

Medicine & Healthcare

High School Special Schedule Philippines

This project is designed to give you the opportunity to observe medical professionals, learn basic medical procedures and participate in a variety of community health outreach activities. During this two week trip, you will have a unique insight into Filipino culture and explore some of the country's most popular tourism sites.

Programme Goals:

- ▶ **Clinical:**
Spend time shadowing local doctors and nurses in a number of medical facilities. We work with rural health units which are hospitals outside of the main cities. You will be exposed to a wide variety of different departments during your project.
- ▶ **Community**
Visit local communities and present information on various healthcare issues facing the region. You will develop materials and activities for awareness campaigns and healthy living workshops focusing on the importance of seeking medical help if there is a problem. You'll also join hydrotherapy activities to support physiotherapists at the beach.
- ▶ **Learning**
Learn basic medical skills such as checking patients' vital signs, blood pressure and blood sugar levels. You will be taught how to assist with medical checks and about common ailments and illnesses in the region.
- ▶ **Cultural Immersion:**
After your volunteer work, immerse yourself in Filipino island life by exploring mangroves, caves and forests. Engage in meaningful conversations with locals, savor the flavors of authentic Filipino cuisine. Explore the nearby tropical island of Bantayan where you can swim in warm, crystal clear waters and relax by the white sand beaches. Visit historical sites and natural wonders, all while creating lifelong friendships and cherishing unforgettable moments throughout your adventure.





Day 1

Sunday Arrival in Cebu

You will arrive into Cebu City, located on the Eastern side of Cebu Island. Cebu City is a prosperous port capital, and is now popular for its Spanish colonial architecture.

After you pass through customs you will be met by a staff member holding a sign welcoming you to Cebu. You will be taken to the north of the island and have a welcome dinner with the rest of your group.



- ▶ Participate in community medical outreach projects.
- ▶ Learn about the Filipino medical system
- ▶ Visit tropical islands
- ▶ Shadow medical staff across many different departments
- ▶ Immerse yourself in Filipino culture
- ▶ Offset your carbon footprint

Accommodation

Guesthouse

Transport

Taxis, bus, boat and by foot

Meals

Breakfast will be served at your guesthouse. Lunch will either be at the hospital, the guesthouse or in the community. Dinner will be at the guesthouse or a restaurant.

Timings

This schedule is subject to change, however you will be advised in advance should this happen. The timing may differ from day to day depending on the activity and progress of the volunteer work.

Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We're committed to being fully climate-positive by 2024!

By volunteering with us you're helping reforestation efforts, protecting existing forests and providing employment to local communities around the world.

Day 2

Monday Introduction & training

Morning: Learning

On Monday morning, you will have a general introduction to the country, its culture and language. You will be introduced to staff and receive a city tour to learn about your surroundings in Bogo City..

Afternoon: Learning

The group will join a workshop to learn about recording vital signs. Afterwards, you will tour your placement hospital. This is a chance to meet the medical staff who will support you during your stay.

Evening: Culture

Dinner will be served at the accommodation in the evening.

Day 3

Tuesday

Morning:

You will begin the day by shadowing nurses in the Outpatient Department. **Clinical**

Afternoon: Learning

In the afternoon, there will be a discussion about your observations in the Outpatient Department. There will also be a lecture about tuberculosis.

Evening: Culture

Dance like nobody's watching during a Zumba night! Keep fit and healthy while having fun with the rest of your group.

Day 4

Wednesday

Morning: Clinical

During the morning you will support and observe midwives in the delivery room.

Afternoon: Learning

After a fulfilling morning, join discussions to review your observations from the morning. Then join a practical skills session to learn about phlebotomy and suturing.

Evening: Culture

Dinner will be served at the accommodation in the evening.

Day 5

Thursday

Morning: Clinical

Observe and assist staff in the Emergency Room. Learn from medical staff and have a discussion to review what you have seen.

Afternoon: Learning

Join a lecture about hypertension and its impact on Filipino health.

Evening: Culture

Watch the sunset at Lapyahan. Enjoy the picturesque sandy beaches. Your group will get to play beach volleyball during the last light of the day.

