



# HEALTH TEAM

An opportunity to meet, share, observe, teach, understand and appreciate our Nepali colleagues in a variety of health provider settings. Following the success of ventures into Nepal with a focus on women's health, this group will spend time with leading agencies who are providing services of support, training and development.

We will have the opportunity to enhance, encourage and enthuse.



**Dates:** 28 Dec - 12 Jan  
**Expedition Price** \$2,500  
**Inclusions:** All meals, accommodation, internal transport, trekking permits, local staff costs - guide and porters (employment), project donation, leadership & logistical support.

**Exclusions:** Flight arrangements (incl taxes), Visa, personal gear and clothing, immunisations, personal travel insurance, spending money.

**Group size:** Maximum 10 people (1 group per date period)



Aussie Action Abroad Ltd (AAA) uses basic accommodation at all times. Depending on location and practicality, this may include camping (tents supplied), dormitories, local hostel accommodation and basic hotels.

Prior to departure, AAA supplies participants with all the information they need regarding gear, inoculations, culture & climate, etc. Detailed material will be sent on enquiry which includes an outlined program of planned activity.

Project Fundraising: Each participant is encouraged to undertake activities prior to the Expedition to raise awareness and funds for the work being undertaken by partner organisations, adding resources to their limited supply. Funds raised will be given to the organisations when the group is in Nepal.

Please note: Schedules, activities and events may change slightly.

### What will the venture involve? (\*subject to change)

Depending on the skills of the team and the interests they wish to explore, Aussie Action Abroad (AAA) will be able to provide a number of experiences for health professionals and/or educators who would like to contribute their knowledge or expertise to the communities in Nepal.

Arrangements may be made in Kathmandu at the Teaching, Maternity, Orthopaedic hospitals or in Pokhara, Fishtail and Green Pastures Hospitals( Palliative Care). As well as the Rainbow Children's Home and Community Based Rehabilitation Service (CBRS). Rural health posts and mother's groups are also possible to be included.

Opportunities exist for doctors, registered nurses, physiotherapists, speech pathologists, chiropractors, osteopaths, paramedics, midwives, in fact anyone within the health sector.

In reality however, it is us who learn the magic of the Nepali experience. AAA partners with a number of Nepali organisations to develop projects and experiences beneficial to both our volunteers and the Nepalese communities we have come to love and serve.

Aussie Action Abroad provides Community Development Adventures that:

- challenges, changes and enhances lives,
- are mutually beneficial, providing sustainable solutions to locally identified issues,
- utilise participant skills in real ways, alongside local skilled personnel.



### Find out more & apply

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