PROJECTS ABROAD.

Medical Internship for Teenagers in London



Medical experience, cultural immersion, and personal growth

3 GOOD HEALTH AND WELL-BEING

SUSTAINABLE DEVELOPMENT GOALS

Certified B Corporation

Learn more at bcorp.com



Trip highlights:

- Gain a competitive edge for your medical school applications with practical workshops, medical talks, and clinical shadowing hours.
- Experience realistic clinical scenarios with simulated ward rounds and hospital on-call scenarios, understanding life in a modern medical setting.
- Immerse in London life, exploring one of the world's most visited cities and seeing the popular sights, like Big Ben, Borough Market, and world-famous museums.
- Step out of your comfort zone and travel to the UK alongside other teenagers your age, developing your confidence, resilience, adaptability, and more.

LENGTH
14 Days

SUPERVISION
24/7

TRANSPORT
Tube, Train

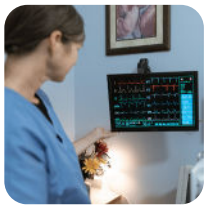
ACCOMMODATION
Apartment

SERVICE
40 hours

SHADOWING
25 hours

Overview

The following is included in the cost of your trip (subject to change).





Medical Exposure

- A&E (ER) Simulation
- GP and clinical experience
- Surgical skills workshop
- Palliative care day
- Basic life support and first aid training
- Medical school preparation day
- Anatomy dissection workshop
- Emergency medicine session
- Clinical skills workshop
- Simulated hospital on-call day

Logistics

- Transport in London, incl. airport transfers
- Orientation and tour of cities
- Pre-departure support
- 24/7 support from local staff
- Emergency assistance

Global Citizenship

- Regular reflection sessions and structured workshops on ethical dilemmas in global healthcare
- Personal growth mapping, values identification, and goal setting

Culture & Leisure

- Guided tour of London landmarks
- Piccadilly Circus shopping
- St. James Park
- Science Museum
- Natural History Museum
- Camden Market
- Day trip to Brighton
- Old Operating Theatre
- Tower Bridge
- Borough Market
- Oxford Street shopping
- Games night
- Karaoke
- Quiz night

Food/Accommodation

- Three meals/day (all diets catered for)
- Drinking water
- Shared rooms with one other participant

Gain medical experience and explore London

Combine a fascinating, hands-on, modern healthcare project in one of the world's leading medical nations with a cultural experience in the heart of London, visiting museums, markets, and landmarks to create lasting memories.



Days 1 - 2

Arrival and induction

Touch down at the UK's busiest airport, London Heathrow, or pull into St. Pancras International station on the Eurostar, where our team will meet you. From there, they'll take you to your accommodation, help you settle in, and host a welcome dinner so you can meet your fellow participants.

On day two, start your day with a guided tour of London, taking in the key tourist sights like Number 10 Downing Street, Buckingham Palace, and the famous Big Ben.

Then, grab lunch and explore the busy shopping area of Piccadilly Circus before having some free time at your accommodation and a games night with your new friends.



Days 3 - 4

Simulated scenarios

Dive into your medicine and healthcare work, taking the world-famous London Underground to your hospital placement. There, you will experience the demanding, fast-paced environment of an Accident and Emergency (equivalent to ER) department through a simulated exercise.

