



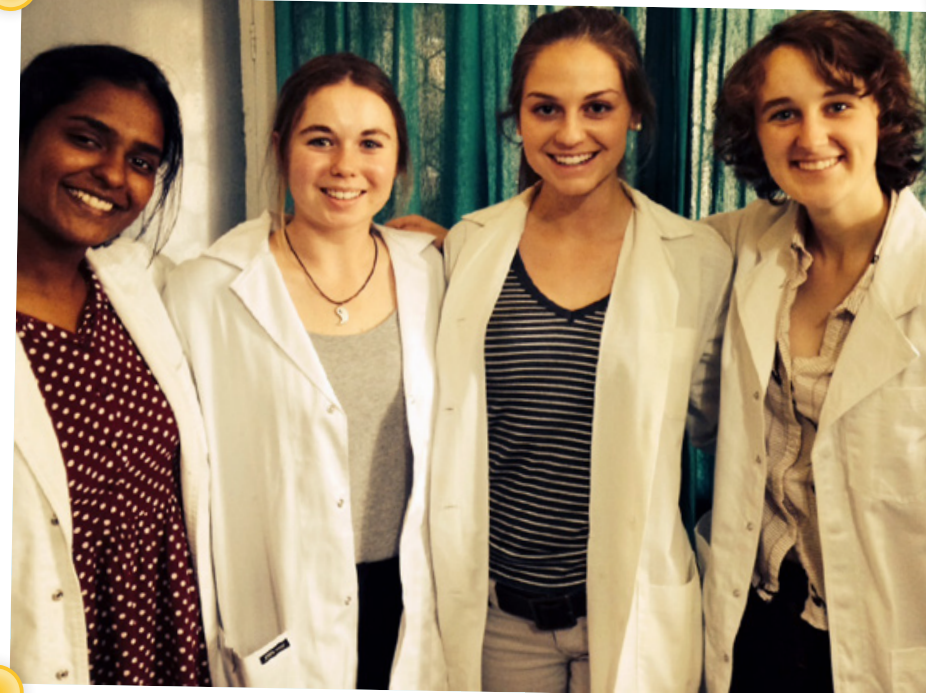
Nepal

Medicine High School Project - December 2013

What are High School Projects?



Each year Projects Abroad runs two-week programmes specifically designed for high school students. The projects combine volunteer work with cultural immersion and are fully supervised by fulltime Projects Abroad staff. Together, the group shares a journey of personal development, leadership, and understanding – giving students a first-hand perspective of life in a developing country. The projects are a fantastic introduction to volunteering abroad, allowing students to develop a greater understanding of the world around them, as they learn more about their own strengths and abilities.



Medicine Project in Nepal

The medical High School Project is perfect for students hoping to pursue a career in healthcare. The 2-week programme gives them an invaluable first insight into developing world medicine, techniques and resources. The itinerary is structured to give students the opportunity to learn, observe and gain a greater insight and understanding of healthcare practices in Nepal. Based in a number of specialty hospitals, students observe health professionals in a range of departments and settings. They also take part in educational lectures, making it a well-rounded learning and cultural experience for all.

