

The University of Sydney  
**FHS Abroad**  
2016/17

ProjectsAbroad



> [www.projects-abroad.com.au](http://www.projects-abroad.com.au)

1300 132 831

[info@projects-abroad.com.au](mailto:info@projects-abroad.com.au)



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# FHS Abroad

FHS Abroad allows you to participate in a practical and educational placement unlike any in Australia. It is a unique way to connect with the world and with your studies. You travel with a purpose, find a role and learn to live in a culture vastly different from your own. You will learn about yourself, broaden your horizons and, with the right approach, be a useful and positive part of a developing community.

Projects Abroad arranges placements in Cambodia, Nepal, Philippines and Vietnam; FHS students work in hospitals, clinics, care centres, schools and community health programmes. Over the years since FHS Abroad was established, their hard work, initiative, enthusiasm and drive have resulted in a travel experience with amazing rewards in addition to course credit.

Taking part in either a volunteer or internship placement you will gain great cultural insight and enhance your understanding of the world around you. You will learn to communicate with people from very different backgrounds and cultures, solve problems and add a new dimension to your studies. You will find throughout your placement that your contribution to sustainable and positive change will be both a challenging and rewarding experience.

Proactive students who engage openly with their surroundings will notice their horizons broadening and their perception of the world shifting - something that cannot be bought, taught or overestimated.

FHS Abroad opens many doors for students, it is an opportunity few universities offer and a chance to gain a new perspective, please contact Projects Abroad to discuss the options open to you.

# Projects Abroad

We were established in 1992 and arrange safe, sustainable and worthwhile placements in 27 emerging and developing countries. We are very proud of the way we work in these countries and the achievements of the students who undertake the placements. The points below summarise what we try to provide and the way we do it.

## Flexibility

Our projects are completely flexible and have no set start or end dates – you choose when suits you to volunteer!

## Unrivalled in-country support

We employ full time Projects Abroad staff in every destination country; they are there for your welfare and support and are on call 24/7.

## Experience

Over 22 years of experience in safe and constructive overseas placements with all staff in the Australian office having experience of volunteering and working at the placements.

## Pre-departure support

From knowledgeable and experienced staff as well as your own personalised webpage.

## International Volunteer community

Whether travelling alone or with friends, meet likeminded volunteers from all over the world.

## 'Worthwhileness'

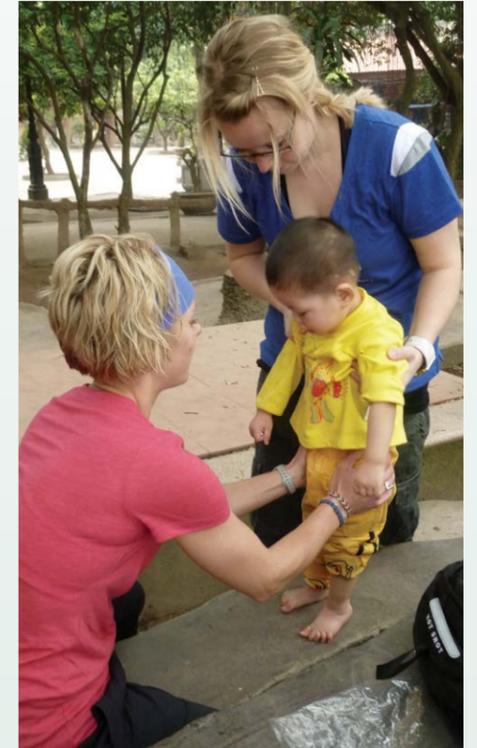
As our placements are supported every-day of the year, this ensures they are sustainable and receive a constant stream of help. We encourage volunteers to think of themselves as one link in a big chain.

## Support and independence

Back up whenever you need it but the opportunity to use your initiative and make the time away your own – placements often improve when students challenge themselves.

## Safety and back-up

Employing 600 staff worldwide, most of whom are in the destination countries, we have dedicated local staff everywhere with local knowledge to support you in being safe and productive in the country you choose.



# Disciplines and Placements

Discipline	Cambodia	Nepal	Philippines	Vietnam
Health Sciences	✓	✓	✓	✓
Speech Pathology	✓			✓
Physiotherapy	✓	✓	✓	✓
Occupational Therapy	✓	✓	✓	✓
Diagnostic Radiography		✓		✓
Exercise and Sport Science			✓	✓
Exercise Physiology				✓
Nursing	✓	✓	✓	✓
Nutrition & Dietetics	✓	✓	✓	

This matrix indicates where placements are available directly related to the disciplines mentioned. Students are welcome to work on placements not directly related to their degree subject.

At some placements, OT for example, there are no qualified OTs present and students must be aware of their sphere of competence and be proactive in developing the role. Please contact us to talk over the nature of the role; we will be happy to put you in touch with students who have undertaken the placements in the past.



