



# LAOS

## HEALTH PLACEMENT



### UniBreak Group Placements

Group placements allow students and staff (if required) to travel overseas and apply their course work in new and sometimes challenging settings. In turn, students gain highly valuable international experience and perspective allowing them to grow on both a personal and professional level. At the same time, group placements allow universities to raise their profile both locally and internationally and strengthen bonds between the university, students and staff members.

### Placement

The team starts in Luang Prabang with a visit to the local hospital to familiarise students with health care in the region. The group then travels approximately 2 hr. north of Luang Prabang where students work as part of a health care team travelling by local transport to provide health care to remote villages with limited access to quality health care and resources. Students work alongside local health professionals and interpreters to set up mobile clinics in each village. The team also runs skills exchange workshops with local health professionals and teaches children basic health and hygiene in local schools. Students are assisted by guides and interpreters for the duration of the project. Health care in the villages may provide students an opportunity to gain experience in the following areas:

- Community nursing
- Health assessment and treatment
- Optometry/eye-testing
- Learning about traditional medicine and alternative medicine
- Public health, health promotion and health education



### Supplies and Resources

Teams are advised to fundraise for their placement in order to donate much needed resources to local hospitals, clinics and schools. This can assist in team bonding, raising the profile of the university and has a huge impact in assisting the team with their project. Most supplies can be bought in Luang Prabang. Antipodeans Abroad will provide a Fundraising Pack for each team member with ideas on how to fundraise.

### Accommodation

The homestay accommodation when in the Seuang Valley is basic but clean and provides students with fantastic insight into the Lao culture and way of life. In Luang Prabang, students stay in more comfortable guesthouse accommodation with all necessary facilities.

\* A quote for an itinerary can be tailored to faculty requirements such as travel dates, duration, focus and proposed group numbers. Please contact Georgia Royle at [georgia@antipodeans.com.au](mailto:georgia@antipodeans.com.au) or (02) 9413 1522.



# SAMPLE ITINERARY

## Day 1

Depart Australia on your flight to Bangkok. Overnight in Bangkok. Accommodation: Hotel. Meals: Dinner.

## Day 2

Depart Bangkok this morning at 09:30, landing into Luang Prabang at 11:30. Your guide will meet you at the airport upon arrival take you to your hotel. We will then enjoy a stroll around Luang Prabang to introduce the historical and cultural importance of this scenic town...and you will understand why it deserves the World Heritage title! Meals: Breakfast, Lunch.

## Day 3

After breakfast, we begin our Community Health Service project at Luang Prabang Provincial Hospital with an orientation on medical issues and strategies. Afterwards, join Lao nurses on duty in wards to see their work first hand. In the afternoon visit a Medical College and meet with faculty and students to learn from their programs. Meals: Breakfast, Lunch.

## Day 4

In the early afternoon, we drive out to our Community Health Service project - approximately 2 hr. north of Luang Prabang where we will start to settle into our community stay. You will stay in teams of 2, 3 or 4 in a local family's house. Each house will have electricity, clean Asian style squat toilet and bathing area (no hot water). In the late afternoon we will meet at the regional health centre where we will base our operations over the next few weeks. The goal of the project is to provide community health services to a number of earmarked villages in the region. Meals: Breakfast, Lunch, Dinner.

## Day 5-8

For the rest of the working week, the team continues work on the Community Health Service Project. Meals: Breakfast, Lunch, Dinner.

## Day 9-10

Today we will have a bit of fun as we floating bamboo rafts along the Seuang River to see the natural beauty of the area (life jackets provided). We will then drive to Luang Prabang to enjoy a weekend to reflect, relax and explore. Meals: Breakfast, Lunch.

## Day 11-15

For the rest of the working week, the team will continue to work with our village hosts on the Community Health Service project. Meals: Breakfast, Lunch, Dinner.

## Day 16 - 18

Cultural activities and return to Luang Prabang for free time and reflection. Meals: Breakfast, Lunch.

## Day 21 - 23

Over the next four days, the team will continue to work with our village hosts on the Community Health Service project. Meals: Breakfast, Lunch, Dinner.

## Day 24

Return to Luang Prabang and enjoy some free time for personal sightseeing before transfer to the airport for the return flight.

### Inclusions

- Return international airfares and taxes
- Accommodation during placement
- Most meals during placement
- Antipodeans Training Workshop
- In-country meet & greet, airport transfers, orientation and transport
- Placement and screened community project
- Project Materials / charity donation
- Support by In-Country Agent
- 24 hr back-up by Antipodeans Abroad in Australia

### Exclusions

- Travel insurance
- Some meals
- Visas and vaccinations
- Items of a personal nature
- Tips and gratuities