

# UNDERGRAD - MEDICAL PROGRAMME

## SPAIN

### Programme Objectives

- ▶ **Physician Shadowing**  
Spend time shadowing local doctors and healthcare professionals in state-of-the-art hospitals and clinics. We work with private health centres as well as smaller and more specialist clinics. You will be exposed to a variety of different departments (surgery, clinics & diagnostics) during the programme.
- ▶ **Volunteer Community Service**  
Work with local NGO's 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. Learn about first aid, 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 Spanish culture through captivating experiences, such as participating in the social and vibrant lifestyle, engaging in conversations with locals, and savouring the flavors of authentic Spanish cuisine. Embark on an enriching journey alongside fellow travellers, forging lifelong friendships and creating memories as you visit iconic landmarks, and marvel at the awe-inspiring beauty of Spain.

ProjectsAbroad

Undergrad  
Medical







Highlights

- 40 Medical Shadowing Hours
- Medical Based Lectures/Workshops
- 10 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.

You will depart 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| All Day | <p><b>09:00 – 12:00:</b> Arrival<br/>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 hostel, 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.</p> <p><b>14:00 – 17:00:</b> Free Time<br/>Take some time to unwind or explore your surroundings at your own pace.</p> <p><b>19:00 – 21:00:</b> Dinner<br/>Enjoy a relaxing dinner and unwind before the adventures of the next day.</p> |



| Day 2     | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| Morning   | <p><b>08:00 – 09:00:</b> Breakfast</p> <p><b>09:00 – 11:00:</b> Programme Induction<br/>Attend a comprehensive induction session, covering your programme's schedule, objectives and safety protocols. You'll also receive an introduction to Spanish culture, local customs and guidelines to ensure a fulfilling stay.</p> <p><b>11:00 – 13:00:</b> City Tour of Valencia<br/>Explore the city to get familiar with the area and the local community.</p> |
| Afternoon | <p><b>13:00 – 14:00:</b> Lunch</p> <p><b>14:00 – 17:00:</b> Clinic / Hospital Introduction<br/>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.</p>                                                                                                                                                                     |
| Evening   | <p><b>19:00 – 21:00:</b> Dinner<br/>Enjoy a welcome dinner featuring traditional tapas and relax in the evening.</p>                                                                                                                                                                                                                                                                                                                                        |

| Day 3     | Tuesday                                                                                                                                                                                                                                                                                              |
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| Morning   | <p><b>08:00 – 08:30:</b> Breakfast</p> <p><b>09:00 – 14:00:</b> Medical Shadowing <b>(5 hours)</b><br/>Begin your shadowing experience at a the local clinic, observing medical professionals in action and gaining invaluable insights into the Spanish healthcare system.</p>                      |
| Afternoon | <p><b>14:00 – 15:00:</b> Lunch</p> <p><b>17:00 – 19:00:</b> Community Service Activities <b>(2 hours)</b><br/>Engage in meaningful volunteer work by providing healthcare education across diverse community settings including local schools, elderly care facilities, and health-focused NGOs.</p> |

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| Evening | <p><b>18:00 – 21:00:</b> Dinner<br/>Enjoy dinner and some free time to unwind.</p> |
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| Day 4   | Wednesday                                                                                                                                                                                                                                            |
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| Morning | <p><b>08:00 – 08:30:</b> Breakfast.</p> <p><b>09:00 – 14:00:</b> Medical Shadowing <b>(5 hours)</b><br/>Continue your medical shadowing experience, further deepening your understanding of clinical practices in a new and foreign environment.</p> |

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| Afternoon | <p><b>14:00 – 15:00:</b> Lunch</p> <p><b>17:00 – 19:00:</b> Community Service Activities <b>(2 hours)</b><br/>Engage in meaningful volunteer work by providing healthcare education across diverse community settings including local schools, elderly care facilities, and health-focused NGOs.</p> |
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| Evening | <p><b>19:00 – 21:00:</b> Dinner<br/>Wind down with a relaxing dinner with fellow interns.</p> |
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| Day 5     | Thursday                                                                                                                                                                                                                                                        |
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| Morning   | <b>08:00 – 08:30:</b> Breakfast<br><br><b>09:00 – 14:00:</b> Internship at the clinic <b>(5 hours)</b><br>Continue your medical shadowing experience, further deepening your understanding of clinical practices in a new environment.                          |
| Afternoon | <b>15:00 – 18:00:</b> Community Service Activities <b>(2 hours)</b><br>Engage in meaningful volunteer work by providing healthcare education across diverse community settings including local schools, elderly care facilities, and health-focused NGOs.       |
| Evening   | <b>19:00:</b> Dinner, Rest & Relax                                                                                                                                                                                                                              |
| Day 6     | Friday                                                                                                                                                                                                                                                          |
| Morning   | <b>08:00 - 08:30:</b> Breakfast<br><br><b>09:00 – 14:00:</b> Internship at the clinic <b>(5 hours)</b><br>Continue your immersive experience in the medical field, observing and learning from healthcare professionals in hospitals or medical centres.        |
| Afternoon | <b>14:00 – 15:00:</b> Lunch<br><br><b>16:00 - 17:00:</b> Medical Workshop: Introduction to Anatomy<br>Dive into the fundamentals of human anatomy, focussing on major organ systems and their functions through guided activities and models.                   |
| Evening   | <b>19:00 – 21:00:</b> Dinner<br>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 local historic town of Xàtiva. Visit the Xàtiva Castle, explore the old town and taste some delicious tapas, admire the royal hospital, a jewel of 16th century Valencian architecture. |