# Safety in Country

At Projects Abroad we try to create a welcoming and safe environment from day one; we want you to be able to focus on your placement and make the most of your time away. Within this environment your safety is taken care of by:

- full time local staff whose role is to ensure your welfare;
- host family – local knowledge is the best knowledge and they will be, if anything, a little over-protective
- student and volunteer community – whether you travel alone or with friends, you will be within a group of likeminded individuals from Australia and around the world

Some more details on our care for students before departure and when overseas that you might find useful include:

## Pre-Departure Advice:

Once you've been accepted on to our projects you'll be set up with a personalised website called MyProjectsAbroad which includes information about insurance, applying for a visa, packing lists, and cultural advice about the country you are visiting. You will be put in contact with the staff in your destination country along with staff in the Australian office who are always available to give advice and answer any question.

## Placement Details:

Before you go you will be allocated your placement details. These include addresses and phone numbers for your host family, and details regarding your placement and supervisor.

## Overseas Staff and Offices:

We believe our in-country support to be unparalleled. Every single one of the countries we work in has at least one Projects Abroad Office, and paid members of staff. They are trained to follow best practice procedures, including monitoring security, and emergency procedures. They are there to assist with any concerns, problems, advice, and general administration that may arise during your time away. They are available during the day at the office and directly contactable 24 hours a day by phone.

## Contact Between Staff and Volunteers:

Our overseas staff regularly visit host-families, volunteers, and placements to ensure everything is running smoothly. We maintain a cycle of monitoring all volunteer accommodation and placements. Staff are always available on the phone or by visiting the office.

## Supervisors:

Each volunteer, regardless of whether on a teaching, medical, conservation, or other placement is allocated a supervisor. The supervisor is not only responsible for enabling volunteers to carry out their work, but also for ensuring that they are happy and assisting with any problems or concerns.

## Meeting on arrival:

We will meet you at the airport (or local place of arrival) unless you request otherwise. You will be met by someone carrying a Projects Abroad sign, who will welcome you with your full name. They will carry some form of identification that you can validate. It is also our responsibility to help you get back to the normal international point of departure at the end of your placement, unless you are adding on extra independent travel time.

## Induction:

All volunteers have an induction to the country and area where they'll be living. This varies from country to country but generally includes:

- A Welcome Pack with details of the local office and other volunteers, maps, and other useful information (such as banks, doctors, and public transport);
- A tour of the area on local transport that you'll need to use regularly (such as tuk-tuks in Cambodia);
- We'll advise you on local customs and what to expect while you are away and help you feel confident in your new environment.

## Health and Insurance:

All of our volunteers are covered by our comprehensive medical and travel insurance. If a volunteer falls ill, our overseas staff we will be on hand to assist with hospital arrangements and insurance liaison, and will, of course, make sure that the patient is comfortable.

# Cambodia



**LOCATION:**  
Phnom Penh

**ACCOMMODATION:**  
Shared house (10-12 students in each house), some host families

**PLACEMENTS:**  
Disability care centres, clinics, hospitals, schools

**SUITABLE FOR:**  
Groups and individuals

**LANGUAGE REQUIREMENTS:**  
None, a little Khmer will make everyone smile though

**LOCAL GREETINGS:**  
Hello: Su-a s'die  
Thank you: Or kun

**COST (FOUR WEEKS):**  
From \$3230

## Arrangements

Students are met at the international airport in Phnom Penh and taken to their accommodation in the city.

Accommodation is in shared townhouses which are comfortable and central. Students stay in rooms with one or two volunteers, each townhouse has room for 10-12 people.

A housekeeper comes in to cook for the students, a mix of Khmer and western food, and there is a communal lounge area with a TV. Students enjoy the shared accommodation and the 'volunteer family'. Most of the apartments have a roof terrace which is a great place to relax after a day's work.

The working week is Monday – Friday with between five and eight hours work per day depending on the placement.

Students are free to explore the city in the evenings, there are plenty of restaurants and bars as well as markets and numerous museums. Phnom Penh is a charismatic and chaotic city with plenty to do even though just watching the world go by is just as fascinating.

At weekends students explore further afield, there are numerous places to visit including the beaches at Sihanoukville and the 'must see' Angkor Wat temple complex at Siem Reap.

## Placements

Projects Abroad works with around 10 settings in Cambodia which may be appropriate for FHS Abroad students. These are a selection of the most popular placements among past students, please do not hesitate to contact us to discuss other options.

### Khemara

Established in 1991, Khemara was the first local NGO in Cambodia which played a significant role in working for the advancement of women and children in Cambodia by working directly with communities.

There are twelve day care centres in Phnom Penh; each centre caters for 25 to 40 children who are aged from 3 to 6. They function as a day care centre providing basic Khmer and English language, nutritious meals and appropriate constructive and educational activities. The families of these children are working in factories for very low wages, without these centres the children would be left at home, sometimes alone, all day with little in the way of stimulation or development.

Projects Abroad has partnered with Khemara to open three further centres; there are five main goals that we expect to accomplish in a long term running at these centres:

- improve Khmer and English language for children and local teachers,
- accelerated Early Child development,
- improve hygiene levels,
- increase the level of stimulation of each child, and
- to improve quality of life for those living with children with disabilities.