Top Nepali Phrases for Hospital Placements

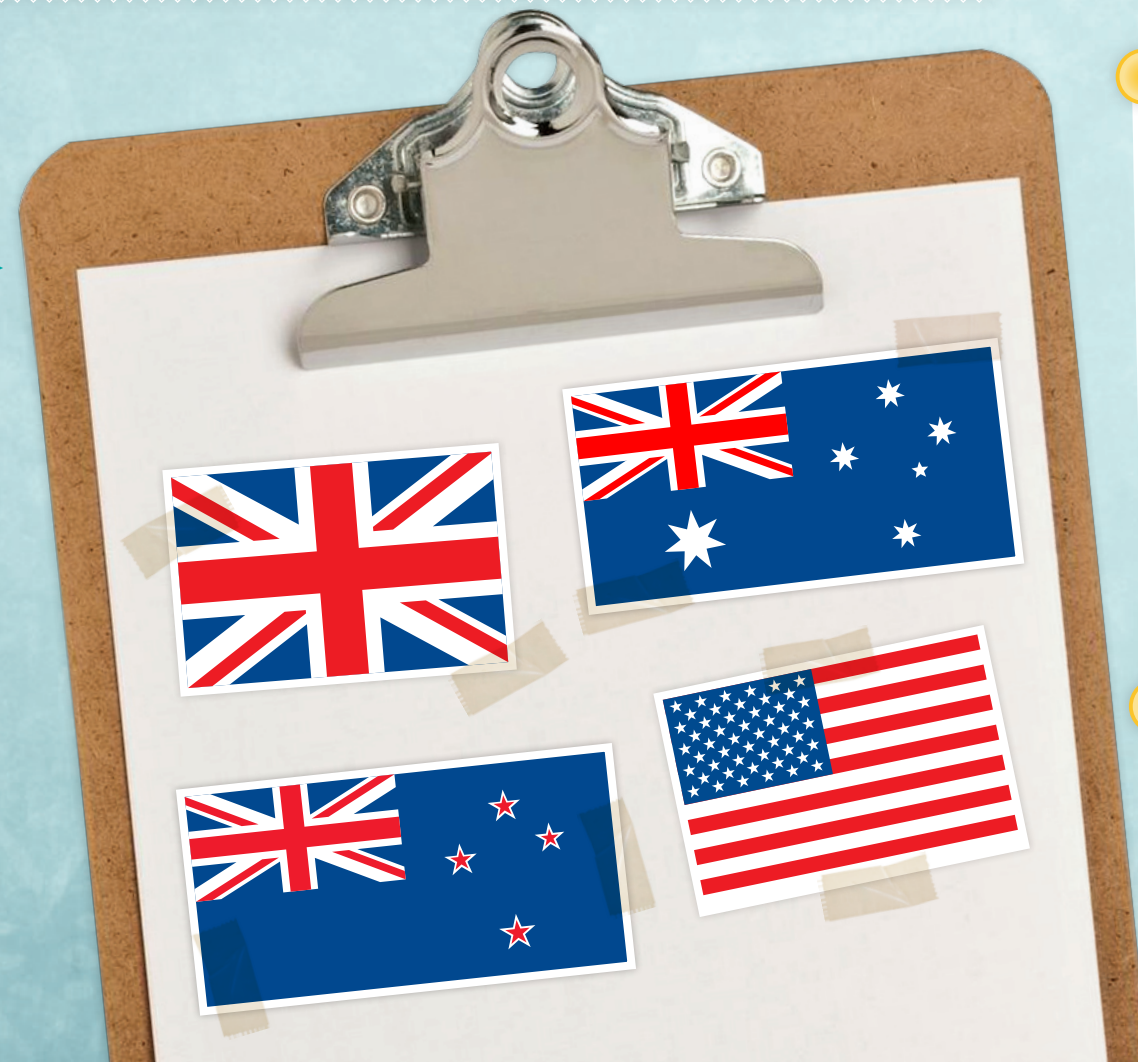
<i>Namaste</i>	— Hello
<i>Suba Bihani</i>	— Good morning
<i>Tapailai Kasto Chha?</i>	— How are you?
<i>Mero ghar Australia ho</i>	— I am from Australia
<i>Mero naam ho</i>	— My name is....
<i>Dhanyabad</i>	— Thank you
<i>Tauko</i>	— Head
<i>Pani</i>	— Water
<i>Chia</i>	— Tea



The Group

Part of the fun of participating in a project is making friends with likeminded students from all over. This year we had an international bunch! Volunteers came from:

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The best part of this trip was the volunteers. Everybody was interested in health or science, whether it was medicine, physiotherapy, paramedic, research or psychology. You were surrounded by students your own age who shared similar mindsets, goals, aspirations and motivation as you.

