

Medicine & Healthcare

High School Special Schedule

Kenya | 2 weeks

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 trip, you will have a unique insight into Kenyan culture and explore some of the country's most popular tourism sites.

Programme Goals:

- ▶ **Clinical:**
Spend time shadowing and learning from local doctors and nurses in a hospital setting in Nanyuki. You will be exposed to a variety of different departments during your project.
- ▶ **Community**
Visit local communities and schools and present information on various healthcare issues facing the region. You will also assist in community medical outreaches, thus helping to improve access to healthcare services for underserved communities.
- ▶ **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 screens about common ailments and illnesses in the region.
- ▶ **Cultural Immersion:**
Immerse yourself in the rich culture of the country. After your volunteer work, delve into the vibrant Kenyan culture by witnessing traditional dances, engaging in conversations with locals, and indulging in the diverse flavors of traditional Kenyan cuisine. Explore the country's history and heritage with fellow volunteers, forging lifelong friendships and creating memories as you visit iconic landmarks, and marvel at the awe-inspiring beauty of Kenya, including its stunning wildlife and majestic landscapes.



2 WEEKS



Highlights

- ▶ 40 Physician Shadowing Hours
- ▶ 20 Volunteer Community Service Hours
- ▶ 9 Medical based lectures
- ▶ Gain medical skills and experience
- ▶ Raise awareness about medical issues
- ▶ Immerse yourself in Kenyan culture
- ▶ Visit Old Pajeta Conservancy

Accommodation

Host Family

Transport

Private bus and by foot

Meals

Breakfast will be served at your host each day. Lunch will either be at the hospital, host or in the community. Dinner will be at the host family.

Timings

This schedule is subject to change, however you will be advised in advance should this happen. You will depart home before 8am and arrive back at around 5pm. However, this 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 1	Sunday
All Day	<p>Arrival in Kenya:</p> <p>You will arrive at Jomo Kenyatta International Airport (JKIA) in Nairobi, where a designated projects abroad staff will be waiting holding a Projects Abroad sign. You will then embark on a 3-4 hour journey to Nanyuki, where you will get to meet your host family.</p> <p>Once here, you will be shown to your room and given time to unpack and settle in. The host family will provide a tour of the house, highlighting important areas such as the bathroom, kitchen, and common living spaces, all the while discussing the household rules and expectations that will ensure a smooth and comfortable stay.</p>



Day 2	Monday
Morning	You will gather at the office for a comprehensive orientation session. We will take you on a guided tour of Nanyuki town to familiarize you with the local area. The tour will include withdrawing or exchanging cash, getting a local SIM cards, supermarkets, and the food market.
Afternoon	You will have lunch at a popular local restaurant, an opportunity to sample authentic Kenyan cuisine and interact with the local community in a casual setting. After lunch, you'll participate in an introductory Swahili language lesson at the office, covering basic greetings, common phrases, and essential vocabulary related to medical and everyday situations.
Evening	In the evening, you will attend a comprehensive medical workshop led by experienced local healthcare professionals. You'll gain an overview of the Kenyan medical system, including its structure, challenges, and unique aspects, learn about common diseases, treatment protocols, and the role of different healthcare professionals within the system.
Day 3	Tuesday
Morning	You will visit your placement, meet the staff and tour the facility's different departments and their functions. Based on your interests and the facility's needs, you and your fellows will be allocated to specific departments (e.g., pediatrics, maternity, outpatient).
Afternoon	Shadow experienced nurses in your allocated departments to gain first hand exposure to patient care. The nurses will explain procedures, answer questions, and provide insights into the clinical decision-making process. Maximize your learning by taking notes and asking questions.
Evening	Time for a creative workshop on beadmaking, an important cultural craft in Kenya, with intricate designs and symbolic meanings. The lesson will foster cultural appreciation, creativity, and teamwork. And you get to keep what you make!
Day 4	Wednesday
All day	You will participate in an all-day Community Medical Outreach activity, an opportunity to gain hands-on experience in serving rural communities, working alongside local healthcare professionals, and addressing real-world health challenges. This will help you develop a deeper understanding of the social and cultural factors influencing health outcomes, enhance your clinical skills, and cultivate a sense of social responsibility and commitment to health equity. The outreach experience will provide you with valuable insights and inspiration for your future careers in healthcare and community service.
Day 5	Thursday
Morning	Start your day with ward rounds, and gain valuable exposure to real-world clinical settings, observe the decision-making processes of experienced healthcare professionals, and develop a deeper understanding of patient care across different medical and surgical specialties. As a result, enhance your clinical knowledge, critical thinking skills, and professional development as aspiring healthcare providers.
Afternoon	Back at the office, you'll have the chance to provide structured feedback, share your experiences and reflections with your peers, and engage in meaningful discussions about your learning and growth throughout the medical project. The meeting will foster a sense of community, promote shared learning, and encourage ongoing reflection and personal development.
Evening	End the day with a friendly competition with team games. This will help you bond with your peers, enhance your teamwork and communication skills, and create a fun and interactive learning environment, fostering a sense of shared purpose among the volunteers.



