



ProjectsAbroad

*help...  
learn...  
explore!*

Medicine / Dentistry / Midwifery / Nursing / Nutrition /  
Physiotherapy / Public Health / Occupational Therapy /  
Speech Therapy

**Medicine  
& Healthcare**

› [www.projects-abroad.co.uk](http://www.projects-abroad.co.uk)  
[info@projects-abroad.co.uk](mailto:info@projects-abroad.co.uk)

Tel: 01903 708300

# Why choose Projects Abroad?

**SAFETY & SECURITY:** We take your security abroad very seriously. Before we send volunteers anywhere, the countries must be politically stable and safe. We are in contact with the Foreign and Commonwealth Office regarding safety and stability and, of course, we have the added security of our own overseas staff who know the local area in detail.

**STRUCTURE:** Our Medicine & Healthcare placements are structured so that you get the most out of your time overseas. Each placement will have a project supervisor there to provide assistance and guidance throughout the trip.

**VARIETY:** We want to match your skills and enthusiasm to the right project. By creating a wide variety of projects for volunteers, we allow you to select the project best suited to you. There are 25 destinations in which we offer Medicine & Healthcare projects, allowing volunteers with all interests to find a placement that is just right for them.

**FLEXIBILITY:** Our projects have no set start dates, which means you can choose when your placement begins.

**CV AND SELF DEVELOPMENT:** Voluntary work with Projects Abroad is excellent for your CV and university applications. It gives you greater life experience, develops personal skills and shows your initiative to try something new – traits which appeal to employers and universities.

**PRICES:** Medicine & Healthcare Projects start from £995.

DESTINATION	DENTISTRY	MEDICINE	MIDWIFERY	NURSING	NUTRITION	OCCUPATIONAL THERAPY	PHYSIOTHERAPY	PUBLIC HEALTH	SPEECH THERAPY
Argentina									
Belize									
Bolivia									
Cambodia									
China									
Costa Rica									
Ethiopia									
Fiji									
Ghana									
Jamaica									
Kenya									
Mexico									
Mongolia									
Morocco									
Nepal									
Peru									
Philippines									
Romania									
Samoa									
Senegal									
South Africa									
Sri Lanka									
Tanzania									
Togo									
Vietnam									

Key: ■ Africa ■ Asia ■ Eastern Europe ■ Latin America and the Caribbean ■ South Pacific

# Medicine & Healthcare projects

Our Medicine & Healthcare projects are tailored to your requirements. **They are available for anyone aged 16 to 75+.** We arrange for you to be placed in a hospital, clinic, rehabilitation centre, or community setting in the destination of your choice. You will work alongside qualified local staff, learning from them and experiencing healthcare in a completely new environment.

Pre-university students, undergraduates, and older volunteers without related qualifications get involved by shadowing and observing qualified local staff. You can help out in simple but practical ways, vastly increasing your own knowledge and understanding of medical practice.

Recent graduates and qualified volunteers who have either retired or are on a career break can have a more hands-on role on these placements. You can pass on your knowledge, help train staff, and in some destinations treat patients.

Volunteers in hospitals can choose to rotate through different departments or specialise in a particular area. All of our volunteers are supervised by local medical staff.

## Medicine

Volunteering on a Medicine project is an ideal way to gain knowledge and experience in some of the most poorly resourced medical institutions in the developing world.

As a volunteer you may work in a variety of departments within a hospital, or in a clinic or health centre.

For pre-university volunteers the project will involve mainly observing and assisting the doctors and nurses, enabling you to increase your knowledge and understanding of the medical profession. Medical students and qualified professional volunteers will be given a more active role depending on previous training and experience.

Our Medicine placements in China and Sri Lanka also offer the opportunity to work in the field of



traditional medicine. This allows volunteers to compare such local practices to the Western culture of prescription medication.

In many destinations, volunteers can also take part in medical outreach work. This involves supervised, practical work treating groups of disadvantaged local people in rural locations.





## Dentistry

Our Dentistry projects are suited to each volunteer's individual level of knowledge and experience. As a Dentistry volunteer you will work alongside local staff, observing procedures in the hospital or clinic in which you are based.

Many people in the developing world do not have access to regular dental care and lack knowledge about basic oral hygiene. As a result, you are likely to see cases that are more advanced than in Western countries.

You will enhance your own knowledge and, depending on your experience, give back to local communities by providing care and advice.



## Midwifery

Midwifery volunteers can join us as students, fully trained professionals or pre-university students thinking of a career in this field. You will help to care for people in countries where hospitals and clinics may be understaffed and often poorly resourced. As a volunteer you will be expected to become part of the team, shadowing your supervisor, assisting local staff and helping care for patients. Each placement is tailored, where possible, to the volunteer's previous experience as well as individual interests.

Those on a Midwifery placement are likely to be situated in a busy maternity clinic, helping pre- and post-natal women and also assisting staff with deliveries.

## Nursing

Nursing volunteers will gain a great deal of valuable work-experience and find themselves coming into contact with conditions that you wouldn't normally experience in the developed world.

