

Expedition Medic – Nepal Information Pack - January 12th-25th 2025

Location of Clinic Nepal



Meghauli is a small city 100 miles (5hrs by bus) Southwest of Katmandu with a population of around 12,000 people. Unlike Katmandu and the surrounding Himalayas, Meghauli is predominantly surrounded by farmland and hot humid jungle. Immediately adjacent to Meghauli is Chitwan National Park, a World Heritage site rich with flora and fauna famous for Indian Rhinoceros, Bengal Tigers, sloth bears and the unique mugger crocodiles. Temperatures at night will be cool (around 50 °F) rising to a pleasant 70 °F during the day.

Clinic Nepal and Hari Bhandari



Our Nepal expedition will be working closely with Clinic Nepal and its founder Hari Bhandari (find out more about Hari here <https://clinicnepal.com/haris-story/>). Hari Bhandary grew up in Meghauli Village, working on the family farm and got a basic education just like many of the children there today. He moved to Katmandu at the age of 17 to find work and returned several years later as an educator, construction worker and assistant to international medical groups. It was then that Hari had the vision of opening a medical clinic. His mission being

that all people have the right to basic health care and education. Gathering support from his family, local people, individuals and international organizations, little by little Clinic Nepal came into existence.

Clinic Nepal is a non-profit organization serving the Meghauli and Daldale communities and providing access to education, healthcare, clean water and sanitary facilities.

To date, Clinic Nepal services include a Friendship Clinic, which offers general medical care and a range of specialized services such as pediatrics, gynecology, and infectious disease control. Friendship Scout Troop, which encourages young people to take an active role in their community through leadership and volunteer opportunities. The Wolfgang and Prabhat Kindergartens in Meghauli provide early childhood education, while the Asha Kokiran Children's Hostel and Kindergarten in Daldale provide a safe and nurturing environment for children who otherwise would not have access to education. Clinic Nepal has facilitated the sponsorship of over 150 students in both academic and vocational capacities, the installation of clean water pumps and sanitary latrines, and recurring health camps. Clinic Nepal is supported by sponsors, volunteers, interns, and other friends from all around the world. Hari's success can be contributed to his relentless hard work and the guiding principle that Clinic Nepal is managed and run by Nepalese for the benefit of Nepalese people.

Who is (was) MedicForce

This expedition is being coordinated via Aztec Travel, an adventure travel business run by Jono Bryant. You might hear other volunteers talking about MedicForce, so what is it? Expedition leader Jono Bryant started and managed the International Medical Charity 'MedicForce' 15 years ago. MedicForce focused on providing sustainable healthcare to remote communities focusing on healthworker training and localized projects such as cataract screenings and hearing assessments. At its peak MedicForce was working in Central America, Africa and

Malaysia. The goal was always to help and support local people and avoid the ‘white savior’ stigmatism. Dealing with the increased bureaucracy of working as an international provider and the increased cost of insurance and maintaining 501(C)(3) charitable status, the focus soon changed from the people we were helping to how we were going to pay our accountants for our yearly audit (and multiple other expenses). Many of the key personalities who started the charity were moving on to other adventures and it was decided to dissolve the charity and focus on supporting our project partners with what resources were left. This has shifted to community projects in the US such as free first aid lessons and CPR, but we continue to help our friends overseas, including Hari Bhandari and Clinic Nepal. Our expedition will focus on supporting some of Hari’s more remote projects with what remaining money we have in the MedicForce account, paying volunteers and fundraising.

One of MedicForce’s long-standing volunteers is Pat McDonnell from [Medicinebleu films](#). Pat has travelled to Nepal several times to work with Clinic Nepal and create media and film. He will be working alongside our team on a new project to replace Clinic Nepal’s well-worn promotional video from 2005 which Hari uses for donor relations. More importantly, it will document all the advances of Hari’s projects since 2005 while opening new audiences to the work of Clinic Nepal.

The film is intended to not only display the ongoing work of Hari and the team at Clinic Nepal but also to examine the inner workings of visiting aid groups often operating in challenging conditions.

Pat plans to capture Hari’s motivation and the place it comes from, creating an in-depth character story in the style of a short film. To find out more about the project and donate click the link [here](#).

Where are we going?