**LOCATION:** Phnom Penh

**ROLE:** Caring for children, organising activities, assisting in motor skills development

**DISCIPLINES:** All. Students of any discipline would be welcome to assist in the roles described above

### Home of Hope

Home of Hope is a rehabilitation care home for boys and men with physical and intellectual disabilities, learning disorders and delayed development, as well as HIV. Most of the residents have either lost their families to the virus or have families who are unable to care for them. There are approximately 38 residents at present, 13 are younger boys who require almost full time care due to their disabilities.

Student volunteers will assist local staff with basic care activities with the children. The centre has only one permanent Cambodian physiotherapist and very low numbers of minimally trained local care staff on site, so any help that you can provide will be very welcome. Any hands-on clinical work depends on your level of study and competency. You will need to use your own judgement and initiative to develop treatment plans and provide basic therapy and stimulation techniques using limited resources.

### National Borei for Infants and Children (NBIC)

The NBIC is a state-funded centre for children, babies and young adults from across Cambodia. There are around 120 patients living at the centre. Two thirds have physical and/or mental disabilities, and some are HIV positive. There is a definite need for physiotherapy and OT support as well as work in general care. There are generally 2-3 physiotherapists working the centre with dedicated resources but this is not nearly enough considering the needs and care requirements of the children at centre.

This placement can be challenging, requiring you to adapt to local work practices and figure out how you can best help in supporting the children. It is important to have a positive attitude and a real willingness to help children with special needs: some are learning to walk, others have muscular problems, some do specific exercises and others need to have their joints massaged regularly. Depending on your subject, level of study, competency and experience, you may be given your own patients to work with to deliver basic treatment.

### Public and Community Health Programme

Established by Projects Abroad in May 2015, the Public Health project provides free healthcare and medical assistance and referrals to marginalized and vulnerable communities in Cambodia. The programme works closely with local NGOs, councils and authorities in and around Phnom Penh, with the goal of ensuring the program is providing direct and immediate assistance to those most in need.

FHS Abroad students would undertake home visits and community outreach initiatives with their project supervisor, and provide basic health checks to adults and children. Common conditions requiring further assistance include high blood pressure, lethargy, skin disorders (including leprosy), arthritis, pain management, typhoid, anemia, dehydration and cerebral palsy.

As part of the placement, student volunteers will spend time analyzing and reporting on field data, and basic care plans and evaluations are completed after each community visit. These are written in conjunction with medical management plans, all of which track and monitor longer-term outcomes of the project. Students will also research, prepare and present health awareness campaigns.

As a volunteer on this project there is a lot of scope to learn more about community health delivery, goals and outcomes; the Cambodian culture; and the limited resources available to work with.

“It has been such a rewarding experience and I am so grateful to have had this opportunity to be welcomed into the homes of Khmer people and to leave them seeing a big smile on their faces. We have also been able to provide continuity of care by outreaching to these impoverished communities and to successfully improve quality of life for so many.”

FHS Abroad student January 2016

**LOCATION:** Phnom Penh

**ROLE:** Physiotherapy and OT, caring for children with disabilities, assisting in capability development, general assistance

**DISCIPLINES:** All. Students of any discipline would be welcome to assist in the roles described above. Physiotherapy and proactive OT and speech pathology students may develop specific roles.

**LOCATION:** Phnom Penh

**ROLE:** Shadowing local professionals, assisting in basic treatments and wherever useful, possible casework and general caring and development activities with children

**DISCIPLINES:** Physiotherapy, OT, speech pathology, health sciences, nursing

**LOCATION:** Phnom Penh

**ROLE:** Community health assessments and tests, health education, basic treatments.

**DISCIPLINES:** All. Students of any discipline would be welcome to assist in the roles described above. Health sciences might be particularly suited but opportunities for allied health students also available.

# Nepal

## Placements in Nepal not available in June/July 2016'

### KATHMANDU

**LOCATION:**  
Kathmandu & Chitwan

**ACCOMMODATION:**  
Host families

**PLACEMENTS:**  
Hospitals, clinics, disability care, schools, specialist care NGOs

**SUITABLE FOR:**  
Groups and individuals

**LANGUAGE REQUIREMENTS:**  
None, try and learn a little Nepali though

**LOCAL GREETINGS:**  
Hello :Namaste  
Thankyou: Dhanyabaad

**COST (FOUR WEEKS):**  
\$2780

### Arrangements

After being picked up at the airport, students are taken to Thamel, the centre of Kathmandu to settle in and start their induction. Students working in Kathmandu will live with host families in the suburbs of Kathmandu but will always gravitate to Thamel where there are plenty of restaurants, ATMs and shopping.

All students will spend their first night in a hotel in Thamel. Students working in Chitwan will take the coach journey the next day, be met by our local Chitwan staff and taken to their host families.

Host families can accommodate between two and ten students, we make sure you always have a housemate. The working week is Monday – Friday with between five and eight hours work per day depending on the placement.