| Day 8     | Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| All Day   | Explore Valencia by yourself or with your fellow interns. You can follow the activities and suggestions provided by our local team or make your own schedule. There will be optional self-guided tours for those who want some directions, as well as relaxation activities.<br><br>This is your opportunity to delve more into the city's history and culture and tick items off of your bucket list. The most popular option is usually to spend the day at the famous La Malvarrosa Beach |
| Day 9     | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Morning   | <b>08:00 – 08:30:</b> Breakfast<br><br><b>09:00 – 14:00:</b> Internship at the clinic <b>(5 hours)</b><br>Get back into your immersion in the medical field, learning from experienced professionals.                                                                                                                                                                                                                                                                                        |
| Afternoon | <b>17:00 – 19:00:</b> Community Service Activities <b>(2 hours)</b><br>Engage in meaningful volunteer work by providing healthcare education across diverse community settings including local schools, elderly care facilities, and health-focused NGOs.                                                                                                                                                                                                                                    |
| Evening   | <b>20:00 – 21:00:</b> Dinner<br>Enjoy a delicious dinner and relaxing evening.                                                                                                                                                                                                                                                                                                                                                                                                               |
| Day 10    | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Morning   | <b>08:00 – 08:30:</b> Breakfast<br><br><b>09:00 – 14:00:</b> Medical Shadowing <b>(5 hours)</b><br>Continue learning learning from experienced medical professionals by shadowing them at the clinic.                                                                                                                                                                                                                                                                                        |
| Afternoon | <b>14:00 – 15:00:</b> Lunch<br><br><b>17:00 – 19:00:</b> Community Service Activities <b>(2 hours)</b><br>Engage in meaningful volunteer work by providing healthcare education across diverse community settings including local schools, elderly care facilities, and health-focused NGOs.                                                                                                                                                                                                 |
| Evening   | <b>19:00 – 21:00:</b> Dinner<br>Relax with dinner and some free time                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Day 11    | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Morning   | <b>08:00 – 08:30:</b> Breakfast<br><br><b>09:00 – 14:00:</b> Medical Shadowing <b>(5 hours)</b><br>Continue to gain firsthand experience and insights during your medical shadowing.                                                                                                                                                                                                                                                                                                         |
| Afternoon | <b>14:00 – 15:00:</b> Lunch<br><br><b>17:00 – 19:00:</b> Community Service Activities <b>(2 hours)</b><br>Engage in meaningful volunteer work by providing healthcare education across diverse community settings including local schools, elderly care facilities, and health-focused NGOs.                                                                                                                                                                                                 |
| Evening   | <b>19:00:</b> Dinner, Rest & Relax                                                                                                                                                                                                                                                                                                                                                                                                                                                           |



| Day 12    | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| Morning   | <b>08:00 – 08:30:</b> Breakfast<br><br><b>09:00 – 14:00:</b> Internship at the clinic <b>(5 hours)</b><br>Keep shadowing the clinic’s staff to develop your medical knowledge.                                                                                                                                                                                                                                                                                                                                                      |
| Afternoon | <b>14:00 – 15:00:</b> Lunch<br><br><b>17:00 – 19:00:</b> Community Service Activities <b>(2 hours)</b><br>Engage in meaningful volunteer work by providing healthcare education across diverse community settings including local schools, elderly care facilities, and health-focused NGOs.                                                                                                                                                                                                                                        |
| Evening   | <b>19:30 - 21:30:</b> Flamenco Show<br>Attend an authentic Flamenco show. Be mesmerised by this Spanish art form that combines song, dance and guitar music.                                                                                                                                                                                                                                                                                                                                                                        |
| Day 13    | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Morning   | <b>08:00 – 08:30:</b> Breakfast<br><br><b>10:00 – 13:00:</b> Community Service Activities <b>(3 hours)</b><br>Engage in meaningful volunteer work by providing healthcare education across diverse community settings including local schools, elderly care facilities, and health-focused NGOs.                                                                                                                                                                                                                                    |
| Afternoon | <b>13:00 – 14:00:</b> Lunch<br><br><b>14:00 – 16:00:</b> Workshop on Patient Interaction Skills<br>Practice effective communication technique with a medical professionals, including taking medical histories and providing comfort to patients.                                                                                                                                                                                                                                                                                   |
| Evening   | <b>18:00 – 21:30:</b> Cooking Class and Farewell dinner<br>Roll up your sleeves and step in the kitchen with a cooking course where you’ll learn to prepare the famous traditional Spanish dish known as Paella.<br><br>Enjoy your last dinner in Spain with your fellow interns and your final “All About Spanish” session. This is the perfect occasion to reflect on your experience, share stories, exchange contact information, and bid farewell to the local staff and community members who supported you during your stay. |
| Day 14    | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Full Day  | Enjoy your last day in Spain with activities of your choice.<br><br>You are free to explore the city and its surroundings, go shopping to find some last minute souvenirs,                                                                                                                                                                                                                                                                                                                                                          |

## Personal Achievements

- ▶ Completed a total of 40 physician shadowing hours
- ▶ Attended professional medical skills workshops
- ▶ Complete 15 community volunteer service hours



### 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 volunteering 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 wellbeing through volunteer service.