Dinasha, QLD



I learnt so many things about hygiene and healthcare in developing world countries. The best thing was the people and the fact I could learn all these things with them

Jeanti P, NSW

In December 2013, a group of 19 high school students from all over Australia, NZ, USA and the UK came together to participate in a medical project in Chitwan, Nepal. Only a few knew each other before arriving, with most of the group meeting either at the airport, during a stop-over or on-arrival at the hotel! It didn't take long for the group to realize though that it didn't matter what country you were from or what school you went to – everyone was likeminded and had joined the project for the same reason – to gain insight into developing world medicine, to experience a new and exciting culture, and to discover the local way of life in Nepal. It certainly didn't take long for the laughs, jokes and smiles to begin!



There were 4 supervisors for the trip; they picked the students up from the airport and spent 2-weeks looking after them - from arranging placements to organizing nightly social events. They were Jemma from Australia, Julia from New Zealand and Binod and Amit, who are part of the local Nepal team. Jemma and Julia lived at the hotel with the students and there was always someone around if anyone needed help, weren't feeling well or were after some advice!

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Namaste!

Pre-departure, preparation & arrival

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Getting ready to go away on a trip like this can be daunting – especially for first-time travellers, but it's exciting too! Along the way our team helped students get ready, with packing lists, visa instructions, emails and phone calls to make things easier.

When it was finally time for the adventure to start, volunteers were met at the airport by one of our friendly, smiley staff! They were then taken to a hotel in Kathmandu (the capital city) to rest for a day or two before travelling by bus to Chitwan, excited to begin the adventure!

Once they arrived the students had an orientation session and workshop and met the rest of their supervising team. This included information about the different placements and schedules, getting to know you games, and learning about Nepali culture and what to expect in the hospitals.

NEPAL

Bring a
spare towel

Eliza J, WA

Torch – very handy
when the power
goes off

Emily S, QLD

Top packing tips
from volunteers

An open mind
and enthusiasm.

Jemma P, Supervisor

Hand sanitizer,
definitely hand
sanitizer

Steven W, SA



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Our Home

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All the volunteers stayed together at a friendly hotel in Bharatpur. The hotel has a beautiful garden, spacious rooms, and is a great place to relax after a long day.

The staff at the hotel are lovely, smiley and always helpful. The chefs cook delicious banquets for breakfast and dinners, with the local staple Dal Bhat a regular feature – some volunteers doing as the locals do, and eating with their hands!

I love the cooking and the food. The staff are so friendly at the hotel. It feels like a family.

Shivani R, US

Emily S, OLD

I have fallen in love with the chilli yet Mito-cha dishes and friendliness and hospitality of the people

The accommodation is great. Better than expected! I have everything I need

Steven w, SA

Kathmandu

Chitwan

The food is AMAZING I just couldn't stop eating it

Eliza J, WA

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What we did

Our Placement

With 6 different placement rotations, the team was split into groups of 3 to 4 and would spend one day observing and learning in each diverse setting. The placements included speciality clinics, teaching hospitals and a care centre for children with disabilities. Binod and Amit would show volunteers to their placement each morning, and introduced them to their supervisor. This is where the learning happened!

Students were encouraged from the outset to be inquisitive and to ask lots of questions to make the most of the experience. Each day, students would return to the accommodation beaming with enthusiastic and passionate stories about what they'd learnt, observed, and discovered at the placement – all of them happily passing on tips to volunteers joining the placement the following day.

The students also got involved in educational lectures on topics like pathology and anatomy, providing them with greater understanding and knowledge about the world of medicine and healthcare.



The experience of placements in Nepal proved to be beyond our expectations. I was among the 20 fabulous students on this trip who were given the rare opportunity to see miracles in medicine. C-sections, natural births, a neuro surgery, abortions, doctor patient consultations, and cataract operations were some of the highlights.