Volunteers will be based in Meghuali village, camping (tents provided) or in homestays with local friends and employees of Clinic Nepal. From this central point we will participate in locally based projects starting with Participatory Rural Appraisals of rural households, and then we help facilitate two healthcamps in the village. Next step is to split up during the day and start our first aid and medical support training. For the final part of the expedition, we head to the remote Thumka village by truck and several hours hiking. The village was devastated by earthquakes in 2015 and clinic Nepal continues to support the village with health camps and outreach projects. We will be staying at Thumka for two nights before returning to Katmandu.

Volunteer Goals for this expedition

All of our volunteers will have some level of medical training. Your specialty might be an ER doctor OR nurse, or Wilderness First Responder, either way we will make use of your skills, the goal is to have you gain new skills and perspectives into remote medicine that you can draw upon for future adventures and also in your day-to-day life. As foreigners in a strange unfamiliar environment our priority will be to support ongoing projects and staff associated with clinic Nepal. These can be divided into three key phases.

- Participatory Rural Appraisal
- Health Camps
- First Aid Training

Participatory Rural Appraisal.

Participatory Rural Appraisal (PRA) is an approach used by non-governmental organizations and other agencies involved in international development. The approach aims to incorporate the knowledge and opinions of rural people in the planning and management of development projects and programs. The goal of these assessments is to gather non-biased information from the people themselves. This approach was developed so that anyone can participate, and they are not required to be literate or even speak the language of the facilitators. It is a very simple process that can be taught to project partners and volunteers. Too often aid agencies will decide that they know best and one of the main reasons for the failure of international projects is that they neglect to consult and involve the people they ultimately aim to help. Using the appropriate models PRA can be used to collate valuable data for project management and assessment. Medical volunteers will split up and be paired with community health workers. Following a morning of training your job will be to gather information from the community about current healthcare projects and needs for the future. Information that we gather will greatly help Hari and his team to determine how to best focus resources and the development of projects. Combined with your own unique perspective as a medical professional this is a unique opportunity to assist with the creation of future projects and (hopefully) return to see their progression.

You will be allocated to one of the three research areas.

- Women's health initiatives
- Disability with the community
- Health Care priorities with the community

Health Camps

The founding principle of Clinic Nepal is to improve the health of some of the most deprived populations in Madi, Chitwan, best illustrated by its remote health camps. Volunteers and staff from Clinic Nepal mobilize a large volume of medicines to some of the most remote areas of Chitwan where the accessibility is extremely challenging. The camps provide both medical examinations and treatments to people who are otherwise isolated from medical services and would be unable to afford any medical care. This service is provided at no charge, irrespective of age, gender or cultural background.

Patients who attended the Health Camps were found to have a vast range of health problems. Many had gastrointestinal infections, respiratory conditions, ENT (ear, nose and throat) problems, dermatological conditions, cardiovascular disease, psychiatric disorders and gynecological issues. Clinic Nepal provided and coordinated the healthcare management for these ailments absolutely free of charge.

Following the identification of dental problems during the camps last year, one significant change to the program this year was the implementation of specialist dental health camps. This service also included health education with specific regard to oral hygiene and treatments by a dental hygienist. Similarly, throughout last year's camps there was a high incidence of cardiac problems and treatment was provided where applicable. Compared to previous years, Hari has seen positive change in the quality of life of people in Madi.

First Aid Training

MedicForce had the tagline 'First Aid For All', its goal was to train community health workers and provide medical training to empower those who already had some skills, teaching critical first aid to those that had none. This expedition to Nepal will continue to focus on the

importance of training communities and using our skills to empower those we work with. This expedition includes training and supporting health workers in remote health camps, learning from them and supporting them with new methods of patient assessment. Our outreach programs will also extend to members of the local community, particularly teaching the local scout group how to perform basic first aid and CPR. The boy scouts in Meghali are extensively involved within the community and valuable resources for training. Our team also plans to work with local school groups and help perform basic health checks including eyesight and basic oral health checks.

Day 1 -Preparation and training *(Please arrive before 9pm on January 12th)*

After our arrival and acclimatization in Katmandu we will start the groups training, learning about the work of Clinic Nepal, cultural considerations and group preferences for training and outreach. Expedition leaders and members of Hari's team will discuss the challenges of working in rural Nepal and the main focuses of our expedition.

