

Medicine & Healthcare

High School Special Schedule Tanzania

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 Tanzanian 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 regional teaching hospitals as well as smaller and more specialist clinics. You will be exposed to a 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.
- ▶ **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:**
Immerse yourself in the vibrant culture of Tanzania through captivating experiences, such as witnessing traditional dances, engaging in conversations with locals, and savoring the flavors of authentic Tanzanian cuisine. Embark on an enriching journey alongside fellow volunteers, forging lifelong friendships and creating memories as you visit iconic landmarks, and marvel at the awe-inspiring beauty of Tanzania, including its stunning wildlife and majestic landscapes.



2 WEEKS



Day 1

Sunday

Arrival in Tanzania

You will arrive into the famous Kilimanjaro Airport. This is a gateway for mountaineers and tourists alike and, if you are lucky, you may spot the Africa's highest mountain as you come into land.

After you pass through customs you will be met by a staff member holding a sign welcoming you to Tanzania. You will then be taken to your host family in Arusha where you will relax before your office induction. Here you will have the chance to change money and organise a local sim card. Dinner will be served at your host family.



Highlights

- ▶ 40 Service Hours
- ▶ Gain medical skills and experience
- ▶ Raise awareness about medical issues
- ▶ Learn about tropical diseases
- ▶ Immerse yourself in Tanzanian culture
- ▶ Visit Tarangire National Park
- ▶ Offset your carbon footprint

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 2

Monday

Morning:

Participate in an office induction and logistic session, familiarising yourself with the Projects Abroad office and its operations.

Afternoon:

Embark on a town tour, exploring the local community and immersing yourself in the Tanzanian culture. Register for a local SIM card and you will also be able to exchange currency if needed. Lunch will be served at a local restaurant which will be followed Swahili and culture workshop at the Projects Abroad office, where you'll learn basic Swahili phrases and gain insights into Tanzanian traditions.

Evening:

Share a delicious dinner at your host family, sampling traditional Tanzanian home cooked cuisine at its finest.

Day 3

Tuesday

Morning:

Begin your hospital work, observing medical professionals in the various different departments.

Afternoon:

Lunch will be provided at a local restaurant which will be shortly followed by medical workshop at the Projects Abroad office, focusing on the Tanzanian medical system, which will offer further clarity to your work at the hospital and preparing for future medical outreach activities.

Evening:

Enjoy a home-cooked dinner, savouring the flavours of Tanzania.

Day 4

Wednesday

Morning:

Continue your dedicated hospital work, gaining valuable experience in a healthcare setting.

Afternoon:

Lunch will be provided at a local restaurant which will be shortly followed by a medical workshop on tropical diseases before the following days outreach..

Evening:

Relax and unwind with a satisfying dinner at your accommodation.

Day 5

Thursday

Full 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 a doctor and fellow volunteers to do health screening and distribute medication.

Return to your accommodation and enjoy a comforting dinner at home, reflecting on the impactful day.

Day 6

Friday

Morning:

Resume your hospital work, continuing to learn from the local medical staff. Make sure to take notes to be discussed with our in house doctor.

Afternoon:

Lunch will be served at home before preparing for an exciting safari day trip by participating in a shopping excursion, ensuring you have all the necessary supplies for the adventure. In the late afternoon, enjoy a drumming and dance session, immersing yourself in Tanzanian rhythms and traditions.

Evening:

Indulge in a flavourful dinner at a local restaurant, savouring the diverse Tanzanian cuisine.

Day 7

Saturday

Full Day:

Start your day off with breakfast at home before embarking on your exciting adventure to Tarangire National Park. The journey to the park will take approximately 2 hours, but the beautiful scenery along the way is worth it. Upon arrival, your expert safari guide will lead you on a thrilling excursion through Tarangire's vast landscape, which is home to a variety of Africa's most magnificent wildlife, including Elephants, Lions and Leopards.

During your safari, you will take a break to enjoy a tasty packed lunch at one of the park's picturesque picnic spots. After an exhilarating day in Tarangire National Park, return to the comfort of your home for a delicious meal.

Day 8

Sunday

Morning:

After breakfast, you will hike to Materuni waterfalls. You will visit a coffee plantation before lunch and learn about the growing and processing of famous Tanzanian coffee beans.

Evening:

Dinner will be served at home ahead of another busy day of medical experiences.

Day 9

Monday

Morning:

Engage in your regular hospital work, continuing to observe different departments.

