

# Medicine & Spanish

## High School Special Schedule Argentina | 2 weeks

Welcome to our High School Special Medicine Project in Argentina! Are you ready for a once-in-a-lifetime experience working with the local community and exploring this beautiful country?

### Programme Goals:

- ▶ **Clinical:**  
Spend time shadowing local doctors and nurses in a number of medical facilities. We work with regional 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.
- ▶ **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:**  
Delve into the vibrant Argentinian culture by witnessing traditional dances, engaging in conversations with locals, and indulging in the diverse flavors of traditional cuisine. After your volunteer work, improve your Spanish language skills to help communicate better with local people. Explore Argentina's history and heritage by visiting historical landmarks, experiencing the warmth and hospitality of local communities, and creating unforgettable memories along the way.



2 WEEKS



## Day 1

### Sunday Arrival in Argentina

You will fly into Cordoba International Airport (COR). A Projects Abroad staff member will be waiting to greet you when you arrive. You will then travel about half an hour to the office, where you'll be introduced to the team and shown around.

After this quick introduction, you'll then be taken to your host family's house, which is usually close by. You'll be welcomed with open arms and a warm meal!



### Highlights

- ▶ 20 Service Hours
- ▶ 20 hours of Spanish lessons
- ▶ Participate in community medical outreach projects
- ▶ Learn about the Argentinian medical system.
- ▶ Be immersed in Argentinian culture
- ▶ Offset your carbon footprint

### Accommodation

Host family - sharing with other volunteers

### Transport

Private bus, taxi, and by foot

### Meals

Most meals provided at the host family. Some lunches will be packed lunch and some dinners will be at restaurants.

### Timings

This schedule is subject to change, however you will be advised in advance regarding the times for the activities. 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 Induction

#### Morning: Learning

After breakfast, you will be collected from your host family and travel 20 minutes to the Projects Abroad office where you will be briefed on the Medicine project, your schedule, and get an introduction to Argentine culture.

#### Afternoon:

#### Culture

Eat a traditional lunch at a local restaurant before taking a city tour on a double-decker bus in downtown Cordoba. Return to your host family afterwards for a delicious dinner and some much-needed rest.

## Day 3

### Tuesday

#### Morning: Clinical

We will begin the day by visiting health centres and hospitals, and observing medical professionals in various different departments.

#### Afternoon: Learning

Return to your host family for lunch. Pause for a reflective moment as you review your morning session and make notes in your personal reflective journal. Join your teacher for your first Spanish lessons.

#### Evening: Culture

Enjoy a hands-on cooking class. Learn to craft traditional Argentine empanadas.

## Day 4

### Wednesday

#### Morning: Learning

You will participate in your first medical workshop where you will learn about the healthcare system in Argentina and be trained for the upcoming medical campaign in monitoring child health.

#### Afternoon: Learning

Anticipate a moment of reflection as you recap your morning session and jot down thoughts in your journal. Immerse yourself in your afternoon Spanish lessons.

#### Evening: Culture

Share the events of your day as you enjoy dinner with your host family.

## Day 5

### Thursday

#### Morning: Clinical

Return to the health centres and hospitals where you will continue to observe doctors and nurses as you learn about common illnesses in Argentina.

#### Afternoon: Learning

After a well-prepared lunch at the host family, record your thoughts and observations from the morning in your medical journal. Dive back in to Spanish lessons as you endeavor to become fluent in a new language.

#### Evening: Culture

Join staff and watch a football match at the local stadium. Experience the passion that drives Lionel Messi!

## Day 6

### Friday

#### Morning: Community

Lead health presentations about varying aspects of child health at selected day care centres and primary schools. Use interactive games and activities to promote hygiene and healthy practices. Preventative medicine through awareness campaigns and lessons is key to supporting public health.

#### Afternoon: Learning

Take time to relax and reflect before heading back to the office for Spanish lessons.

#### Evening: Culture

The whole group will get together for a Party Night! There will be a horror themed costume party. Make sure to pack an outfit that will stand out.

## Day 7

Saturday

### Full Day:

Have a relaxed morning with your host family. Enjoy lunch before heading to Patio Olmos Mall.