Day 6

Friday

Morning: Community

Run an awareness campaign in the community to educate about hygiene. This may focus on handwashing, brushing teeth and other basic hygiene practices.

Afternoon: Community

Continue the awareness campaign by focusing on nutrition and healthy diets. Lead cooking classes to inspire healthier meals.

Evening: Culture

Dinner will be served at the accommodation.

Day 7

Saturday Weekend Activities

Full

During the weekend you will take a ferry to the tropical island of Bantayan. This small spot of paradise is located to the West of Cebu.

During the afternoon you will tour Spanish churches built in the 1500s and learn about Spanish colonialism. Later, you will explore mangrove forests and walk across elevated boardwalks to easily see this important ecosystem.

In the late afternoon you will explore the Ogtong cave. Enjoy meals out at different restaurants.

Day:



Day 8

Sunday Weekend Activities

Full

Spend the morning swimming in the crystal clear ocean, or relaxing by the beach.

Explore Bantayan Market at midday and eat out for lunch. Afterwards, travel back to Santa Fe wharf to take the ferry back to Cebu and your guesthouse.

Day:

Day 9

Monday

Morning: Clinical

Shadow and learn from medical staff in the hospital laboratory. See how staff do various tests and procedures.

Afternoon: Learning

After a busy morning, join discussions to review your observations. Then join a lecture about diabetes - one of the main causes of death in the Philippines.

Evening: Culture

Enjoy a tasty dinner at the guesthouse

Day 10

Tuesday

Morning: Clinical

Observe and assist nurses in the outpatient department during the morning. You will see patient interactions and a variety of tasks to care for and treat patients.

Afternoon: Learning

Review your morning observations and ask questions to medical professionals. Join a workshop to learn about HIV and the efforts made in Cebu to tackle this disease.

Evening: Culture

Explore the bamboo forest in Medellin. Stroll along the pathways and immerse yourself in the beautiful scenery.

Day 11

Wednesday

Morning: Clinical

Observe and assist nurses in the nursing station. Learn about their daily activities and routine.

Afternoon: Learning

Review your morning observations and ask questions. Join a lecture about Dengue fever and what preventative measures can be made to avoid infection.

Evening: Culture

Enjoy a pleasant dinner at home.



Day 12

Thursday

Morning: Clinical

Join nurses in the neonatal intensive care unit. Learn about the care of babies in this specialist department.

Afternoon: Learning

After reviewing your morning observations, join a workshop on basic life support. Gain first aid skills from professionals.

Evening: Culture

Learn about Filipino cuisine with a cooking and baking class in the evening.

Day 13

Friday

Morning: Community

Join medical staff on the beach for a hydrotherapy session. Support physiotherapists treat patients in the water. Learn about traditional rehab techniques making use of the sand on the beach.

Afternoon: Community

Join a medical outreach event in the community to check blood pressure, sugar, BMI, and to other medical checks with patients.

Evening: Culture

We will conclude the program with a memorable farewell dinner and karaoke night.



Day 14

Saturday / Sunday
Departing Cebu

The group members will likely be departing at different times, therefore day 13 and 14 may not be the same for everyone.

Your exact departure plan will be communicated with you directly by our local team. If you have longer to wait around, we will ensure you are comfortable and well looked-after.

You will have the continued support of Projects Abroad staff right until you are safely at the airport to board your plane back home. They will transport you South to Cebu City for your return flight.



Want to learn more?

We'd be happy to talk to you and answer any questions you may have. You can call or email our team, or use the 'live chat' feature on the Projects Abroad website.

General inquiries: info@projects-abroad.org

Social Media

 @projectsabroadglobal

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Personal Achievements



- ▶ Completed a total of 40 medical-based service hours
- ▶ Attended 10 Hours of professional medical skills workshops
- ▶ Took part and assisted medical professionals on a public health outreach



Student Learning Outcomes

Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

Healthy Active Living

Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

Empowerment

Students will be empowered to think for themselves, challenging the "status-quo" and cultivating transformative decision-making mindsets.

Global Citizenship

Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.