



Travellers Worldwide is a leading International Provider of
Volunteering Programmes, Work Experience Internships
and Cultural Courses Abroad

SRI LANKA



MEDICAL WORK EXPERIENCE INTERNSHIP NEAR JA-ELA

Gain excellent Medical Work Experience at a typical Sri Lankan Hospital close to Ja-Ela. Observe experts in your field and learn how they work in Sri Lanka, where medical care can be different to the methods practiced in other countries.

You'll shadow the doctors in various departments in the Hospital. The hospital has 300 staff and currently 13 consultants. There are also many departments with visiting specialists, thus giving you varied exposure. Whether your main interest is clinical or non-clinical sciences, you'll gain experience you need. If you have not specialised yet, you will be able to gain an all-round experience of medicine.

Thank you for your interest in this Project. Below is a description of what you can do and expect. You can volunteer whether you're taking a gap year, on a career break, retired, or on a holiday with a purpose. No matter what your age or experience, we look forward to welcoming you to the team!

WHAT DO YOU GET?

SELF-DEVELOPMENT:

- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- The satisfaction of helping underprivileged people and knowing that your efforts made a difference to them.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.

SAFETY AND SECURITY

- Your safety is our top priority. We risk-assess all destination countries, projects, accommodation and more to ensure that they are stable and safe.
- We have experienced local staff with 24/7 back-up and support who are there to assist you and look after you, starting with an in-depth induction on your arrival.

AN ADVENTURE!

- An exciting, never-to-be-forgotten adventure into Asia and the fascinating culture of Sri Lanka! And best of all ... **an unforgettable experience.**

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Prices: From **£1,095** excluding flights.

Please see Full [Price List Online](#).

Duration: From 1 week to 12 weeks or longer, subject to visa requirements

Start Dates: All year round - you choose your start and finish dates.

Requirements: No qualifications required, but you should be intending to study medicine and thus have a deep-seated interest in it. Minimum age 17.

What's Included:

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| ▶ Arranging your Programme, | ▶ Full pre-departure support and assistance, |
| ▶ Payment Protection insurance | ▶ Accommodation |
| ▶ Certificate of Completion | ▶ Transfer to your on-site accommodation |
| ▶ Meeting you at Colombo airport | ▶ Local in-country team support and backup |
| ▶ 24-hr emergency support. | ▶ Food |
| ▶ Free T-Shirt. | ▶ Return transfer to airport. |
| ▶ Transport to and from your project | |

What Not Included: Flights, Insurance, Cost of Visas (if a visa is required)

SUMMARY

PROJECT OVERVIEW

WORK CONTENT:

The WB Hospital where you'll do your internship is a government run facility, with 300 staff and 13 consultants, including a Pathologist, a Radiologist and an Anaesthetist. Some of the facilities include:

- 550 beds
- 2 Medical units
- 2 Observational units
- 2 Gynaecology units
- 2 Paediatric units
- 1 Surgical Unit
- Specialist Eye Unit
- Dermatology & Psychiatric Unit
- General Inpatient Wards



You'll be taken to your project on the first day and introduced to your Supervisor who will be a member of staff at the hospital. Most of the more senior staff members at the hospital will have excellent English. The hospital is just a short drive from the accommodation.

Whether your main interest is clinical or non-clinical sciences, this hospital can offer you the experience you need. If you have not specialised yet, you will be able to gain an all-round experience of medicine, working in different departments and seeing the inner workings of a hospital.

If you have specialised, or have a particular interest area, please inform us and we can tailor make your placement so that you receive relevant, specialist experience.

The programme will give you added insight, first-hand experience, exposure to another culture, increased confidence and will add strength to your CV/Resume. You'll build your knowledge and understanding through shadowing hospital staff across a wide range of the departments.

For the majority of your time you will work shadowing a variety of doctors and nurses. The doctors and nurses are very friendly and very knowledgeable and they are genuinely interested in helping you to learn and further your future career.

You will also be able to spend time observing the day-to-day running of hospitals and clinics including the administrative side of the work that's needed to coordinate schedules, arrange appointments and maintain patient records etc. In Sri Lanka there are specialist hospitals for Oncology, Leprosy and TB. If your interest lies in these fields, it may be possible for you to visit these hospitals.

ABOUT YOUR WORK:

You can work in a variety of medical departments, where you can either assist or shadow the staff members. The type of work you will be allocated will depend on your interests, but also on the extent of your own knowledge and ability. You will be able to examine patients and assist the doctors and nurses, but you will not be allowed to treat the patients. This is understandable given that you will be dealing with patient health and safety.

Daily Schedule:

You'll work from approximately 09:00am to 17:00pm from Monday to Friday. If you are required to do alternative hours we may be able to tailor this for you.