At the mall you will find a vibrant complex with various attractions. You'll be taken to enjoy a trampoline park, virtual reality games, a racing track, bowling and an escape room! It'll be an amazing opportunity to let loose, challenge yourself and have some fun with your new friends.

## Day 8

Sunday

### Full Day:

It's time to explore nature! The group will travel to Unquillo, a beautiful town located in the foothills of the Sierras Chicas mountains.

You will be taken on a hike through the Reserva Hídrica Recreativa Natural y Municipal Los Quebrachitos. This 5,000-hectare reserve is home to a variety of hiking trails, ranging from easy to challenging.

## Day 9

Monday

### Morning: Learning

You'll be exploring the world-renowned Pathological Anatomy Museum at the University of Cordoba's faculty of medicine. This unique experience offers a glimpse into the intricate world of medical anomalies, showcasing specimens that unveil the mysteries of various diseases.

### Afternoon: Learning

Head back to your host for a homemade lunch before continuing your Spanish lessons.

### Evening: Culture

Enjoy dinner as you unwind with your host family and fellow volunteers.



## Day 12

Tuesday

### Morning: Clinical

The morning will be dedicated to visiting health centers and hospitals as you continue to observe and learn from medical professionals.

### Afternoon: Learning

Input observations and thoughts into your medical journal, then immerse yourself in your lessons as you increase your Spanish fluency.

### Evening: Culture

Enjoy traditional games like "Dados", "Truco" and "Tejo" before a delicious dinner.



## Day 13

Wednesday

### Morning: Learning

Participate in a medical workshop as you learn about the impact of non-communicable diseases like diabetes and hypertension. Learn how to monitor and control such diseases.

### Afternoon: Learning

Embrace your creative side and add Spanish jingles or songs to finalize your next medical awareness campaign.

### Evening: Culture

Reflect, unwind, and relax at the host family, as you have a full day tomorrow.

## Day 14

Thursday

### Morning: Clinical

Join healthcare professionals for an observational experience at health centers and hospitals, where you can learn about different medical cases and procedures.

### Afternoon: Learning

Grab your lunch at the host family, pause to reflect in your journal, and then get right into your Spanish lessons. Learning continues.

### Evening: Culture

How are those Spanish classes going? Today is the time to go to the movies. There are Spanish and English options available.



## Day 13

Friday

### Morning: Community

Head to Mercado Norte, a bustling market and shopping centre where you will increase awareness of non-communicable diseases through interactive presentations to the community.

### Afternoon: Learning

Join your final Spanish lessons.

### Evening: Culture

Let's have fun! Celebrate all you've achieved with a farwell meal and party. Eat 'lomito' - this is a popular Cordoban sandwich made with grilled beef, cheese, ham, fried egg, tomato, lettuce, and various dressings.

## 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 taken care of. You will have the continued support of Projects Abroad staff right until you are safely at the airport to board your plane back home.

### 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](mailto:info@projects-abroad.org)

### Social Media

 @projectsabroadglobal

 @projectsabroad

 @projectsabroad

 @projectsabroad

## Personal Achievements



- ▶ Completed a total of 20 hours of medical-based service hours.
- ▶ Gained Intermediate Spanish proficiency through 20 hours of lessons
- ▶ Attended 6 Hours of professional medical skills workshops including first aid training.
- ▶ Increased awareness on different health concerns among 100+ children and adults.



### 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.

# Medicine & Spanish

## High School Special Schedule

Argentina | 4 weeks

Welcome to our High School Special Medicine Project in Argentina! Are you ready for a once-in-a-lifetime experience working with the local community and exploring this beautiful country?

### Programme Goals:

- ▶ **Clinical:**  
Spend time shadowing local doctors and nurses in a number of medical facilities. We work with regional 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.
- ▶ **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:**  
Delve into the vibrant Argentinian culture by witnessing traditional dances, engaging in conversations with locals, and indulging in the diverse flavors of traditional cuisine. After your volunteer work, improve your Spanish language skills to help communicate better with local people. Explore Argentina's history and heritage by visiting historical landmarks, experiencing the warmth and hospitality of local communities, and creating unforgettable memories along the way.