Day 6 Friday

All day Engage in a rewarding medical outreach program in a rural community, where you'll provide essential healthcare services to underserved communities. You will join professional community health nurses and local fellow volunteers to do health screening and distribute medication.

Evening End the week on a shopping spree for safari supplies. Return to the Projects Abroad office to enjoy a bonfire and a session of storytelling.

Day 7 Saturday

Morning Gear up for an early morning game drive at the Ol Pejeta Conservancy to spot iconic African wildlife. This is an immersive wildlife experience that allows visitors to explore the vast and diverse landscape of this renowned conservation area in Laikipia County, central Kenya. The conservancy is home to a wide variety of African wildlife, including the "Big Five" (elephants, rhinos, lions, leopards, and buffalos), as well as many other iconic species.

Afternoon Enjoy a tasty lunch at a restaurant inside the park and have time to relax.

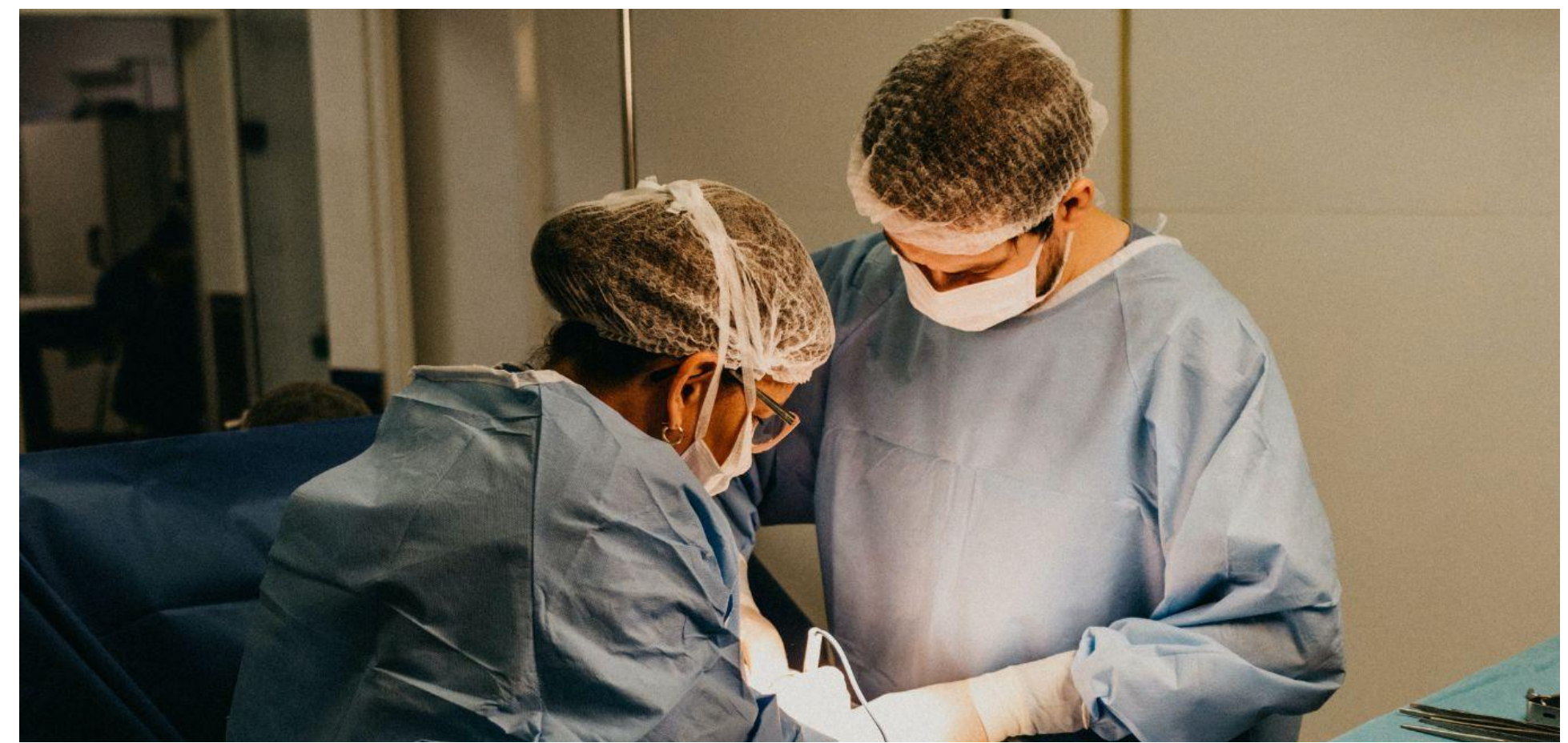
Evening Time for another exciting encounter with the 'Big Five' during an evening game drive. This will be an unforgettable truly one of a kind experience.