Dinasha, OLD



While conversations mainly occurred in Nepalese, the doctor would take his time to explain the patients' cases after each check-up. We also visited patients' wards and talked to the nurses about their experiences in the medical field.

Chelsea H, OLD



I learnt how to be an excellent learner at my placements. Being proactive, learning to adapt to new circumstances and working with others despite some communication barriers, were just a few of the invaluable lessons I gained from my placement

Shivani R, US

What we did

Outreach activities

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But it wasn't all hospitals and white lab coats, with the group also working together at community outreaches. One day (after nights of preparation!) the students ran a dental workshop at a local community school, teaching children how to brush their teeth and providing them with the tools and knowledge to do so effectively! The students introduced songs, games and activities to make the outreach day enjoyable for both the kids and the volunteers and there were certainly smiles everywhere!



I really enjoyed the dental outreach. Teaching grade ones was challenging but they were able to understand especially with the help of pictures and exaggerated actions we'd prepared.

Georgea F, VIC

I found the dental outreach a great experience. The children were very eager and excited to see us. It was a great and rewarding experience for both us and the children.

Chloe W, WA



I was totally amazed at how excited (and loud!) the children were. It was such a laugh, everyone was having fun. A totally great experience'

Jack T, UK

It was great to talk to the people at the oldage home. It was a very rewarding experience, and although the language barrier was an issue we overcame this by speaking the Nepali phrases we knew, and learning more from them as well

Emily S, QLD

The group also spent an afternoon at Devghat Oldage Home, practicing their Nepali (Namaste!!) with the home's residents and performing some short skits they'd prepared the night before! The experience was an incredible way for the students to interact with Nepali people and their culture, and was a wonderful part of the overall journey!



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What we did

Cultural activities

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For the weekend trip, the group went to Chitwan National Park and had a chance to relax after their hard working week. They were able to bathe with elephants, watch (and for some learn!) a local cultural dance, and trek through the jungle.

Elephant riding and bathing was a surreal experience!

Georgie F, VIC



I feel like I have learnt so many cultural things from all aspects of Nepali life and felt so completely submersed in the culture

Jeanti P, NSW



Volunteers also participated in a number of cultural activities throughout their project, including language lessons, yoga, momo making (mito-cha!) and sightseeing at local temples and markets.



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Home again

Time always flies when you're working hard and having fun! There were lots of hugs and tears at the airport as everyone said goodbye to the fantastic friends they'd made on their project.

While everyone was excited to get home, see their families, take a real (hot!) shower, and eat mum's home cooked food, it was experience to always remember! They've shared some wise words with us about what to expect and what you can gain from the volunteer experience...

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I'll never ever forget those two weeks not just because the amazing people in my group made it worthwhile but because it solidified my ambition to study medicine

Dinasha, QLD

My overall experience was so great. It was amazing to see doctors and nurses in action at the placements

Steven W, SA

There were so many memories of this great trip that if I wrote all of them here, I might as well just write a novel. On day one, I came with no concepts on what I was getting myself into, but by the time I said my final goodbyes, it was as if this trip has changed my views and perceptions to the world.

Odylia K, VIC

I loved this trip. Everything about it was exciting and amazing

Taylor W, US

What was the best moment?

There's not a specific moment, but rather the whole experience of Nepal

Callum E, NSW

What have you learned from the experience?

Everything! I can honestly not narrow it down. These two weeks have been the best two weeks of my life

Edith G, SA

I have a new appreciation for everything I have at home. Seeing people in Nepal live so humbly and happily

Nina W, NZ

I realised how grateful I should be of the environment I live in

Clement H, QLD

Make the most of every opportunity and don't be afraid to try new things. Embrace every moment.

Adele L, NZ

Don't be afraid to ask questions. The staff have so much information they are willing to share

Manuel G, US

What advice would you give to others?



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Dhanyabad

Thanks for reading!

