

The Clinical Adventurer



Nepal 2025
International Tours

THE SHIFT
EXTENSION



Welcome

Clinical Adventurer

The Clinical Adventurer has been specifically designed to engage and immerse undergraduate health care students and clinicians in clinical relevant activities while they experience the people, food and culture of their host country.

You will experience observational clinical experiences and have the opportunity to work alongside local physicians in humanitarian health assistants roles. This experience culminates with a team attempt on Poon Hill while completing the Expedition Medicine Life Support Program.

A huge thank you for getting behind the projects, we guarantee this experience will be one your students will remember!

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The Tentative Journey

Day	Location	Activity	Admin and Logistics
1	Kathmandu (KTM)	Arrive in KTM	airport transfer to hotel
2	Kathmandu (KTM)	Orientation day <ul style="list-style-type: none"> Team leader briefs (personal security, hygiene, water purification, cultural considerations, clinical supervision and expectations) Afternoon city tour with the open air Hindu crematoria 	This is an orientation day to allow the team to settle into their surroundings. Change money, organise and restock the medical kits, purchase medication and other equipment.
3	KTM	<ul style="list-style-type: none"> SASANE experience Nepal Disaster and Emergency Medicine Center (NADEM) collaboration 	Transportation Twin share hotel
4	Helambu Region	<ul style="list-style-type: none"> 4x4 jeeps to village clinics Set up camp Establish the clinic and open 	Establish the clinic after consultation with community leaders Twin share camping
5	Helambu Region	Facilitate the primary health clinics	Twin share camping
6	Helambu Region	Facilitate the primary health clinics	Twin share camping Note: Basic first aid training for local school staff may occur
7	Helambu Region	Facilitate the primary health clinics	Twin share camping
8	Helambu Region	Facilitate the clinics in the morning and then 4x4 jeep back to KTM	Twin share hotel Note: Morning Clinics before departure
9	KTM - Pokhara	Bus from KTM to Pokhara	Expedition staging area Twin share hotel
10	Annapurna National Park	Transfer to drop point. Trek from Nayapul to Urleri	EMLS Course training: Theory and Practical scenarios will be run during the trek. Tea house accommodation

The Journey Continued

Day	Location	Activity	Admin and Logistics
11	Annapurna National Park	Trek from Ulerer to Gorepani 2,860m	EMLS Course training: Theory and Practical scenarios will be run during the trek. Tea house accommodation
12	Annapurna National Park	Trek Ghorepani up to Poon Hill 3,210 m for sunrise and then down to Tadapani	Poon Hill summit: Team members pair up and conduct a medical response assessment taking into account distance, time and availability of resources. They will construct an emergency management plan that incorporates an initial response and an evacuation procedure. Tea house accommodation. .
13	Annapurna National Park	Trek Tadapani to Ghandruk 1,950 m	EMLS Course training: Theory and Practical scenarios will be run during the trek.
14	Annapurna National Park	Trek Ghandruk to Nayapul and Drive to Pokhara	EMLS Course: Final theory assessment.
15	Pokhara	Free day to explore the mountain city of Pokhara	Laundry!
16	Travel from Pokhara - KTM	This can either be a bus or via rafting	Note: Grade 3 rapids are only permitted under the risk mitigation strategy.
17	KTM	Final day for packing and restocking	
18	Fly Home	Airport drop off	

Program Highlights

- ✓ Local hospital experience
- ✓ Working as a Humanitarian Health Assistant
- ✓ Community clinics
- ✓ Home visits for the immobile
- ✓ Community health educational programs
- ✓ Completing the course Fundamentals of Remote Medicine with a Poon Hill Summit attempt
- ✓ A moving experience at SASANE
- ✓ Visiting the culturally rich open-air Hindu crematoria

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The Program

INCLUSIONS:

Airport transfers
All transport including drivers during the entire experience
All accommodation during the experience
All main meals.
Australian based clinical expedition leader
All government permissions and permits
All medications and medical equipment during the community clinic phase
Supervising doctor during the community phase
SASANE visit.
Module of Expedition Medicine (run during the trek)
Summit attempt on Poon Hill (weather dependant)
All Porters , Sherpas and a team in country agent.
Expedition Handbook
Team Expedition Jacket, T-Shirt, duffel bag.
Private tour of Kathmandu City with the open air Hindu crematoria
Clinic donation.