Students are free to explore the city in the evenings, this usually means a taxi ride to Thamel to enjoy dinner with other students or use internet cafes.

At weekends students explore further afield, there are numerous places to visit including the world famous Chitwan National Park, the foothills of the Himalayas and many temples. Many students arrange a longer trek at the end of their placement.

### Placements

Projects Abroad works with around 20 settings in Nepal which may be appropriate for FHS Abroad students. These are a selection of the most popular placements among past students, please do not hesitate to contact us to discuss other options.

#### Nutritional Rehabilitation Home

Poor nutrition is a leading cause of illness and delayed development for young Nepalese children. Many of those who survive severe malnutrition suffer permanent physical disabilities and delayed mental development. In response to this issue, the Nepal Youth Foundation has established a network of Nutritional Rehabilitation Homes to support severely malnourished children and their carers, most often their mothers.

The homes offer 24 hour nursing care and the services of dieticians and paediatricians who clinically restore the health of the children and, at the same time, educate their mothers about nutrition and child care, thus helping ensure that the children stay healthy.

This placement offers first-hand exposure to the effects of malnutrition and a practical opportunity to assist in the recovery of the children. Students can attend periodic outreach campaigns which educate communities about malnutrition, monitor discharged children and look for early signs of malnutrition among the population.

**LOCATION:** Kathmandu

**ROLE:** Caring for children, organising activities, assisting in motor skills development

**DISCIPLINES:** All. Students of any discipline would be welcome to assist in the roles described above

#### Sahara Physiotherapy Rehabilitation Hospital

Sahara Hospital is a private physiotherapy and rehabilitation hospital in Kathmandu. It provides physiotherapy and rehabilitation services to people with a wide range of physical and mental disabilities. The hospital provides a wide and growing range of services to its patients which include the services of consultants in cardiology, paediatrics and psychiatry as well as an acupuncturists. The hospital employs full time physiotherapists and other rehabilitation staff.

Students will come into contact with patients presenting many conditions and spend time with the staff understanding the nature and causes of the conditions as well as the treatment plans. Displaying a proactive approach and developing good relationships with the supervisors may lead to practical involvement and a caseload for some students.

**LOCATION:** Kathmandu

**ROLE:** Shadowing local professionals, assisting in basic treatments and wherever useful, possible casework

**DISCIPLINES:** Physiotherapy, OT, speech pathology, health sciences, nursing

#### Chitwan Spinal Injury Centre

The Chitwan Spinal Injury Centre (CSIC) is located in the Chitwan Medical Teaching Hospital in the Chitwan Valley, around 6-hours bus ride from Kathmandu. The Centre opened in June 2012 and offers medical treatment, physiotherapy, and counselling for patients with spinal injuries. It employs six staff trained in the care of people with spinal injuries, as well as a counsellor and physiotherapist.

Doctors who consult at the centre volunteer their time. Many of the patients are inpatients at the hospital but there is also a six-day per week outpatient service for patients with other back conditions. Student volunteers will spend the majority of their time shadowing and assisting local healthcare professionals.

Displaying a proactive approach and developing good relationships with the supervisors may lead to practical involvement and a caseload for some students.

**LOCATION:** Bharatpur, Chitwan

**ROLE:** Shadowing local professionals, assisting in basic treatments and wherever useful, possible casework

**DISCIPLINES:** Physiotherapy

#### Patan Community Based Rehabilitation (Patan CBR)

Patan CBR is a residential and day care centre providing treatment and respite for children and their families coping with disabilities such as cerebral palsy. Patan CBR is one of a number of similar organisations which Projects Abroad supports. These centres are generally underfunded and understaffed hence any kind of constructive engagement with the children, respite for the parents, treatment or simply helping the centre to function at mealtimes is valuable help.

Student volunteers will assist local staff with basic care and skill based activities with the children. The centre only has occasional visits from qualified therapists so student volunteers rarely have any local supervisory support on site. Any hands-on clinical work thus depends on your level of study and competency. You will need to use your own judgment and initiative to develop treatment plans and provide basic therapy and stimulation techniques using limited resources.

Services the centre provides include day care respite for parents, physiotherapy clinic, educational and developmental activities, vocational skills development, counselling and disability awareness and prevention.

**LOCATION:** Kathmandu

**ROLE:** Physiotherapy and OT, caring for children with disabilities, assisting in capability development, general assistance

**DISCIPLINES:** All. Students of any discipline would be welcome to assist in the roles described above. Physiotherapy and proactive OT and speech pathology students may develop specific roles.



# Philippines



**BOGO CITY**

**LOCATION:**  
Bogo City, Cebu Island

**ACCOMMODATION:**  
Host families, between two and five students per family

**PLACEMENTS:**  
Community health, disability support, hospital, schools

**SUITABLE FOR:**  
Individuals or groups

**LANGUAGE REQUIREMENTS:**  
None, try a learn a little Filipino or Cebuano though

**LOCAL GREETINGS:**  
Hello: Kamusta  
Thank you: Salamat po

**COST (FOUR WEEKS):**  
From \$4180

## Arrangements

In the Philippines, Projects Abroad are based in Bogo City on Cebu Island, part of the beautiful Visayan Islands region and 9th largest island among the more than 7000 which make up the Philippines.