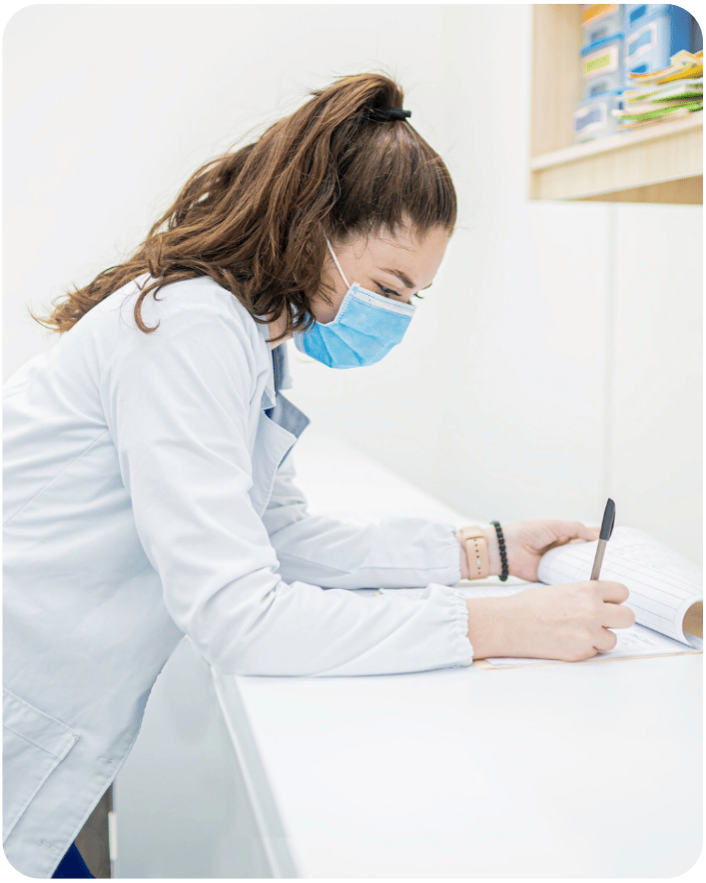
In the afternoon, undertake the role of a General Practitioner (GP) and take patient histories in another realistic simulation. Here, you'll also be introduced to essential clinical skills like cannulation and injection.

The next day, attend an all-day practical surgical skills workshop, running you through simulated patient scenarios and skill-building activities in surgery.

In the evenings, enjoy dinner with your fellow participants, rest at your accommodation, and make the most of late sunsets with a picnic and games at St. James Park.

Days 5 - 6

Palliative care and BLS



On day five, you'll spend the day shadowing nurses and doctors in a private hospice in north London, exploring the compassionate world of palliative care. You'll understand the importance of this difficult aspect of healthcare first-hand.

On day six, attend hands-on Basic Life Support (BLS) training, guided by experts, with first aid practice and an exam, resulting in a BLS certificate.



Days 7 - 8

Museums and markets

Enjoy your weekend with some of the best tourist attractions, including the Natural History Museum, the Science Museum, and Camden Market. In the evening, enjoy a quiz night with your friends at your accommodation.

On Sunday, travel to the seaside city of Brighton for a day trip, visiting the Victorian-era seafront, the Palace Pier, and loads of independent shops!



Days 9 - 13

Honing medical skills

After an adventurous weekend, enjoy a full day of medical school preparation (tailored to your medical system), visiting one of London's best universities and finding out how to impress the admissions panel directly from junior doctors and students.

Then, spend a day getting to grips with anatomy through a hands-on dissection workshop using animal specimens. Later, visit a piece of medical history at the Old Operating Theatre, cross the glass-floored walkway at Tower Bridge, and visit the famous Borough Market for lunch.

Attend a specialist workshop at a leading UK surgical institutions to develop your practical knowledge of surgery. Also, take part in emergency medicine and clinical skills workshops with an evening of shopping on Oxford Street.

Spend the last day immersed in healthcare work, simulating a realistic on-call environment in a hospital. You will answer bleeps, assess and diagnose patients, verify patient death, prescribe medications and manage emergencies before a final farewell meal with your travel companions.

Day 14

Departure



It's time to pack your bags and say goodbye to the UK and your new friends as you head back to the airport (or train station). Pick up some final souvenirs and share your contact details so you can stay in touch!

On the journey, reflect on all the skills you've learned and developed over the last two weeks - these will stay with you forever.

Destination

The UK, formed of four separate countries (England, Scotland, Wales, and Northern Ireland), has existed as a single nation since 1801. It has a long, detailed, and influential history, alongside a modern and dynamic economy.

Famous for tea, music, football, and entertainment, the UK is one of the world's most visited tourist destinations. Explore rolling hills, wander ancient cobbled streets, and try some traditional food - we promise it's good!

LANGUAGE
English, Welsh, Gaelic

POPULATION
70 million

CAPITAL
London

CURRENCY
Pound Stirling

TIMEZONE
GMT

COUNTRY CODE
UK

NATIONAL DISH
Chicken Tikka Masala (England)

NATIONAL ANIMAL
Lion (England)

NATIONAL BIRD
European Robin (England)


PROJECTS
ABROAD.
Experiences that shape
who you become.
info@projects-abroad.org
projects-abroad.net
Certified
Learn more at
bcorp.com
Corporation