Opportunities are available to work in clinics, hospitals and maternity departments. Nursing volunteers will be expected to help with daily tasks such as bandaging, taking blood pressure and the general care of the patients at the centre or hospital.

As with all medical related placements, your role will depend on your level of experience and skill.



## Nutrition

A Nutrition project offers volunteers the chance to gain first-hand experience in nutritional research in a developing country. Depending on your destination you may focus on malnutrition in local communities or problems linked to an unhealthy diet.

Volunteers taking part in this project also play a vital role in raising awareness of nutrition within the communities.



## Physiotherapy

Projects Abroad aims to tailor our Physiotherapy placements to your previous experience. As a volunteer you will assist local physiotherapists in hospitals or rehabilitation centres that may be poorly funded or understaffed. It is likely that the patients you see will have conditions that are fairly advanced and rarely seen in the developed world.

These projects are incredibly rewarding and benefit those who are most in need. You could find yourself caring for disabled children in Nepal or working in a hospital in Ghana.

## Public Health

By visiting schools, orphanages and remote villages, you can make a big difference to communities with limited access to healthcare on a Public Health project. These projects are perfect for those considering a career in medicine or those who already have medical experience.

Volunteers work alongside a local healthcare professional who will train you in the various screening and testing procedures needed.

As a volunteer you might get involved in the testing and treatment of malaria, screening for parasites, the treatment of minor wounds and skin conditions, eye tests and general health testing.

## Occupational Therapy

As an Occupational Therapy volunteer, you are sure to be in great demand. Health centres, care centres and other projects are often very poorly resourced, and lack trained staff with the critical knowledge and skills to help their patients ease back into daily life.

Our rewarding Occupational Therapy projects enable you to help sick or disabled children and adults lead as normal lives as possible.

Rehabilitation is vitally important, but is often overlooked due to the lack of money available for investment in anything other than critical healthcare. Where it does exist, therapists are overrun with patients, so your efforts are likely to be greatly appreciated.



## Speech Therapy

As a Speech Therapy volunteer, depending on your background and level of skills, you can get involved in different stages of treatment including rehabilitation and visits to homes and schools, as well as helping to raise awareness about disabilities.

Volunteers may work with both young adults and children, who suffer from a variety of hearing problems or disabilities. These placements offer a fantastic opportunity to learn more about how local procedures and patient support are carried out in developing countries compared to back home.



## Short-term Special Projects for 16 to 19 year olds



Our Short-term Special projects are group trips for 16-19 year olds which run throughout the summer months. There are many different 2 and 4 week projects to choose between; from

physiotherapy in Nepal, Medicine in Peru, to Public Health in Tanzania. You will be working alongside local people as well as a group of fellow volunteers.

No matter which project you choose, you will gain valuable work experience through structured activities with full time staff support, allowing you to make the most out of your short time overseas.

With a mixture of taught sessions and observational work, as well as evening activities and weekend excursions, this is a perfect way to discover another culture, have fun and contribute to your CV or UCAS form.

## What is Included?

**YOUR PLACEMENT:** You will be given a supervisor at your place of work. Your supervisor and the local Projects Abroad staff will meet with you regularly to discuss how your placement is going and assist with any issues that may arise. We will also cover the cost of transportation to and from work where required.

**YOUR ACCOMMODATION:** You will usually live with a local host family, who has been carefully selected because they are friendly, welcoming and can provide you with safe and secure accommodation for the duration of your stay. In a small number of destinations like China, Vietnam and Cambodia, you will live in shared volunteer accommodation in an apartment or volunteer house.

**ALL YOUR MEALS:** We will ensure that you are provided with three meals a day, including either a packed lunch or lunch provided where you are working.

**COMPREHENSIVE LOCAL SUPPORT:** We directly employ sizeable staff teams in all of our destinations and they are responsible for ensuring that all aspects of your project run as smoothly as possible. From the moment they meet you at the airport they will be available to show you around the local area, introduce you to your host family and placement supervisor, and be on-call 24/7 if you have any problems.

**YOUR OWN START DATE AND PROJECT LENGTH:** You choose where you want to go, when, and how many weeks you wish to work.

**INSURANCE:** Our package includes comprehensive insurance, which includes travel and medical insurance, for the duration of your time away with us.



## 2 easy ways to apply



Internet  
[www.projects-abroad.co.uk](http://www.projects-abroad.co.uk)  
(Under section "Apply Now")



Telephone  
**01903 708300**



"At my placement I got really involved – much more than I thought was possible. I worked primarily in an Accident & Emergency Department where I got to see everything from bandaging to injections. I also observed various procedures, including an appendectomy, other abdominal surgeries and an amputation. My placements back home just never compared."

**Fred Campbell-Jones** / Medicine in Mexico

Projects**abroad**

Medicine & Healthcare projects are available in the following destinations:



# Medicine & Healthcare

Aldsworth Parade, Goring-by-Sea,  
West Sussex, BN12 4TX,  
UK

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 [www.projects-abroad.co.uk](http://www.projects-abroad.co.uk)