4 WEEKS



## Day 1

### Sunday Arrival in Argentina

You will fly into Cordoba International Airport (COR). A Projects Abroad staff member will be waiting to greet you when you arrive. You will then travel about half an hour to the office, where you'll be introduced to the team and shown around.

After this quick introduction, you'll then be taken to your host family's house, which is usually close by. You'll be welcomed with open arms and a warm meal!



### Highlights

- ▶ 40 Service Hours
- ▶ 40 hours of Spanish lessons
- ▶ Participate in community medical outreach projects
- ▶ Learn about the Argentinian medical system.
- ▶ Be immersed in Argentinian culture
- ▶ Offset your carbon footprint

### Accommodation

Host family - sharing with other volunteers

### Transport

Private bus, taxi, and by foot

### Meals

Most meals provided at the host family. Some lunches will be packed lunch and some dinners will be at restaurants.

### Timings

This schedule is subject to change, however you will be advised in advance regarding the times for the activities. 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 Induction

#### Morning: Learning

After breakfast, you will be collected from your host family and travel 20 minutes to the Projects Abroad office where you will be briefed on the Medicine project, your schedule, and get an introduction to Argentine culture.

#### Afternoon:

#### Culture

Eat a traditional lunch at a local restaurant before taking a city tour on a double-decker bus in downtown Cordoba. Return to your host family afterwards for a delicious dinner and some much-needed rest.

## Day 3

### Tuesday

#### Morning: Clinical

We will begin the day by visiting health centres and hospitals, and observing medical professionals in various different departments.

#### Afternoon: Learning

Return to your host family for lunch. Pause for a reflective moment as you review your morning session and make notes in your personal reflective journal. Join your teacher for your first Spanish lessons.

#### Evening: Culture

Enjoy a hands-on cooking class. Learn to craft traditional Argentine empanadas.

## Day 4

### Wednesday

#### Morning: Learning

You will participate in your first medical workshop where you will learn about the healthcare system in Argentina and be trained for the upcoming medical campaign in monitoring child health.

#### Afternoon: Learning

Anticipate a moment of reflection as you recap your morning session and jot down thoughts in your journal. Immerse yourself in your afternoon Spanish lessons.

#### Evening: Culture

Share the events of your day as you enjoy dinner with your host family.

## Day 5

### Thursday

#### Morning: Clinical

Return to the health centres and hospitals where you will continue to observe doctors and nurses as you learn about common illnesses in Argentina.

#### Afternoon: Learning

After a well-prepared lunch at the host family, record your thoughts and observations from the morning in your medical journal. Dive back in to Spanish lessons as you endeavor to become fluent in a new language.

#### Evening: Culture

Join staff and watch a football match at the local stadium. Experience the passion that drives Lionel Messi!

## Day 6

### Friday

#### Morning: Community

Lead health presentations about varying aspects of child health at selected day care centres and primary schools. Use interactive games and activities to promote hygiene and healthy practices. Preventative medicine through awareness campaigns and lessons is key to supporting public health.

#### Afternoon: Learning

Take time to relax and reflect before heading back to the office for Spanish lessons.

#### Evening: Culture

The whole group will get together for a Party Night! There will be a horror themed costume party. Make sure to pack an outfit that will stand out.

## Day 7

Saturday

### Full Day:

Have a relaxed morning with your host family. Enjoy lunch before heading to Patio Olmos Mall.

At the mall you will find a vibrant complex with various attractions. You'll be taken to enjoy a trampoline park, virtual reality games, a racing track, bowling and an escape room! It'll be an amazing opportunity to let loose, challenge yourself and have some fun with your new friends.

## Day 8

Sunday

### Full Day:

It's time to explore nature! The group will travel to Unquillo, a beautiful town located in the foothills of the Sierras Chicas mountains.

You will be taken on a hike through the Reserva Hídrica Recreativa Natural y Municipal Los Quebrachitos. This 5,000-hectare reserve is home to a variety of hiking trails, ranging from easy to challenging.