Day 8 Sunday

Morning You cannot truly experience Kenya without understanding the people's faith and its manifestations. Visit a local church and take active part in all the singing and dancing giving religious worship a truly African flavour. This is an optional activity that you may wish to swap for a bit of rest at home, doing laundry and getting ready for the afternoon activity.

Afternoon Go on a visit to an animal orphanage. The orphanage is dedicated to rescuing, rehabilitating, and caring for orphaned, injured, or abandoned wild animals, with the ultimate goal of releasing them back into their natural habitats whenever possible. Learn from the staff at the center.

Evening Enjoy a relaxing evening at home with your host family and fellow volunteers.



Day 9 Monday

Morning Engage in rounds at the Maternity Ward and cover various stages of maternal care, including:
 Antenatal care: Expectant mothers who are admitted for monitoring or treatment of pregnancy-related complications.
 Labor and delivery: Women who are in active labor or have recently given birth.
 Postnatal care: New mothers and their newborns who are recovering after delivery.

Afternoon Attend a workshop on maternal deaths or complications and gain a deeper understanding of the challenges and strategies related to preventing and managing adverse outcomes in maternal health. Don't forget to take notes and actively engage in discussions.

Evening Time for a delicious but also hands-on cultural experience that will allow you to learn about and prepare traditional Kenyan dishes under the guidance of a local chef or culinary expert.

Day 10 Tuesday

Morning Accompany a medical team led by an attending physician or a senior resident on visits of patients admitted to the hospital for various medical conditions not requiring surgery. The rounds will cover a wide range of patient cases, including: Chronic disease management (such as diabetes, hypertension and chronic obstructive pulmonary disease), acute illnesses (such as pneumonia, urinary tract infections and gastrointestinal disorders), complex medical cases like multiple comorbidities and rare diseases requiring specialized care.

Afternoon & Evening Coffee Farm Visit - You will not only learn about the technical aspects of coffee production but also gain insights into the cultural and social significance of coffee in Kenya. The experience will provide a unique and memorable way to connect with the local community and support sustainable tourism practices that benefit both the farmers and the environment.

Day 11 Wednesday

All day Today you will again participate in an all-day Medical Outreach. This time the intervention will be on malnutrition. Working alongside local medical professionals and volunteers, you will gain practical experience in evaluating children nutritional needs, identifying signs and symptoms of malnutrition, as well as developing evidence-based intervention strategies. This will provide you with yet another chance to contribute to existing local public health efforts, but also to accumulate more knowledge and experience in another area of medicine.

Day 12 Thursday

All day Spend the entire day working alongside the organizers and members of Binti Mwangaza, a local women’s empowerment centre. You will help produce reusable sanitary pads and gain a deeper understanding of the challenges surrounding menstrual hygiene management in a Kenyan context, and the innovative solutions being developed to address these issues. The experience will highlight the power of community-driven initiatives in promoting women’s health, education, and empowerment, and inspire you to become an advocate for change in this critical area of global development. In the evening, relax at a local coffee shop.

Day 13 Friday

Morning Meet at the Projects Abroad office to fill in our Online Debriefing Questionnaire and provide genuine feedback on improving the project. You will have the chance contribute actively to the project's continuous improvement, ensuring that future iterations of the program better meet the needs of both the volunteers as well as the local community.

Afternoon Put on your shopping hat, because it’s time to get all those souvenirs for people back home. And, as shopping is tiring business, spend a few hours afterwards swimming at a local hotel.

Evening In the evening, you are invited to a special farewell dinner, where you will have the opportunity to celebrate your achievements, express your gratitude, and create lasting memories with your fellow participants.

Day 14 Saturday

The group members will likely be departing at different times, therefore the last 2 days 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.

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.



When you think of Africa, you likely picture the vastness of the Serengeti, the snowy peak of Mount Kilimanjaro, the natural wonder of the Great Migration or the unique culture of Maasai tribes. Tanzania is home to all of this and more! Nowhere on Earth is as truly wild.

Fun Facts

- ▶ One of the first African countries to ban plastic bags
- ▶ Mount Kenya is the second-highest mountain in Africa
- ▶ Many of the world’s best runners come from Kenya
- ▶ The first African woman to ever win the Nobel Prize is from Kenya

Want to learn more?

We’d be happy to talk to you and and 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

Destination Information	
National Language:	Swahili, English
Population:	48 million
Currency:	Kenyan Shilling
Time Zone:	GMT +3
Capital:	Nairobi
Calling Code:	+254
Dominant Religions:	Christianity, Islam
National Dish:	Ugali
National Animal:	Lion
National Bird:	Lilac-breasted Roller

Social Media

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