Exactly what your work will involve will vary from day-to-day. This project is observation only – you must not participate in or assist with patient care and/or any other activity which could put you and/or any other person at risk. There are legal and Health & Safety reasons for this: To be able to assist hands-on, you would first need to be in possession of the required qualifications, have the necessary experience to go with your qualifications, be registered for practising in Sri Lanka, be registered at the hospital and be insured to practise in Sri Lanka – without all of these things, you must not participate in any treatment of patients. You will, of course, be able watch and comment on the proceedings and the staff will give you commentary and lessons on what is taking place.

If you plan on specialising in a particular field of medicine, we can arrange to place you in a relevant department, to ensure that you receive maximum experience in your chosen field.

LOCATION:

Negombo has a great vibe about it: from the intense aroma of fish from the local market, to the sound of cawing crows and the sight of ladies taking rest in the shade along with the sleeping dogs. Negombo is a popular tourist resort and is the closest beach to Sri Lanka's international airport. This fishing village was very lucky and avoided the impact of last year's tsunami with just a few hotels being damaged but no fatalities suffered.

The beach is beautiful with long stretches of orange sand, palm trees and some beach front hotels. A little further back and there are many boutiques selling Sri Lankan handicrafts, markets and the general hustle and bustle of Sri Lanka.



“Thank you for the experience you gave me, it was stunning and a memory that always always always brings me warmth”

Tim Hancock

“It certainly wasn't always easy, there were interesting dishes served, mornings that I'd wake up with 30 new mosquito bites, 7 or 8 hour hot and stuffy van journeys, but in the end, all of these experience added together to make what was the best trip of my life! Thank you Travellers!”

Gemma Thomson

ACCOMMODATION

ACCOMMODATION:

You'll live in a quaint bungalow in a residential area surround by lush Sri Lankan landscape in the Gampaha region. The bungalow is airy and is typical of the modern styling of Sri Lankan houses. The bungalow can comfortably accommodate more than 6 volunteers, whilst still allowing you to keep a sense of having your own space.

The bungalow has living and dining area and plenty of outdoor areas, including a garden, making it the perfect setting for sociable evenings with the other volunteers or reading a book in peace in tropical surroundings.

Travellers' Volunteer Coordinator, Niranjala, lives in a separate close by, with her family. Many of our past volunteers who have stayed there have commented that the place offer the opportunity to get fully immersed in the wonders of Sri Lankan culture. Niranjala is a very chatty and extremely friendly and always gets the volunteers involved in her lively community activities. You will have all necessary facilities such a comfortably furnished living area with TV and DVD player in the lounge area. Sri Lanka is a great place to buy DVD's.



You will likely share your room with one or more other volunteers. The bedrooms are basic but comfortable. Bedrooms normally have single beds, mosquito nets, a clothes rack, and a ceiling fan (some rooms have standing 'pedestal' fans only). Bedding in Sri Lanka is very basic and for some reason sheets never seem to be large enough to tuck in, so you may want to consider bringing your own bed linen with you (sheet/pillowcase).

Although we supply bed linen, towels aren't provided! You can either bring your own with you or buy one from a local shop. A tip about washing your clothes – Sri Lanka has a red dust which gets into everything – with your white washing being most at risk – you have been warned!

Facilities include shower, sink and western toilet. The showers are cold water showers here I'm afraid – it can be quite refreshing first thing in the morning before the water tank has been warmed by the sun - although with the climate being predominantly hot and humid for most of the year, taking a shower can be great way to cool off after a day spent in the Sri Lankan sun.

WHY TRAVELLERS WORLDWIDE?

- Over 20 years' experience of sending thousands of participants overseas, plus the largest variety of flexible projects that are value for money!
- Accredited projects helps appeal to future employers
- Excellent support! And 24/7 emergency helpline for you and your family
- Your own dedicated Project Co-ordinator to answer all questions before, during and after your trip of a lifetime!
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our EXTRANET, available from anywhere, 24/7.
- Free pick up from the nearest airport.

HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.

Donations to **Bridge The Gap Foundation**. This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

The price of this project is a reflection of the following costs:

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| ✓ Accommodation and Food | ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations) |
| ✓ Full pre-departure support | ✓ Project Research/Site Inspection |
| ✓ Meeting you at the airport | ✓ Staff Training/Equipment |
| ✓ Transport to the placement site | ✓ Donations to worthwhile project |
| ✓ Local in-country team support and backup | |
| ✓ UK administration | |



"I just wanted to let you know, that I had the time of my life in Sri Lanka. It was FANTASTIC, I wish the entire experience had never had to end. I would just like to say thank you to your team of organisers for organising the spectacular trip."