Afternoon:

Attend a First Aid Training session at the Projects Abroad office, where you will receive comprehensive training on basic life support (BLS) and essential first aid techniques. Note: Packed lunch will be provided from your accommodation.

Evening:

Relax and enjoy a home-cooked dinner at your accommodation.

Day 10

Tuesday

Morning:

Take part in a special Community First Aid Training session, where you will share your knowledge and skills in BLS with a group of local women, empowering them to provide emergency care.

Afternoon:

Participate in a surgical workshop with our staff doctor, Dr. Kassu. You will return home for lunch and time to relax before the evening's activity.

Evening:

Participate in a fun and interactive cooking class at the office, learning to prepare traditional Tanzanian dishes.

Day 11

Wednesday

Morning:

Attend an HIV/TB clinic, observing the facilities and expanding your knowledge on these important health issues.

Afternoon:

Attend paediatric workshop at St Elizabeth Hospital by Dr Kweka, expanding your knowledge from Note: Lunch will be provided at home.

Evening:

Enjoy a home-cooked dinner, savouring the flavours of Tanzania.

Day 12

Thursday

Full 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 a doctor and fellow volunteers to do health screening and distribute medication.

Evening:

Gather for a special farewell dinner at a local restaurant, celebrating the memorable experiences you've had during your stay.



Day 13

Friday

Morning:

Return to the hospital and continue gaining an insight into the Tanzanian medical system and common illnesses present in the country.

Afternoon:

Immerse yourself in the vibrant Maasai culture with a shopping excursion at the Maasai Market, where you can find unique handmade crafts. Note: Lunch will be provided at your accommodation.

Evening:

Return to your accommodation and enjoy a comforting dinner at home, reflecting on your time in Tanzania with your new friends.

Day 14

Saturday

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.

Personal Achievements



- ▶ Completed a total of 40 medical-based service hours
- ▶ Attended 8 Hours of professional medical skills workshops
- ▶ Taught important lessons on hygiene to over 100 children
- ▶ Took part and assisted medical professionals on a public health outreach for 100+ remote community members



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

- ▶ Nearly 30% of Tanzania is protected National Parks
- ▶ Tanzania has the largest concentration of animals in Africa
- ▶ Mount Kilimanjaro is the tallest mountain in Africa
- ▶ Over two million animals travel across the plains during the Great Migration

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

Destination Information	
National Language:	Swahili, English
Population:	61 million
Currency:	Tanzania Shilling
Time Zone:	GMT +3
Capital:	Dodoma
Calling Code:	+255
Dominant Religions:	Christianity, Islam
National Dish:	Ugali
National Animal:	Giraffe
National Bird:	Grey Crowned Crane

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4 WEEKS



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Highlights

- ▶ 80 service hours
- ▶ Gain medical skills and experience
- ▶ Raise awareness about medical issues
- ▶ Learn about tropical diseases
- ▶ Immerse yourself in Tanzanian culture
- ▶ Visit Tarangire National Park
- ▶ Offset your carbon footprint

Accommodation

Host Family

Transport

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Meals

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Day 2

Monday

Morning:

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Afternoon:

Embark on a town tour, exploring the local community and immersing yourself in the Tanzanian culture. Register for a local SIM card and you will also be able to exchange currency if needed. Lunch will be served at a local restaurant.

Evening:

Share a delicious dinner at your host family, sampling traditional Tanzanian home cooked cuisine at its finest.

Day 3

Tuesday

Morning:

Begin your hospital work, observing medical professionals in the various different departments.

Afternoon:

Lunch will be served at home before visiting an HIV/TB clinic, observing the facilities and expanding your knowledge through practical observation.

Evening:

Enjoy a home-cooked dinner, savouring the flavours of Tanzania.

Day 4

Wednesday

Morning:

Continue your dedicated hospital work, gaining valuable experience in a healthcare setting.

Afternoon:

Lunch will be provided at a local restaurant, which will be shortly followed an HIV/TB workshop at the Projects Abroad office, expanding your knowledge on these important global health issues. You will learn about prevention, treatment, and community support.

Evening:

Relax and unwind with a satisfying dinner at your accommodation.

Day 5

Thursday

Morning:

Resume your hospital work, continuing to learn from the local medical staff.

Afternoon:

Lunch will be served at home before a Swahili and culture workshop at the Projects Abroad office, where you'll learn basic Swahili phrases and gain insights into Tanzanian traditions.