## Day 9

Monday

### Morning: Learning

You'll be exploring the world-renowned Pathological Anatomy Museum at the University of Cordoba's faculty of medicine. This unique experience offers a glimpse into the intricate world of medical anomalies, showcasing specimens that unveil the mysteries of various diseases.

### Afternoon: Learning

Head back to your host for a homemade lunch before continuing your Spanish lessons.

### Evening: Culture

Enjoy dinner as you unwind with your host family and fellow volunteers.

## Day 10

Tuesday

### Morning: Clinical

The morning will be dedicated to visiting health centers and hospitals as you continue to observe and learn from medical professionals.

### Afternoon: Learning

Input observations and thoughts into your medical journal, then immerse yourself in your lessons as you increase your Spanish fluency.

### Evening: Culture

Enjoy traditional games like "Dados", "Truco" and "Tejo" before a delicious dinner.

## Day 11

Wednesday

### Morning: Learning

Participate in a medical workshop as you learn about the impact of non-communicable diseases like diabetes and hypertension. Learn how to monitor and control such diseases.

### Afternoon: Learning

Embrace your creative side and add Spanish jingles or songs to finalize your next medical awareness campaign.

### Evening: Culture

Reflect, unwind, and relax at the host family, as you have a full day tomorrow.

## Day 12

Thursday

### Morning: Clinical

Join healthcare professionals for an observational experience at health centers and hospitals, where you can learn about different medical cases and procedures.

### Afternoon: Learning

Grab your lunch at the host family, pause to reflect in your journal, and then get right into your Spanish lessons. Learning continues.

### Evening: Culture

How are those Spanish classes going? Today is the time to go to the movies. There are Spanish and English options available.



## Day 13

Friday

### Morning: Community

Head to Mercado Norte, a bustling market and shopping centre where you will increase awareness of non-communicable diseases through interactive presentations to the community.

### Afternoon: Learning

Enjoy lunch with your hosts, reflect in your journal, and celebrate how fluent you feel as you continue your Spanish lessons.

### Evening: Culture

Lomito Night! This is a popular Cordoban sandwich made with grilled beef, cheese, ham, fried egg, tomato, lettuce, and various dressings. You'll also say farewell to any group members who are just joining for 2 weeks.

## Day 14

Saturday

Embark on an adventure to the city of Alta Gracia. A highlight of the journey includes a visit to the Che Guevara Museum, dedicated to the iconic revolutionary figure Ernesto "Che" Guevara. Additionally, explore the Estancia Jesuítica, a significant Jesuit estate that bears witness to Argentina's colonial history. Delve into the architectural marvels and cultural importance of this Jesuit settlement, offering a captivating glimpse into the region's past.

## Day 15

Sunday

### Full Day:

Rest and relax with your host family in the morning. Then join an afternoon tour through the city of Cordoba. We'll start with a snack of tortas fritas - a fried pastry that is a favourite among Argentinians. Visit Parque de la Biodiversidad, a conservation park where you can see a variety of animals.

How much do you know about the city? We will discover its secrets while playing a game - "City Hunt".

In the late afternoon, stroll through the Paseo de los Artesanos, a street lined with stalls selling handicrafts from local artisans.

## Day 16

Monday

### Morning: Learning

Learn first aid skills and how to act in an emergency. This first aid training workshop will equip you with the necessary knowledge and skills to help others in cases of an emergency.

### Afternoon: Learning

Continue your Spanish lessons, there is much more to learn.

### Evening: Culture

Relax and enjoy a delicious dinner with your host family.

## Day 17

Tuesday

### Morning: Clinical

Visit hospitals and health centers for an observational and learning experience where you will gain insights into healthcare systems and procedures..

### Afternoon: Learning

Dine with fellow volunteers at the host family as you record your reflections on the morning session. Continue your Spanish classes at the office.

### Evening: Culture

Enjoy traditional games like "Dados", "Truco" and "Tejo" before a delicious dinner.

## Day 18

Wednesday

### Morning: Community

Jump in and do your part to create a fun, interactive and child-friendly awareness campaign about oral health.

### Afternoon: Learning

Enjoy lunch with fellow volunteers while discussing and recording insights from the morning session. Immerse yourself in your Spanish lessons; there's still much ground to cover.