Day 2 -The International Medicine, challenges and caveats

- Introduction to Nepal including healthcare system and structure.
- Discussion of challenges faced by Non-Profit organizations
- Site visits to Katmandu Hospital

Day 3 – Travel Day (Meghali, Clinic Nepal)

- Orientation at Clinic Nepal
- Presentation by senior medical provider
- Meet and greet with translators and assistants
- Overview of itinerary and introduction to PRA (Participatory Rural Appraisal)

Day 4 – Designing an international healthcare initiative Part 1

- Learn to research and implement a sustainable initiative that focuses on the needs of the people rather than the provider.
- Learn how to use the PRA as a means of data collection
- Allocate trainers and translators and head out for PRA data collection.

Day 5 – Health Camp Initiative (Meghali 1)

- Prep for health camp, allocate jobs and roles. 10am start for health camp in Local School building in Jitpur, Meghali
- Meet with translators and local healthcare professional to plan and prepare for first health camp
- Allocate roles and methods for data collection
- Ensure debrief after action report and planning for next camp

Day 6 – Health camp Initiative (Meghali 2)

- After breakfast 09.00 starting 2nd Medical health camp at other location TBD. (in Meghali)
- Meet with translators and local healthcare professional to plan and prepare for first health camp
- Allocate roles and methods for data collection
- Ensure debrief after action report and planning for next camp

Day 7 – Free Day (options include explore on your own or join a trip to Chitwan National Park).

Day 8 - Prep for First aid training (group splits into basic first aid and CPR and Wilderness

Medicine training)

- Basic Curriculum (use ASHI instructor book as a guide)
- How to run a scenario (moulage training)
- Priorities for training
- Cultural concerns

Day 9 - Basic First Aid for Highschool students, Wilderness Medicine training for Scouts

- Patient Assessment
- Emergency interventions (stopping a bleed, opening the airway)
- CPR

Day 10 – Basic First Aid part 2.

- Splint Building
- Scenarios
- Common Medical complaints (emphasis on gastrointestinal and local complaints)
- Graduation

Day 11 – Leave Meghauli, Prep for Thumka village expedition, Travel Day (including hike).

- Arrival in Thumka, orientation
- Planning for Health Camp

Day 12 – Thumka village health camp

- Full day working with community health workers and translators

Day 13 – Travel Day to Katmandu, Sightseeing and souvenirs in Katmandu

Day 14 – Prepare for leaving, expedition debrief. Fly home (*January 25th*)

General Travel Information

Payment: Total cost is \$2600, a deposit of \$500 is required to secure your place with full payment within 30 days of departure. The expedition cost, \$2600, does not include flights, but includes food, water, transport and basic accommodation. Additional tours, drinks, meals gratuities and museum entrance etc. during free time is your own responsibility. Payment can be made via the PayPal link on the Aztec Travel Website

Payment Terms:

- Cancellations 90 or more days prior to the activity date will receive a full refund minus a 5% cancellation fee.
- Cancellations 30-89 days prior to the activity date will receive a full reservation booking credit for any future Aztec Travel trips minus a 5% cancellation fee.
- Cancellations 0-30 days prior to the activity date are not extended a refund or credit.

Reservations credits are valid for one year from the activity date. Aztec Travel's cancellation policy is applied to everyone equally. No exceptions are made under any circumstances and no part is negotiable. This firm policy ensures all guests are treated equally and fairly.

If students are delayed for any reason including, but not limited to, inclement weather, missing flights, mechanical breakdown, or acts of God, there will be no refund for missed days. **We**

strongly advise purchasing a travel delay/cancellation insurance policy to prevent any financial loss or disappointment.

Vaccinations – Childhood vaccinations are a must, please contact your healthcare provider and/or travel clinic for current recommendations and requirements for travel to Nepal.

Insurance – This expedition will be covered with general liability insurance, but you will be required to provide travel insurance to cover medical incidents, theft and repatriation. We recommend [World Nomads](#)

Paperwork: Tourist visas are available on arrival however we require you to complete a general information form, medical form and sign travel waivers. These will be sent to you once you sign up for the expedition together with a recommended gear and packing list.

Recommended readings:

Essentials Of Global Health (Essential Public Health) - Skolnik, Richard

Helping Healthworkers Learn (A book of methods, aids and ideas for instructors at the villagelevel)- David Werner and Bill Bower

[Participatory Rural Appraisal \(Principles, Methods and Application\)](#) – N.Narayanasamy

Improvised Medicine (Providing Care in Extreme Environments) – Kenneth V. Iserson

More information and how to sign up.

Contact Jono Bryant for more information about the expedition

jono.bryant1@gmail.com

(1)603-733-6636

You can pay in full or just the deposit via the paypal link on the Aztec Travel website