Students are collected from Cebu International Airport and are driven to their host family in Bogo City, around three hours away. The host families welcome students with open arms and will give you time to relax and settle in to your new home. After a good night's rest, our local staff will give you a tour of the area, discuss cultural and safety issues with you and make sure you know your way to and from work, the host family and the Projects Abroad office.

Host families can accommodate between two and five students. Of course if you are travelling with a friend then you will be living together. The working week is Monday – Friday with between five and eight hours work per day depending on the placement.

Students are free to explore the city after their day's work finishes and in the evenings, there are lots of shops and restaurants as well as markets to explore.

At weekends students can kick back on the Philippines' famous coastline. On Cebu Island the beaches in the north and southwest offer a spectacular combination of white sand and clear seas with good diving or snorkelling. Students can also explore more remote locations such as the islands of Bantayan and Malpasuca.

## Placements

Projects Abroad works with numerous settings in the Philippines which may be appropriate for FHS Abroad students. These are a selection of the most appropriate placements, please do not hesitate to contact us to discuss other options.



## Public Health

Established just over a year ago, the Public Health project in the Philippines assists marginalised communities overcome high rates of non-communicable diseases such as diabetes, heart disease, cancer and cardiovascular diseases.

The Healthy Lifestyle Programme works with communities in Bogo City and the Northern towns of Cebu. According to the Department of Health in the Philippines, 70 per cent of leading causes of death in the country are non-communicable diseases. FHS Abroad students assist a local supervisor in helping to educate communities on common and preventable risk factors such as high blood pressure, high cholesterol, tobacco, alcohol and drug use.

In the past students have undertaken work in village health screenings, family health empowerment programs, smoking and alcohol consumption surveys, and community public health campaigns.

The programme is very hands-on, and requires a proactive and enthusiastic attitude. Creating effective health empowerment plans is an integral part of this project, and volunteers will be able to implement public health workshops and strategies in community centres, schools, and with individual families. This project goes to the heart of the community, a fascinating insight into the day today lives of local people and a project which is often full of surprises.

## School Sports

Many schools in Bogo City do not employ a sports teacher and many of the children miss out on the opportunity to gain from the benefits of organised sport.

Students in Exercise and Sports Science can take responsibility for sports lessons at local secondary schools and have a lot of licence in the work they do. While the most popular sports are basketball and soccer, students can devise their own lessons which will help students improve their skills, fitness, teamwork and self-confidence as well as for the pure enjoyment of it.

Those working on this project are encouraged to participate in lessons in school as well, particularly English lessons where students can be very useful in helping the children develop their skills in a key subject for a country that is rapidly developing and which will increasingly value good English in the future.



## LOCATION: Bogo City

**ROLE:** Shadowing local professionals, supporting and devising programmes in health education, counselling, testing, gathering data and the day to day running of community medical outreach programme

**DISCIPLINES:** All. Students of any discipline would be welcome to assist in the roles described above. Health sciences might be particularly suited but opportunities for allied health students also available.

## LOCATION: Bogo City

**ROLE:** Leading sports/PE classes, devising lessons and activities, supporting teachers in the classrooms in other subjects

**DISCIPLINES:** ESS is a good fit, any other discipline where sports is a passion for the student



# Vietnam



**LOCATION:**  
Hanoi

**ACCOMMODATION:**  
Shared townhouse (10-12 students in each house)

**PLACEMENTS:**  
Disability care centres, clinics, hospitals, schools

**SUITABLE FOR:**  
Groups and individuals

**LANGUAGE REQUIREMENTS:**  
None although a little Vietnamese goes a long way

**LOCAL GREETINGS:**  
Hello: xin chao  
Thankyou: gahm uhn

**COST (FOUR WEEKS):**  
\$3905

## Arrangements

Students are collected at Noi Bai airport, around 45 minutes from Hanoi and taken to the city.

Accommodation is in shared townhouses which are comfortable and central. Students stay in rooms with one or two others, each townhouse has room for 10-12 people. A housekeeper comes in to cook for the students, a mix of Vietnamese and western food, and there is a communal lounge area with a TV.

The working week is Monday – Friday with between five and eight hours work per day depending on the placement. Students are free to explore the city in the evenings, there are plenty of restaurants and bars as well as shopping and numerous museums. Hanoi is very old and has rich layers of history from the ancient, through colonial times and to independence; it is a fantastic city to explore.

At weekends students explore further afield, there are numerous places to visit including the stunning Halong Bay or the mountain beauty of Sa Pa.

## Placements

Projects Abroad works with around 15 settings in Vietnam which may be appropriate for FHS Abroad students. These are a selection of the most popular placements among past students, please do not hesitate to contact us to discuss other options.

