► Medical-based Learning

Observe medical procedures side-by-side doctors, surgeons, nurses and other staff and participate in the daily routine across various departments and specialties. You will be taught how to assist with medical checks and about common diseases in the region.

► Cultural Immersion

Immerse yourself in Spanish culture through captivating experiences, such as participating in the social & vibrant lifestyle, engaging in conversations with locals, and savoring the flavors of authentic Spanish cuisine. Embark on an enriching journey alongside fellow travelers, forging lifelong friendships and creating memories as you visit iconic landmarks, and marvel at the awe-inspiring beauty of Spain.

ProjectsAbroad





Highlights

- Medical Shadowing Hours
- Medical Based Lectures/Workshops
- Community Service Hours
- Gain Medical Skills & Experience
- Immerse Yourself in Spanish Culture
- Explore Heritage Sites

Accommodation
Host family

Transport
Metro and by foot

Meals
All meals will be served at your host family. Depending the day and location of your placement, you will either go home for lunch or take a packed lunch with you.

Timings
This schedule is subject to change. However, you will be advised in advance should this happen.

Depending on the day, you will leave home before 9am and arrive back at around 6pm. However, this may differ from day to day depending on the placement schedule.

Responsible Travel
We offset 110% of carbon emissions associated with your programme, from in-destination transport to food & accommodation We are partnered with Ecologi to offset the carbon footprint.

Day 1	Sunday
All Day	09:00 – 12:00: Arrival Arrive in the vibrant city of Valencia, where ancient ruins meet vibrant modern life. After passing through customs and collecting your baggage, a staff member will welcome you with a sign displaying the the Projects Abroad logo. You'll then be transferred to your host family, where you can settle in, contact your family, and relax before your first full day in the city. Our staff will be available to assist you as needed. 14:00 – 17:00: Free Time Take some time to unwind and get to know your host family. 19:00 – 21:00: Dinner Enjoy a relaxing dinner before the adventures of the next day.



Day 2	Monday
Morning	08:00 – 09:00: Breakfast 09:00 – 11:00: Program Induction Attend a comprehensive induction session, covering the program's schedule, objectives and safety protocols. You'll also receive an introduction to Spanish culture, local customs and guidelines to ensure a fulfilling stay. 11:00 – 13:00: City Tour Explore the city to get familiar with the area and the local community.
Afternoon	13:00 – 14:00: Lunch 14:00 – 17:00: Clinic / Hospital Introduction Take your first trip to the clinic or hospital with the staff you will work alongside to for the next two weeks. Meet your placement supervisors and explore the medical facilities.
Evening	19:00 – 21:00: Dinner Enjoy a welcome dinner featuring traditional tapas and relax in the evening.
Day 3	Tuesday
Morning	08:00 – 08:30: Breakfast 09:00 – 12:00: Medical Shadowing Begin your shadowing experience at a the local clinic, observing medical professionals in action and gaining invaluable insights into the Spanish healthcare system.
Afternoon	12:00 – 13:00: Lunch 13:00 – 15:00: Community Service Activities Engage in meaningful volunteer work by providing healthcare education across diverse community settings including local schools, elderly care facilities, and health-focused NGOs.
Evening	17:00 - 19:00: Spanish language class Brush up on your Spanish language skills by joining a group class at our partner language school. 19:00 – 21:00: Dinner Enjoy dinner and some free time to unwind.
Day 4	Wednesday
Morning	08:00 – 08:30: Breakfast. 09:00 – 12:00: Medical Shadowing Continue your medical shadowing experience, further deepening your understanding of clinical practices in a new and foreign environment.
Afternoon	12:00 – 13:00: Lunch 13:00 – 15:00: Community Service Activities Engage in meaningful volunteer work by providing healthcare education across diverse community settings including local schools, elderly care facilities, and health-focused NGOs.
Evening	18:00 – 20:30: Cooking Class Roll up your sleeves and step in the kitchen with a cooking class where you'll learn to prepare the famous traditional Spanish dish of paella, which was founded in the city of Valencia.



