

# Nepal Children's Hospital Medical Project

*Work at a health centre that offers a complete medical and healthcare service to a local community who would ordinarily find access to healthcare services both challenging and expensive.*

The landscape of Nepal is the most spectacular in the world. The world's highest mountain ranges plunge into lush valleys teeming with exotic wildlife and throughout, remote monasteries and villages adorn the landscape. Here, you'll find over 800 species of birds, bears, monkeys, and even royal Bengal tigers. The human population is no less engaging and comprises a mix of Hindu and Buddhist cultures, where ancient traditions and nomadic lifestyles bring colour to modern life.

Your internship offers a period of apprenticeship where you can work off-campus to gain valuable experience in a specific career field that combines learning with frontline observations in working health clinics. This practical learning experience within the workplace provides an invaluable addition to classroom learning and an ideal opportunity to develop your future career.

## PROJECT HIGHLIGHTS

- Visit one of the most intriguing destinations in the world
- Observe medical practices first hand!
- Gain lifelong friends

## PROJECT REQUIREMENTS

- Minimum age of 17 years
- Intermediate level of English
- Up to date CV

## FAST FACTS

|                      |   |
|----------------------|---|
| <b>Location</b>      | Kathmandu, Nepal  |
| <b>Activities</b>    | Examining patients<br>Checking blood pressure<br>Observing and shadowing medical staff<br>Helping out with administration<br>Cleaning wounds<br>Keeping records |
| <b>Transport</b>     | Airport pick-up   |
| <b>Accommodation</b> | Volunteer House   |

## **WHAT DOES THE PROJECT DO?**

This is an ongoing programme with the guiding principle that health is not just an issue for doctors, social services and hospitals – it is a matter of social justice. The project aims to provide a universally accessible primary healthcare service to all people, regardless of their ability to pay. Its goal is to be an internationally recognised model of self-reliant, comprehensive healthcare and resource centre with the full participation of the community. Your working day may typically be from 8:30am until 3pm, although work programmes are flexible and your detailed project schedule will be agreed with your project coordinator on arrival.

## **WHAT WILL I BE DOING?**

Depending on your level of skills and experience, you will either be placed in a local childrens hospital or orphanage. We work with the largest childrens hospital in Kathmandu, that is happy to facilitate placements for medical interns with a range of experience. Whichever health centre you will be based at, you will gain an incredible insight into the medical and healthcare service so your days will be varied and full of interest. The centres that we work with are typically staffed by a team of doctors and nurses working to provide a general healthcare service to local families.

This project is best suited to medical students and medical practitioners. Your internship will give you invaluable preparation for a career in medicine. The placement will allow you to observe medical practices and give you the opportunity to experience the day-to-day running of a hospital or clinic. Those with determination, enthusiasm, aptitude and the right inclination may be able to assist the doctors and nurses in their duties of administering healthcare to the Nepali people. Doctors in Nepal typically visit a number of different health centres each day, spending two hours attending to patients before moving on to the next hospital or clinic. During this time you will be permitted to observe procedures, depending upon what cases have been received.

Your work may consist of basic healthcare activities such as making beds, observing procedures, shadowing medical staff, taking histories, administering prescriptions and diagnosis of ailments and giving assistance to the existing medical staff. However, please note that your level of involvement will depend completely upon your own previous experience, skills and qualifications as well as the needs of the hospital/clinic at the time of your visit. It is therefore important to remain flexible. Those volunteers with little experience could be given the opportunity to get involved with various community outreach programmes such as medical camps, health education, community visits and other relevant activities, or shadowing the in-house nurse at a local orphanage. The most successful volunteers will be flexible and will approach the placement with an open mind and the commitment to help in any way that they can.

## **WHAT HAPPENS WHEN I ARRIVE?**

You'll be met upon your arrival at Kathmandu airport on the Sunday by a friendly Frontier representative and transported to your accommodation for your introduction week in Kathmandu. Please arrive on the Sunday.

## **WHERE WILL I BE STAYING?**

During this project you will be staying in shared accommodation at our volunteer guesthouse. All bedrooms are basic but clean and

comfortable and have locks on the doors; lockers are also available upon request. At the volunteer house there is free wifi available, hot and cold showers, common room with TV and DVD's, roof top terrace and an open kitchen as well as communal books and bicycle.

## WHAT WILL I BE EATING?

You will be provided with 2 meals a day whilst staying at the Volunteer house in Kathmandu. For lunch volunteers usually eat out, with colleagues or at the projects themselves as they are away from the volunteer house. There are a wide variety of cuisines available in Kathmandu, both Western and Nepalese. The most prevalent Nepali dish is daal, bhaat and tarkaari (lentils, rice and vegetable curry). This is the main course served in most Nepalese houses for both lunch and dinner. Nepali food is much less spicy than Indian food, and many dishes are Tibetan in origin. It seems that Indian influence is only confined to south-western part of Nepal. The rest of Nepal has more of Tibetan and Chinese influence in their cuisines.

Two of the most exclusive and authentic Nepalese delicacies include momos, a meat or vegetable filled dumpling and Tibetan bread and honey – a puffy fried bread with heavy raw honey. Both of these items are good for a light breakfast but are insufficient for a full meal. The Newars of Nepal are considered to be great connoisseurs, so watch out for Newari restaurants for a special Nepalese gastronomic experience!

## COSTS

|            |            |
|------------|------------|
| 2 weeks    | US\$ 1,145 |
| Extra week | US\$ 345   |

## DEPARTURE DATES

Weekly, please arrive on the Sunday.

## DURATION

2 weeks +

This project is available throughout the Christmas period

## WHAT'S INCLUDED

### Before you go

- Pre-departure support
- Travel & medical advice & documentation
- Equipment advice
- Discounted medical kit
- Free Frontier t-shirt

### In-country

- Food
- Accommodation
- Airport pick-up

- Ground transfers
- Local orientation
- Project training
- In-country emergency support
- 24-hour international HQ back-up

## **AIRPORT INFORMATION**

Nearest airport(s): Kathmandu (KTM)

## **CONTACT INFORMATION**

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on [info@frontier.ac.uk](mailto:info@frontier.ac.uk)

Check out our social media here:

*Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.*