

**PROJECTS
ABROAD.**

Medical Internship for Teenagers in

Vietnam

**Medical exposure, personal
growth, and cultural immersion**

3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



5 GENDER
EQUALITY



10 REDUCED
INEQUALITIES



Certified







Corporation

**SUSTAINABLE
DEVELOPMENT
GOALS**



 LENGTH 14 Days	 ACCOMMODATION Hotel	 TRANSPORT Boat, Bus	 SUPERVISION 24/7
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Trip highlights:

-  Shadow experienced medical professionals in global healthcare settings, learning essential medical skills and leading outreach initiatives.
-  Enjoy an internship developed to give you new skills, introduce you to the industry, and provide an edge in future university and job applications.
-  Fully immerse in Vietnamese culture through food, activities, and traditions, with a tranquil weekend excursion to beautiful Ha Long Bay.
-  Develop your confidence, independence, and global perception as you are introduced to new traditions and lifestyles.



Days 1 - 2

Arrival

Land in the sprawling capital city of Hanoi, home to more than eight million people. Our staff will meet you and pick you up from the airport, helping you settle into your accommodation and showing you around your new surroundings.

They'll then provide a comprehensive induction session to help you feel at home. This will cover the key information about your journey with an introduction to the culture, and they'll also help you exchange your spending money.

You'll also get an introduction to the Vietnamese healthcare system you'll soon be working in. Find out about its modern day achievements and challenges and some of the traditional medical practices that are still common today.

Lastly, enjoy a delicious dinner using local ingredients and flavours to set you up for success the following day!

Days 3 - 4

Medical training

Start your work experience with some essential medical training. This will include how to check vital signs and blood pressure, how to do injections or CPR, and how to insert a drip (IV) safely.

You'll also learn basic medical Vietnamese to guide you through your first day at work, with a feedback session and a visit to the Water Puppet Theatre to relax afterwards.



Days 5 - 6

Clinical internship

Use what you've learned so far to get more involved, paying closer attention to the work of the professionals you shadow and asking more detailed questions. Continue putting your new skills into practice and gaining confidence.

Also, branch out into the community and deliver a medical awareness presentation of common diseases and healthy lifestyle choices to local students.





Days 7 - 8

Ha Long Bay excursion

Take a three-hour drive to the magnificent Ha Long Bay and enjoy a two-day luxury cruise through the stunning scenery. Gaze up at vast karst limestone towers topped with mini rainforests, a natural wonder that has to be seen to be believed.

Explore winding cave systems filled with unique geological structures and history. Jump in a kayak and get up close to these incredible structures yourself!

In the evening, engage with a traditional cooking class before joining your friends with karaoke, squid fishing, or simply enjoying the view and relaxing on the boat.

The next morning, wake up with a Tai Chi session at sunrise, visit Hon Ti Top island for panoramic views of the bay, and travel back to Hanoi in the afternoon to rest and relax for week two of work.



Days 9 - 13

Continual development

Every morning for the next five days, make the most of your placement by asking questions and putting your newly learned skills to the test. Everything you learn will be valuable in supporting future university or job applications.

Benefit from detailed feedback sessions from our staff and enjoy a workshop looking at traditional Vietnamese medicine techniques. This will include acupuncture, massage techniques, and cupping. In a separate session, you'll also learn about tropical diseases local to the area.

Prepare for a second outreach event in the local area, looking to further improve community awareness on healthy living and disease prevention.

In your spare time, browse the Imperial Citadel of Thang Long and Hanoi Military History Museum, a testament to Vietnam's military might. Spend your final afternoon browsing colourful local markets for souvenirs to bring back home!

Departure

Reflect on the once-in-a-lifetime journey you've undertaken as you head back to the airport. Don't forget to share your contact details with your new friends to forever remember your time in Vietnam!

Think about your new found confidence, skills, and memories during your journey — these will stay with you for the rest of your life.

Destination

Vietnam is a land of stunning natural beauty and a powerful history, often symbolised by the dragon. Much like their homeland, shaped by water and mountains, the Kinh people are adaptable and immovable, making up about 85% of the population.

Vietnam has resisted foreign domination for millennia, from a thousand years of Chinese rule to the conflicts of the 20th century, including the Vietnam war.

Today, this tenacious spirit drives one of Asia's fastest-growing economies, rapidly turning the nation into a global manufacturing hub.



LANGUAGE

Vietnamese

CURRENCY

Vietnamese Dong

NATIONAL DISH

Pho

POPULATION

101 million

TIMEZONE

GMT +7

NATIONAL ANIMAL

Water Buffalo

CAPITAL

Hanoi

COUNTRY CODE

VN

NATIONAL BIRD

Chim Lac (mythical)

A sustainable adventure

We're dedicated to protecting both people and the planet, treading lightly as participants of global travel.

By travelling with us, you're making positive contributions to people and planet, aligned with the UN SDGs.

Don't just take our word for it, we're B Corp certified!

Certified



Corporation

**B CORP
CERTIFIED**



**110% CLIMATE
POSITIVE**



**FAIR & ETHICAL
WAGES**



**SUPPORTING
THE UN SDGs**

Learning Outcomes



GLOBAL CITIZENSHIP

Our programme is designed to immerse participants in diverse cultures, engage with real-world challenges, and gain an understanding of their role in a global community. They will develop intercultural competence, broaden their perspectives, and actively contribute to sustainable development initiatives.



LEADERSHIP & TEAMWORK

Through stepping outside their comfort zone, participants will build resilience, confidence, and adaptability. By taking on new challenges and working collaboratively in teams, they will strengthen their leadership skills, decision-making, and capacity to guide and inspire others.



EMPOWERMENT

Participants are empowered to develop the confidence and independence needed to think critically, challenge the status quo, and take ownership of their choices, creating a mindset for transformative decision-making.

PROJECTS ABROAD.



Adventure with Purpose.



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