Evening:

Indulge in a flavourful dinner at home.

Day 6

Friday

Morning:

Continue your hospital work, rotating departments and learning about the different specialities. Make sure to take notes to be discussed with our in house doctor.

Afternoon / Evening

Lunch will be served at a local restaurant before preparing for an exciting safari day trip and visiting the shops, ensuring you have all the necessary supplies for the adventure.

Indulge in a flavourful dinner at a local restaurant, savouring the diverse Tanzanian cuisine.

Day 7

Saturday

Full Day:

Start your day off with breakfast at home before embarking on your exciting adventure to Tarangire National Park. The journey to the park will take approximately 2 hours, but the beautiful scenery along the way is worth it. Upon arrival, your expert safari guide will lead you on a thrilling excursion through Tarangire's vast landscape, which is home to a variety of Africa's most magnificent wildlife, including Elephants, Lions and Leopards.

During your safari, you will take a break to enjoy a tasty packed lunch at one of the park's picturesque picnic spots. After an exhilarating day in Tarangire National Park, return to the comfort of your home for a delicious meal.

Day 8

Sunday

Morning:

After breakfast, you will hike to Materuni waterfalls. You will visit a coffee plantation before lunch and learn about the growing and processing of famous Tanzanian coffee beans.

Evening:

Dinner will be served at home ahead of another busy day of medical experiences.

Day 9

Monday

Morning:

Engage in your regular hospital work, continuing to observe different departments.

Afternoon:

After lunch you will participate in a Menstrual Health Hygiene Awareness Campaign workshop at the office, learning about menstrual health and promoting hygiene practices.

Evening:

Return to your accommodation and enjoy a comforting dinner at home.

Day 10

Tuesday

Full Day:

Lunch will be provided at home, which will be shortly followed by a special medical outreach project, working alongside EPN to conduct menstrual health training at a local school. Here we will provide reusable sanitary pads and spread awareness about Menstrual Health Hygiene.

Evening:

Relax and enjoy dinner at a local restaurant.

Day 11

Wednesday

Morning:

Continue your regular hospital work, observing and learning from the medical professionals.

Afternoon:

Lunch will be served at home before participating in a hygiene workshop at the office, focusing on hygiene practices and disease prevention.

Evening:

Enjoy a home-cooked dinner, savouring the flavours of Tanzania.

Day 12

Thursday

Morning:

Provide hygiene training to Maasai school children, promoting good hygiene practices and health education.

Afternoon:

You will have a packed lunch, which will be followed by painting activities at the Maasai school, fostering creativity and cultural exchange.

Evening:

Enjoy a home-cooked dinner, savouring the flavours of Tanzania.



Day 13

Friday

Morning:

Return to the hospital and continue gaining an insight into the Tanzanian medical system and common illnesses present in the country.

Afternoon / Evening:

Lunch will be served at a local restaurant before you participate in a fun and interactive cooking class at the office. You will learn to prepare traditional Tanzanian dishes and enjoy your hardwork for dinner alongside your fellow volunteers and Projects Abroad staff.

Day 14

Saturday

Embark on one-day trip to the hot springs near Moshi. Along the way, you will witness the stunning views of Mount Kilimanjaro, the highest peak in Africa, looming majestically on the horizon.

As you near Moshi, you will arrive at the hot springs, which are located at the foothills of the magnificent Mount Kilimanjaro. These natural hot springs are surrounded by lush tropical vegetation, providing a picturesque backdrop for a day of relaxation and rejuvenation. You will have ample time to soak in the warm, mineral-rich waters and bask in the soothing, natural beauty of your surroundings.

After a full day of adventure and relaxation, you will return to Arusha in the evening, just in time for dinner at home.

Day 15

Sunday

Full Day:

Embark on an immersive full-day trip to a Maasai village, immersing yourself in the rich culture, traditions, and way of life of the Maasai people. Throughout the day, engage in a variety of cultural activities and interactions, providing a deeper understanding of their customs and heritage.

Learn about the Maasai traditional practices, such as beadwork, warrior dances, and cattle herding. Engage in conversations with the Maasai villagers, listening to their stories and insights, and ask questions to further enhance your understanding of their way of life. Dinner will be served when you arrive home.



Day 16

Monday

Full Day:

Engage in a rewarding medical outreach program in a rural community, where you'll provide essential healthcare services to underserved communities.