### National Hospital of Acupuncture (NHA)

The National Acupuncture Hospital is based in the Dong Da District of Hanoi. Established in 1982, the hospital offers alternatives to medicinal treatments such as acupuncture and acupressure. It is a very busy hospital and employs around 200 staff who treat a range of conditions including people with nerve injuries, stroke patients and children and adults with disabilities.

The hospital has many departments including paediatrics, outpatient, counselling, emergency and paediatric autism. FHS Abroad students will work in rehabilitation, predominantly with children with disabilities, although they can also work with stroke victims. In the past interns have successfully helped teach parents basic physiotherapy techniques to undertake at home – something that is a great help and incredibly important – as well as treatment plans for hospital visits. Therapy is done in combination with acupuncture treatment undertaken at the hospital.

Staff are always very keen to welcome volunteers to the hospital, and share knowledge with students on new methods, techniques and exercises. Any hands-on clinical work will depend on your level of study and competency. Student volunteers rarely have any local supervisory support on site, so you will need to be confident and use your own judgement and initiative to develop treatment. Displaying a proactive attitude and being culturally aware may lead to different opportunities and more complicated caseloads.

**LOCATION:** Hanoi

**ROLE:** Shadowing local professionals, learning about application of traditional medicine, work directly with patients for allied health students.

**DISCIPLINES:** Physiotherapy, occupational therapy, speech pathology, nursing, health sciences

### Saint Paul Hospital

Established by the French in 1911, Saint Paul hospital is located in the centre of Hanoi and has more than 600 beds, along with clinic departments for emergency services, regular consultations, surgery, paediatrics and rehabilitation clinics. On average more than 400,000 consultations and 7000 operations are undertaken at the hospital each year.

The hospital also has specialisations in medical training and education, scientific research which is done in collaboration with the Hanoi Department of Health, and international cooperation with partner hospitals abroad. It is a busy hospital, which has an excellent reputation for paediatrics and surgery. FHS Abroad students would have the opportunity to work in one, or a rotation of, departments suited to their interests.

In the past student volunteers have undertaken placements in radiography and ICU, it is possible that other disciplines can be accommodated. Due to the variety of departments, there is a lot of scope to learn about conditions which are not common in Australia, offering a fantastic educational environment. Proactive students will learn a lot, and those willing, enthusiastic and culturally aware, will see their responsibilities increase.

**LOCATION:** Hanoi

**ROLE:** Shadowing local professionals, assisting in operation of imaging equipment, basic treatments and wherever useful, possible casework.

**DISCIPLINES:** Radiography, health sciences, nursing, possible allied health roles.

### Thuy An Rehabilitation Centre

The centre was established in 1976 to support those with disabilities from around the north of Vietnam. Its roles include caring, nursing, orthopaedic surgery, education and vocational training for children and adults with disabilities, those in rehabilitation from a variety of conditions and people with conditions caused by Agent Orange dioxin which remains in the environment even many years after the end of the war in the 1970's.

The centre currently cares for around 200 children aged from 0-18 years old, conditions include cerebral palsy, delayed development and autism, victims of dioxin poisoning and hearing impairments. It is a busy and varied placement which provides a great service to those in need in north Vietnam.

Along with caring roles, students can get involved in physiotherapy, OT and speech therapy. The project is based around 60km from Hanoi and students live at the centre. There are many professionals working at the centre which make it a fantastic experience for learning about and contributing to the services of a busy multi-disciplinary centre.

Students would benefit from learning some basic Vietnamese although we will provide a translator for the early part of your placement. Taking a confident and proactive approach to their work at the centre, you will find yourselves welcomed and living a more authentic Vietnamese lifestyle. Students in groups would work very well at Thuy An, from the same or mixed study backgrounds.

**LOCATION:** Ba Vi, 60km from Hanoi

**ROLE:** Physiotherapy, SP and OT, caring for children with disabilities, teaching, assisting in capability development, general assistance

**DISCIPLINES:** All. As a placement offering varied services it will suits groups or individuals with nursing, health sciences, physiotherapy, OT or speech pathology backgrounds

### Hanoi Friendship Village

The Friendship Village is an international reconciliation project that cares for disabled children and adults, some of whom suffer from the legacy of the Vietnam war (Agent Orange poisoning for example) and those in the community with disabilities who need care and support. It was founded by a former US soldier in 1998 together with his former enemies and other veterans in the spirit of reconciliation.

The Village has ten family houses, a health centre, a school, professional educational classes, organic fruit and vegetable gardens, animals and fish ponds. It is around an hour from the centre of Hanoi.

The Village employs teachers and physiotherapists among its staff and this means students can take a varied role in the activities of the setting. Many of the classes will include children with hearing impairments and intellectual disabilities meaning individual care is very important. Proactive and open minded volunteers who try to learn a little Vietnamese will find themselves busy and welcomed by the staff, patients and children.

