



NEPAL

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

This placement allows students to work on a Community Health Service Project in local hospitals and clinics in and around Pokhara. Students break up into small rotational groups to carry out the following activities:

- Assisting local staff in wards of Pokhara's main teaching hospital
- Providing support at rural community clinics
- Learning about Nepali traditional medicine and alternative medicine
- Shadowing doctors and nurses in the paediatric and maternity wards
- Carrying out health promotion and health education workshops



Students also visit various health establishments and non-governmental organisations specialising in the health of street children, leprosy rehabilitation, women's health, maternal child health, health of those living in urban slums, sufferers of HIV and AIDS, drug addiction, mental health in children and the Tibetan refugee community. Visits to these establishments involve interactive sessions with local medical staff, members of the local community, hospital teaching staff and students.

Nepali interpreters and Nursing Lecturer/Tutors will accompany you and assist you in gaining a full understanding and insight into the differences in health care between Australia and Nepal.

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 development, raising the profile of the university and has a huge impact in assisting the team with their project. Most supplies can be bought in Kathmandu. Antipodeans Abroad will provide a Fundraising Pack for each team member with ideas on how to fundraise.

Accommodation

Volunteers live in a local guesthouse in Pokhara. Students may share rooms and separate rooms for supervisors may be arranged on request. Western bathroom and shower facilities are available in this clean and comfortable guesthouse.

* 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 or (02) 9413 1522.



SAMPLE ITINERARY

Day One-Two

Depart Australia on your flight to Kathmandu. On arrival in-country, transfer to the hotel and spend the rest of the day exploring the fascinating city of Kathmandu.

Day Three

Leave Kathmandu after breakfast and travel 6 hours west by bus to Pokhara. Settle into your guesthouse accommodation and meet your local guides before receiving an orientation of the area and a general introduction to the projects ahead. Breakfast provided.

Working Week

Observe and assist local staff in Pokhara's main teaching hospital and experience outreach nursing, rural community clinic support, Nepali traditional and alternative medicine, paediatrics, maternity as well as health promotion. The team will be accompanied by interpreters and in-country staff. The team will also have the opportunity to visit and participate in community health projects run by local and international non-government organisations. The project work will be tailored to the needs of the university as well as the communities and health institutions working with the group.

Students will also have the opportunity to visit local health organisations and participate in interactive sessions with local medical staff, members of the local community, hospital teaching staff and students. Breakfast and lunch provided.

Weekends and Free Time

There are many activities in and around the area where team members can make the most of their time in Nepal. Options outside Pokhara include trekking the surrounding hills and mountains, walking up to the World Peace Pagoda, visiting the beautiful village of Sarankot or paragliding over the spectacular mountain landscape. Alternatively, for a longer and more adventurous trip, team members may decide to head to Chitwan National Park.

Departure

Transfer back to Nepal's capital city, Kathmandu for some last minute sight seeing and shopping before transferring to the airport for your flight home. Breakfast and lunch provided.

Inclusions

- Return international airfares and taxes
- Accommodation during placement
- Breakfast and Lunch 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

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