### Evening: Culture

Rest and relax with your host family.

## Day 19

Thursday

### Morning: Clinical

Observe healthcare professionals at work in hospitals and health centers - further deepening your understanding of medical practices.

### Afternoon: Learning

Express yourself in Spanish as you cover more lessons and embrace the language.

### Evening: Culture

Meet with local teens for a 'mateada' - a unique social gathering where stories and laughter blend with the rich taste of a herbal tea called 'mate'. Immerse yourself in this authentic intercultural exchange and create unforgettable memories in the heart of Argentina.

## Day 20

Friday

### Morning: Community

It's time to share your interactive health campaign about oral health to the energetic children at daycare centres and primary schools.

### Afternoon: Learning

Return to the office for fun and interactive Spanish lessons.

### Evening: Culture

Enjoy dinner at a restaurant in the city. See new parts of the city and try more Argentinian cuisine.



## Day 21

Saturday

### All day

Visit the Eden Hotel in La Falda. Created by German hands at the beginning of the 20th century, it's supernatural charm attracts ghost hunters and supernatural enthusiasts. With its mystical tales, this historical retreat becomes an exciting place, combining spooky legends with a touch of adventure amid the scenic beauty of the Sierras de Córdoba.

## Day 22

Sunday

### All day

Travel to the picturesque city of Villa Carlos Paz. Enjoy scenic delights and cultural experiences. The journey will include a thrilling ascent on the Aerosilla, providing panoramic views of the surrounding landscape.

Upon return to Cordoba, the adventure continues at the Paseo de los Artesanos in Guemes, where an array of local crafts awaits. Here, there's a chance to indulge in souvenir shopping, capturing the essence of the trip in unique, handmade treasures.

## Day 23

Monday

### Morning: Clinical

Dive into your observational experience at hospitals and clinics, gaining valuable insights into patient care and healthcare management.

### Afternoon: Learning

Deepen your involvement in your Spanish lessons; there is still more to learn.

### Evening: Culture

Relax and enjoy a delicious dinner with your host family.

## Day 24

Tuesday

### Morning: Clinical

Continue shadowing healthcare professionals at hospitals and clinics to observe and learn from their expertise.

### Afternoon: Learning

Reflect on the morning session before joining more Spanish lessons.

### Evening: Culture

Unwind with a tango dance class and embrace the culture.

## Day 25

Wednesday

### Morning: Learning

Attend and participate in a medical workshop on sexually transmitted diseases, a major issue for many South American countries.

### Afternoon: Learning

Hurry home for lunch before learning more Spanish phrases and increasing your fluency for your health campaigns.

### Evening: Culture

Enjoy dinner with your host family as you relax for the evening.

## Day 26

Thursday

### Morning: Clinical

Join healthcare professionals for an observational experience at hospitals and clinics, observing various medical procedures and interactions.

### Afternoon: Learning

Continue your Spanish lessons as you advance in this new language.

### Evening: Culture

Indulge in an afternoon snack at the Mona Jiménez Bar Museum. Grab a pizza for dinner before returning home to rest.

## Day 27

Friday

### Morning: Community

Head to Mercado Norte, a bustling shopping centre, as the group shares their health campaign on STD's. Raise awareness about their causes, prevention and support for those who contract them.

### Afternoon: Learning

Join your final Spanish lessons.

### Evening: Culture

Let's have fun! Celebrate all you've achieved with a farewell meal and party.

## Day 28

Saturday

### All day

The group members will likely be departing at different times, therefore day 27 and 28 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 taken care of. 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 hours of medical-based service hours.
- ▶ Gained Intermediate Spanish proficiency through 40 hours of lessons
- ▶ Attended 12 Hours of professional medical skills workshops including first aid training.
- ▶ Increased awareness on different health concerns among 100+ children and adults.



### 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.

### 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](mailto:info@projects-abroad.org)

### Social Media

 [@projectsabroadglobal](https://www.instagram.com/projectsabroadglobal)

 [@projectsabroad](https://www.facebook.com/projectsabroad)

 [@projectsabroad](https://www.tiktok.com/@projectsabroad)

 [@projectsabroad](https://twitter.com/projectsabroad)