You will be join a medical professional and fellow volunteers to do health screening and distribute medication. You will get split into smaller groups to oversee different sections of the outreach and rotate throughout the day.

Evening:

Relax and enjoy dinner at a local restaurant.

Day 17

Tuesday

Full Day:

Continue hospital work, contributing to the healthcare team and gaining practical skills.

Afternoon:

Lunch will be provided at home, which will be shortly followed by a workshop on reproductive and child health (RCH) at the RHC Clinic.

Evening:

Return to your accommodation and enjoy a comforting dinner at home.

Day 18

Wednesday

Morning:

Continue your dedicated hospital work, gaining valuable experience in a healthcare setting.

Afternoon / Evening:

Lunch will be served at home before you participate in a fun and interactive cooking class at the office. You will learn to prepare traditional Tanzanian dishes and enjoy your hardwork for dinner alongside your fellow volunteers and Projects Abroad staff.

Day 19

Thursday

Morning:

Continue your dedicated hospital work, gaining valuable experience in a healthcare setting.

Afternoon:

Attend paediatric workshop at St Elizabeth Hospital by Dr Kweka, expanding your knowledge from Note: Lunch will be provided at home.

Evening:

Relax and enjoy a home-cooked dinner at your accommodation.



Day 20

Friday

Morning:

Return to the hospital and continue gaining an insight into the Tanzanian medical system and common illnesses present in the country.

Afternoon / Evening:

Lunch will be served at home before you visit a Cultural Heritage site to explore the local heritage, traditions, and history.

Evening:

Relax and unwind with a dinner at home.

Day 21

Saturday

Morning:

Begin your day by visiting a local organic farm in the morning, where you will have the opportunity to learn about sustainable farming practices and engage in hands-on activities.

Following the farm visit, continue your journey to the serene and picturesque Lake Duluti. Nestled amidst lush greenery, the lake offers a tranquil setting for relaxation and scenic exploration. Take a leisurely stroll along the lakeshore, breathe in the fresh air, and revel in the natural beauty surrounding you.

Head back to your accommodation for dinner.

Day 22

Sunday

Full Day:

After three busy weeks in Tanzania, it's time to take some well earned rest. Spend time at home, reading, playing games and socialising with your fellow volunteers ahead of your final week in Tanzania.



Day 23

Monday

Morning:

Engage in your regular hospital work, continuing to observe different departments.

Afternoon:

After lunch at home, you will participate in a surgical workshop with our staff doctor, Dr. Kassu.

Evening:

Relax and enjoy a home-cooked dinner at your accommodation.

Day 24

Tuesday

Full Day:

Engage in a rewarding medical outreach program in a rural community, where you'll provide essential healthcare services to underserved communities.

Afternoon:

Attend a Tropical Diseases workshop at the office, learning about common diseases in the region and prevention strategies.

Evening:

Enjoy dinner at a local restaurant, reflecting on an impactful day.

Day 25

Wednesday

Full Day:

Engage in a rewarding medical outreach program in a rural community, where you'll provide essential healthcare services to underserved communities.

You will be join a medical professional and fellow volunteers to do health screening and distribute medication. You will get split into smaller groups to oversee different sections of the outreach and rotate throughout the day.

Day 26

Thursday

Morning:

Continue your dedicated hospital work, gaining valuable experience in a healthcare setting.

Afternoon:

Take part in a reflection session at the office, where you can share your experiences and insights.

Evening:

Relax and enjoy a home-cooked dinner at your accommodation.



Day 27

Friday

Morning:

Visit Meserani Snake Park, where you can learn about reptiles and observe various snake species.

Afternoon:

Go shopping at the Maasai market, where you can find traditional crafts and souvenirs.

Evening:

Farewell dinner at a local restaurant. Lunch will be provided at your accommodation.

Day 28

Saturday

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Personal Achievements



- ▶ Completed a total of 80 volunteer service hours
- ▶ Attended 12 Hours of professional medical skills workshops
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- ▶ Took part and assisted medical professionals on a public health outreach for 100+ remote community members



Student Learning Outcomes

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Destination Information	
National Language:	Swahili, English
Population:	61 million
Currency:	Tanzania Shilling
Time Zone:	GMT +3
Capital:	Dodoma
Calling Code:	+255
Dominant Religions:	Christianity, Islam
National Dish:	Ugali
National Animal:	Giraffe
National Bird:	Grey Crowned Crane

Social Media

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