Rajni Kanda

ADDITIONAL INFORMATION

Got any questions? Please email us: info@travellersworldwide.com

Once you have applied for a placement, we'll contact you and send you our Welcome Pack. You'll also receive Log-on details and password for our Volunteer Extranet where you'll have access to all the documentation and information which we've put together to facilitate preparations for your adventure! Your Project Co-ordinator for your country will liaise with you throughout the arrangements process, as well as while you're on your placement and on your return home.

The documents you'll have access to also include a Country Fact file, Safety Guide and any manuals that may assist you on your particular programme (for example, Teaching Guide, Sports Manuals, Enrichment Suggestions for Animal Care, etc.). We do all we can to make your stay one that you'll never forget. As with all our destinations, the culture and heritage is different to what you're used to ... which, although one of the most exciting aspects of travelling, should be borne in mind. Self-reliance and independence are highly appreciated in all our destinations and will help you to make the most of this wonderful opportunity! This is a truly awesome, elegant and beautiful country.

On Arrival, your Introduction to the Country:

When you arrive you will be welcomed by a member of our Sri Lankan staff who will take you to your accommodation and introduce you to everyone. During your first few days you'll be given an induction so that you can learn about the country and its culture, as well as other useful information, like how to use the transport system, banks, safety issues, tipping, and lots more.

You will have weekends free and this will also allow some time for travelling and sightseeing.

THINGS TO DO IN SRI LANKA

LOCATION, EXPLORING AND SIGHTSEEING:

We cannot BEGIN to tell you how beautiful this paradise island is! Nor how cheap to live and get around. It is almost too good to be true! But it is true.

Towering Pagodas, Hindu temples and ancient fortresses to holy rivers and sacred mountains. The local people are very welcoming and friendly, especially in the rural areas. The tea plantations are a must, the lace making, monuments and architectural splendours, etc., but the most appealing is the Elephant Orphanage at Pinnawala. Not to be missed! It's an emotive sight that you'll never forget!

SRI LANKA'S FANTASTIC BEACHES!

Sri Lanka has miles and miles of amazing beaches. Some of our favourites are:

MIRISSA: Perhaps a contender for the most beautiful beach in the world. Long, deserted and hot. You know you have got away from it all as you sit and watch the sunset over this horizon...The snorkelling is also incredible here.

NEGOMBO: To the north of Colombo lies Negombo, a bustling fishing town with golden beaches and a pallet of colour provided by sails and boats against the deep blue of the ocean.

UNAWATUNA: A sleepy peaceful cove with deep still water and a temple overlooking the bay from the protecting cliffs.

HIKKADUWA: A long stretch of beach with plenty of hostels, restaurants and some nice bars, not forgetting the impromptu beach parties held on the beach front bars blaring Bob Marley, Eric Clapton, Led Zeplin and many other classics! Sri Lanka is a conservative island brimming with culture and Hikkaduwa offers an exciting opportunity to holiday for the odd celebratory weekend! Many a volunteer birthday has been seen in over Hikkaduwa cocktails. You can also body board and even surf on this beach.



ARUGAM BAY: This tiny fishing village is Sri Lanka's newest hot spot and hosts the best surfing and an easy going happy party atmosphere. With its wide sweeping beach in front of the village and year round gorgeous swimming it is no surprise that this bay has developed into a low budget travellers haunt.

ADRENALIN JAUNTS:

White Water Rafting: Sri Lanka's boulder stream rivers are the ideal setting for white water rafting. This is the best way to see the stunning environment what this region has to offer. Many tours are available and many begin with days of action, rafting the white waters. This high adventure is suitable for fish time 'go for it' rafters and experts alike. Rafting has become a very popular exciting yet safe adventure sport option.

Rock Climbing and Mountaineering: Mountaineering is an adventure sport that requires skills and levels of fitness that few other adventure sports can match. The mountain ranges in Sri Lanka offer breath taking, enthralling, climbing routes. Climbing is all about discovering the natural world around and with you.

Hiking and Trekking: There's no better way to explore the natural scenic beauty of this island with diverse climatic zones. Trekking is an excellent way to explore a country, people, their traditions and beliefs. Paths and campsites have been set up to give nature lovers the experience of a lifetime. All possible steps are taken to ensure local community benefit and nature conservation in keeping with all international camping guidelines.

Canoeing & Kayaking: This relatively new sport is rated as the most adventurous of all adventure sports. It involves descending a stream as it drops over waterfalls and boulders



HOW TO BOOK

TWO EASY WAYS ...

Complete a [booking form](#) online.

Telephone
01903 502595 (UK)
or
1-603-574-4935 (USA)



THANK YOU FOR YOUR INTEREST IN OUR PROGRAMME!
We hope you'll join us!
Don't hesitate to contact us with any questions.
We're happy to help you plan your exciting adventure!

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