**LOCATION:** Hanoi

**ROLE:** Physiotherapy and OT, caring for children with disabilities, teaching, assisting in capability development, general assistance

**DISCIPLINES:** All. This placements suits groups of students from a similar or multi-disciplinary teams



## Placement Costs & Dates

Dates - All the placements are ongoing with no set start dates, you can choose the dates that suit you.

Destination	Cost (4 weeks)	Extra Week
Cambodia (from)	\$3230	\$295
Nepal (from)	\$2780	\$245
Philippines	\$4180	\$520
Vietnam	\$3905	\$345

### The price includes:

- Accommodation & meals
- Comprehensive medical and travel insurance
- Placement arrangements and support
- Transfers to and from the airport by a Projects Abroad staff member
- Full city, placement and accommodation orientation.
- 24 hour support from our Projects Abroad staff who will be with you in your host country.
- Cultural activities
- Personal webpage

### Not included in the price are:

- Airfares
- Vaccinations
- Visas
- Spending money
- National Police Check

## Travelling Alone or With Friends?

Projects Abroad works with numerous settings in the countries eligible for FHS Abroad students; these include schools, care centres, small NGOs and hospitals. We support these placements all year round and have a full time local staff. This means that students can start their projects on a date that suits them and that there will always be a group of volunteers there to share the experience with.

FHS Abroad students can travel alone knowing there will be other students there to meet from Australia and all round the world and we will put you in touch with each other before you arrive.

Groups of friends can also travel together and can live and work at the same places. Many of the settings would benefit from a group of students travelling together in the same or multi-disciplinary teams. Some examples include:

- Cambodia – Home of Hope
- Vietnam – Thuy An Rehabilitation Centre
- Nepal – Patan CBR
- Nepal – Sahara Rehabilitation Hospital
- Philippines – Public Health

When travelling with friends we can ensure you all stay at the same accommodation and work at the same setting. Having a group at one of the settings also allows us to include extra activities such as outreach days which require a focused group to work well.

Many other placements would also welcome a group of students, please contact us to discuss further.

## Steps to Booking Your FHS Abroad Placement

### TALK TO US

The first step in planning your time away is to talk to us, we are here to help you every step of the way! To start, have a look at our website and really get a feel for which placements or destinations appeal to you. We have stories from past volunteers, videos, blogs and newsletters to make sure you have all the information you need. All our team members have been volunteers in the past and understand how you're feeling and what information you're after. We also run regular open days, information evenings and webinars so make sure you check those dates out as well!

### TAKE THE PLUNGE – HOW TO APPLY!

Applying for one of our placements is easy. You can either complete the forms online or post them in to us. To start with, we require a \$495 deposit which will be deducted from the total programme fee. This shows your commitment to the project and allows us to start your preparations.

Once you've sent the form off it should take no longer than a few days for our in country staff to secure and confirm your placement.

### LET THE PREPARATIONS BEGIN

Preparing for a trip like this can be a little overwhelming and most people experience stress at some point (it's completely normal!).

Don't worry; we are always here to answer your questions! Once your place is confirmed you will need to start thinking about a few things, particularly booking your flights, arranging visas, police checks, and taking advice on any necessary vaccinations. You can either book flights yourself or our travel team can organise them for you. Whichever option you choose, our staff will be waiting at the airport when you arrive. Insurance is covered in the programme fee so that's one less thing to worry about!

For many countries you will need a visa; the cost and difficulty of getting these will vary.

We will give you all the information and paperwork you need on applying and when to do it.

### CONNECT WITH OTHERS

By joining the Projects Abroad Australia/New Zealand Facebook page you will also be opened up to a whole new forum of information. Each destination country also has its own page and it's a great way to connect with past, present and future volunteers. The sites are also a useful way to get some handy advice about things such as language, history, culture and customs!

### MYPROJECTSABROAD

This is a personalised website which will act as your central volunteer trip planner. You will have your own username and password and we will regularly post guides on culture, language, what to pack and your insurance information along with many other topics and tips! This is where you will also find a step-by-step guide on how to apply for your visa, local staff contacts and advice on making the most of your time away.

About a month before departure, your placement and living arrangements will also be posted here.

### TAKE-OFF

So you're organised. You've packed your bags, printed off useful phone numbers and documents and now it's time to say goodbye to your family and friends. Let the fun part begin! We will be in touch before you leave to wish you well and remind you to drop us a line with any last minute questions.

### UPON ARRIVAL

Whatever time you arrive, one of our friendly staff will be there to pick you up and take you to your accommodation. The next day Projects Abroad staff will give you an orientation of your new whereabouts. They will give you tips on how to use local transport, show you how to get to work, introduce you to the flavours of some local food and sort out other essentials such as safety precautions, mobile phones and internet cafes.

You will be living with other students, which is a great way to make friends from all over the world and will help you to settle in during your first few days. We also have regular social events so volunteers can get to know each other and organise things such as weekend trips!

From here we hope you will work hard, accept the challenges that come your way and embark on the experience of a lifetime.



