



# THAILAND 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

In Surin, health students can work on rotation on a community health outreach program providing health care to people living in remote villages with limited access to quality health care and resources. Students also have the opportunity to work in a central hospital shadowing and assisting local Thai nurses in all departments varying from maternity to accident and emergency. Another vitally important element of project work involves carrying out health promotion activities in schools and childcare centres to promote sustainable health care in the region. While working on the project, students can be involved in the following activities:

- Performing basic health assessments
- Shadowing and assisting local hospital staff
- Providing basic health treatment and advice
- Keeping record of community health data to assist future volunteers
- Carrying out health promotion and health education
- Skills exchange with local health professionals



The placement in Surin allows students an opportunity to gain unique and valuable insight into healthcare in developing communities and the challenges of finding long-term solutions in areas with limited access to resources.

## Supplies and Resources

Teams are advised to fundraise for their placement in order to donate much needed resources to local hospitals, clinics and schools. Most supplies can be bought in Surin. Antipodeans Abroad will provide a Fundraising Pack for each team member with ideas on how to fundraise.

## Accommodation

Depending on numbers, the group stays in either local guesthouse or sharehouse accommodation. Accommodation is not luxurious but is clean and comfortable and provides students will all necessary amenities. Meals in Surin are not provided however students will be able to eat at very reasonably priced restaurants nearby or make their own meals in the sharehouse.



\* 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.

## Day 2

Arrive in Bangkok this morning at about 6am. Your guide will meet you at the airport upon arrival and take you to your hotel. Enjoy a few hours rest before heading out to see the sights of Bangkok. Transfer to Hua Lamphong Railway station for your AC overnight sleeper train to Surin @ 21:00.

Accommodation – Overnight 2nd class sleeper train

## Day 3

Arrive in Surin at around 5am and transfer to your centrally-located guesthouse. Spend the rest of the day acclimatising to your new surrounds before your orientation tomorrow.

Accommodation – Volunteer Share House

## Day 4-5

Receive a comprehensive orientation into Thai culture, language, cuisine, the health system and the community health placement. Use this time to familiarise yourself with Surin and your surroundings.

Accommodation – Volunteer Share House

## Working Week

Over the next few weeks, you will have the opportunity to experience work in a central hospital and a variety of provincial and rural clinics. You will shadow and assist local Thai nurses in all departments varying from maternity to accident and emergency to rural health outreach and sanitation education in the communities. You will have a Thai translator to assist you in gaining full understanding and insight into the differences between the Thai and Australian healthcare systems.

Accommodation – Volunteer Share House

## Weekends

Use the weekends to relax and immerse yourself in the local Thai culture, shopping and eating at the local markets. Alternatively, travel out of the province and discover more of what this intriguing region of Thailand has to offer. Options include Khao Yai National Park, Koh Samet and even Cambodia.

Accommodation – Volunteer Share House

## Departure Day

Take the overnight AC sleeper train tonight to start your return journey back to Bangkok. A guide will meet you at the railway station and transfer you to your centrally-located guesthouse. Spend the time doing last minute shopping, discovering the delights of Bangkok's fine dining or simply relax and reminisce on the time spent in this amazing country. Depart early for the airport and your return flight to Australia via Singapore.

### Inclusions

- Return international airfares and taxes
- Accommodation 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
- Meals
- Visas and vaccinations
- Items of a personal nature
- Tips and gratuities

