

TEAMMED NEPAL 2020



WHEN? First 2 weeks of December

WHAT? Free medical clinic + health promotion activities + trekking

WHERE? Rural village of Bhakanje, located in the Solukhumbu District, Lower Everest Region, Nepal

WHO? 13 students (all years inclusive) + Himalayan Guge Organisation + Nepalese Doctor + 4 Nurses

COSTS: approx. \$1300 AUD for accommodation, trekking permits, food
approx. \$1500 for flights, tips, personal expenses
fundraising target whilst in Australia: \$12,000

STILL INTERESTED?

TeamMed Nepal is a 14-day trip, bringing medical students and Nepalese healthcare workers together to offer aid to the village of Bhakanje. Together, we run a medical clinic for 4-5 days, providing check-ups, medications and dental hygiene supplies all at no cost. This clinic is located in the local health post which is a 5-minute walk from where you will be camping. This health post is normally run by a local nurse, who is inadequately supported and solely responsible for all the healthcare needs in the area. In partnership with the Himalayan Guge Organisation, a non-government organization in Nepal, we aim to supplement the work of the health post.

Due to Bhakanje's rural location, the TeamMed group is led on a 4-5-day trek through the Himalayas by an experienced trekking team, staying in teahouses and tents along the way. Last year, we trekked via Pikey Peak which is recognised as Sir Edmund Hillary's favourite view of Mount Everest. Pikey Peak is located at an altitude of 4065 metres. For this reason, it is recommended that individuals please have a baseline level of fitness.

ANY QUESTIONS? Contact Claudia and Sarah at nepalteammed@gmail.com ☺ Thanks guys!