# Frequently Asked Questions

## ■ Can I go with a friend?

Friends and significant others, are certainly welcome and, if you like, we can arrange placements where you can live and work together.

## ■ Can I speak with other students who have already completed this project?

There are lots of ways that you can connect with past volunteers. Check out our volunteer stories and have a read over what others have done in some of the destinations or projects you're interested in. You can also connect via our Facebook page where past, present and future volunteers can go and chat, compare, ask questions, answer questions and discuss. We also have plenty of past volunteers who are happy to answer emails or chat over the phone.

Give us a ring at the office to get these details – 1300 132 831.

## ■ When can I start? When should I apply?

As our projects run year-round the start and end dates of your placement are completely flexible. This means you can choose your own dates and we work around your schedule! Thanks to our full-time Projects Abroad staff employed in all of the countries in which we work, we take on volunteers every-day of the year so there will always be other volunteers either on your placement with you or staying with you at your host family, whenever you choose to travel.

In terms of the best time to apply, we generally need three months to comfortably process an application. However, the longer the time between applying and departing the better chance we have at securing a

programme that is tailored to your needs and preferences, so once you're set on exactly what you want and have had all of your questions answered, this is when you should apply! On the other hand, if you decide at the last minute that you would like to volunteer overseas give us a call and we may be able to make a quick arrangement for you but there are no guarantees on this!

## ■ What happens if I become unwell or injured before my trip and cannot go abroad?

Full comprehensive medical and travel insurance is provided as a part of the project fee. This means, once you have paid the full balance of your trip, in the event of injury or illness you are, under some circumstances covered for medical, cancellation and personal incident, provided you have the required medical certificates and documentation. You also have the option to postpone your placement until a later date.

## ■ Can I pay by instalments?

Once you have applied and been accepted onto your placement you can pay the remainder of your balance through instalments at intervals that suit you via card or bank transfer. You can organise this via your personalised MyProjectsAbroad webpage or, you can call us and we can set something up for you.

## ■ Can I fundraise?

Of course you can but there is no obligation to do so. Request a Fundraising Guide once you've applied to get some ideas. As the Projects Abroad charity is not registered in Australia any donations you are given are not automatically tax deductible for the donor, however this doesn't seem to stop most people from supporting good fundraising.

## ■ Will I need injections?

Vaccinations will depend on your chosen destination. We are happy to guide you along the way but as we are not medical experts it is best to talk to your doctor or visit a travel specialist who will be happy to advise on what you will and won't need.

## ■ Do I need a visa?

The visa you need will depend on the country in which you choose to volunteer. Either way, we will give you all the guidance and documentation you need and tell you when to do things.

## ■ Do I need to speak the local language?

The vast majority of our projects do not require specific language skills and few volunteers speak the local language before they go. It is an advantage to learn a few basic phrases but it is certainly not necessary to be fluent. All of our local Projects Abroad staff members speak English and of course the local language and there will be at least one member of your host family who will speak English too.

## ■ Will there be someone to pick me up from the airport?

There will absolutely be a member of the Projects Abroad team there to welcome you at the airport when you touch down in your host country. All you need to do is ensure you have entered all of your flight details into your MyProjectsAbroad page so that we know when your flight is landing.

## ■ Who manages the project I will be working with?

Our in-country staff have two main roles, to look after you, and to maintain relationships with our partner

organisations. Whilst in your host country, you will have a Medical Supervisor who manages all of your project details and arrangements and who will be there to answer any questions or concerns you have about your placements. Your placement is run by the local charities, NGO's, community centres and government institutions that we partner with and with whom we have close working relationships.

## ■ Will I be safe?

The safety and security of our volunteers is our top priority and something that we are unrivalled in. All of our local Projects Abroad staff are directly employed by us and because they are not employed by a third party we have control over who they are, how they are trained and how they do things. This ensures that your safety and security is of the highest quality. All of our placements and host families have undergone risk assessments and met specific criteria, which is re-assessed continuously. We also receive all of the up to date advice from government travel advisory bureaus and work in countries in which our local staff are confident of assuring your safety and wellbeing.

## ■ What if I don't get along with my host family?

In the unlikely event that you don't get along with your host family, we can arrange for you to be moved. All of our host families have been hosting with us for years and all love having volunteers however if you are struggling in your living environment you can contact our staff 24 hours a day who will be there to help.





ProjectsAbroad

## What's next?

FHS Abroad is a fantastic opportunity to learn and contribute while getting to know a new country as someone there with a purpose. It is a memorable experience and a privilege, challenging and rewarding but also a big decision.

Please take your time to look over this brochure and our website, ask us plenty of questions and together we will work out the best placement for you and your friends. We are very flexible and will do our best to meet any requirements or preferences you have.

**Projects Abroad**  
Suite 318, 33 Pirie Street  
Adelaide SA 5000

1300 132 831  
[fhsabroad@projects-abroad.com.au](mailto:fhsabroad@projects-abroad.com.au)

› [www.projects-abroad.com.au](http://www.projects-abroad.com.au)