Day 5	Thursday
Morning	08:00 – 08:30: Breakfast 09:00 – 12:00: Internship at the clinic Continue your medical shadowing experience, further deepening your understanding of clinical practices in a new and foreign environment.
Afternoon	12:00 – 13:00: Lunch 13:00 – 15:00: Community Service Activities Engage in meaningful volunteer work by providing healthcare education across diverse community settings including local schools, elderly care facilities, and health-focused NGOs.
Evening	17:00 - 19:00: Spanish language class Continue to improve your Spanish language skills 19:00: Dinner, Rest & Relax
Day 6	Friday
Morning	08:00 - 08:30: Breakfast 09:00 – 12:00: Internship at the clinic Continue your immersive experience in the medical field, observing and learning from healthcare professionals in hospitals or medical centres.
Afternoon	12:00 – 13:00: Lunch 15:00 - 17:00: Participate in an interactive medical workshop, exploring essential health concepts led by a medical professional. Develop vital practical knowledge about medicine & healthcare in Spain.
Evening	19:00 – 21:00: Dinner End the day with a relaxing dinner.
Day 7	Saturday
Full Day	Take a break from your placement and Valencia itself as you head to the historic coastal town of Gandia. Explore the impressive Ducal Palace, wander through the charming old quarter, and sample delicious local paella by the Mediterranean shore.

Day 8	Sunday
All Day	Enjoy a perfectly balanced day in Valencia. Begin with a morning of guided souvenir shopping in the historic center, followed by a picnic and afternoon relaxing at the beautiful La Malvarrosa Beach with the rest of the group. In the evening, you will relax at home before another busy week ahead.
Day 9	Monday
Morning	08:00 – 08:30: Breakfast 09:00 – 12:00: Internship at the clinic Get back into your immersion in the medical field, learning from experienced professionals.
Afternoon	13:00 – 15:00: Community Service Activities Engage in meaningful volunteer work by providing healthcare education across diverse community settings including local schools, elderly care facilities, and health-focused NGOs.
Evening	20:00 – 21:00: Dinner Enjoy a delicious dinner and relaxing evening at home.
Day 10	Tuesday
Morning	08:00 – 08:30: Breakfast 09:00 – 12:00: Medical Shadowing Continue learning learning from experienced medical professionals by shadowing them at the clinic.
Afternoon	12:00 – 13:00: Lunch 13:00 – 15:00: Community Service Activities Engage in meaningful volunteer work by providing healthcare education across diverse community settings including local schools, elderly care facilities, and health-focused NGOs.
Evening	17:00 - 19:00: Spanish language class 19:00 – 21:00: Dinner Relax with dinner and some free time
Day 11	Wednesday
Morning	08:00 – 08:30: Breakfast 09:00 – 12:00: Medical Shadowing Continue to gain hands-on experience and insights during your medical shadowing.
Afternoon	12:00 – 13:00: Lunch 15:00 - 17:00: Participate in an interactive medical workshop, exploring essential health concepts led by a medical professional. Develop vital practical knowledge about medicine & healthcare in Spain.
Evening	19:00: Dinner, Rest & Relax

Day 12	Thursday
Morning	08:00 – 08:30: Breakfast 09:00 – 12:00: Internship at the clinic Spend time shadowing the clinic’s staff to further develop your medical knowledge.
Afternoon	12:00 – 13:00: Lunch 13:00 – 15:00: Community Service Activities Engage in meaningful volunteer work by providing healthcare education across diverse community settings including local schools, elderly care facilities, and health-focused NGOs.
Evening	17:00 - 19:00: Spanish language class 19:30 - 21:30: Flamenco Show Attend an authentic Flamenco show. Be mesmerised by this Spanish art form that combines song, dance and guitar music.
Day 13	Friday
Morning	08:00 – 08:30: Breakfast 09:00 – 14:00: Internship at the clinic Continue shadowing the clinic’s staff to learn more about medicine in a Spanish context.
Afternoon	12:00 – 13:00: Lunch 13:00 – 15:00: Community Service Activities Engage in meaningful volunteer work by providing healthcare education across diverse community settings including local schools, elderly care facilities, and health-focused NGOs. 15:30 - 19:00: Valencia beach Take an excursion to the beach to enjoy the sunshine and relax after a busy week.
Evening	19:00 – 21:30: Farewell dinner Enjoy your final dinner in Spain with your host family. Spend time packing your bags and getting ready for your departure.
Day 14	Saturday
Full Day	After an incredible two weeks, it’s time to head home. Pile your souvenirs into your backpack and get dropped off at the airport. Check in, drop off your bags and sit back. Take some time to let it all sink in. You’ve just had the trip of a lifetime! Leave with newfound confidence, a deeper sense of self and lifelong friends. The experiences and skills you’ve gained will help you throughout your future, no matter what path you take. We can’t wait to see you again soon!

Personal Achievements

- ▶ Completed a total of 40 physician shadowing hours
- ▶ Attended professional medical skills workshops
- ▶ Completed 10 community volunteer service hours, assisting medical professionals on community outreach for over 100 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.