EXCLUSIONS

International flights
Travel insurance
Visa
Passport cost
Personal trekking gear
Extra food / drinks
Calls home/ internet
Personal Protection Equipment (PPE)
Personal equipment eg. stethoscope

The Specifics

Duration: 18 days

Dates: 10th - 27th of February 2025

Cost: \$5960 (including GST)

Team Size: 12


EXPLOR-A
RISK | MEDICAL | EXPEDITIONS

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Participant Confirmation

Payments

Initial Deposit: \$950 pp is required to secure a project

Balance Payment: Due 12 weeks prior to departure.

Why choose us?

Admin & Logistics

Our team will take care of all the planning logistics and admin including airport transfers, in-country transport, accommodation, food, permits and permissions.

Risk Strategy

Our team will provide a generic, country specific and village risk assessment that will work to protect the team. As part of this process an expedition handbook will be distributed to all team members.

Operational Support (24/7)

Your team will be allocated a team specific operations manager who will be in regular contact with the team leaders throughout the program providing 24/7 support.

Team leaders

Each team is allocated a clinical qualified and experienced team leader who will be with the team from their arrival to departure.

In Country Agent and in country staff

A designated in country agent (ICA) will meet the team at the airport and facilitate an in-country orientation. They will travel with the team and support the team leader in all administrative and logistical requirements. Our in country support staff are experts in their chosen fields and will support the team through clinical support, translation, cooking, transport and security.

Sustainable

Our team have spent years developing the relationships with the community that encourages a shared experience. Our team are practicing clinicians with years of experience in developing health care in low GDP countries.





On a personal note

Our team have been running medical expeditions for both clinicians and student groups safely since 2015. Our programs focus on providing sustainable solutions to communities where health care access gaps exist.

Unlike our competitors, our student programs have been built by practicing clinicians who utilise a localised needs-analysis that are developed by the regional health committees. This ensures that our programs build on the community needs identified, and impact community health care positively.

By utilising our programs your teams needs will be met whilst your teams involvement will actually provide the means for community groups to access primary health care. It is a shared learning experience that provides means and access.

T&Cs

Explora Medicine reserve the right to update, change or modify these terms and conditions at its discretion without prior notice and you agree to abide by the most recent version implemented. In the event that any changes are made, the revised terms and conditions shall be posted on this website immediately. Please check the latest information posted herein to inform yourself of any changes. Once you have reviewed the itinerary and information provided by Explora on the upcoming expedition, to secure your place you will need to do the following:

- Pay a \$950 non-refundable deposit that goes towards your complete package price;

Full payment due

Full payment of the balance is to be paid in full 12 weeks prior to the departure date. If your booking is made within 60 days of the departure date, then the full amount is payable at the time of booking.

Passport and visas

You must carry a valid passport and have obtained all of the appropriate visas, permits and certificates for the countries in which you will visit during your trip. Your passport must be valid for 6 months beyond the duration of the trip. It is your responsibility to ensure that you are in possession of the correct visas, permits and certificates for your trip; please refer to the Trip Notes for details. We are not responsible if you are refused entry to a country because you do not hold the correct passport, visa or other travel documentation.

Authority on expedition

An expedition leader is designated, for the safety of all team members and the decision of the expedition leader is final on all matters likely to affect the safety or well-being of any person participating in the trip.





Cancellation by Explora

We may cancel an expedition if minimum numbers are not met. We may cancel an expedition at any time up to 21 days before departure for administrative reasons. We may cancel a trip at any time prior to departure if, due to terrorism, natural disasters, political instability or other external events it is not viable for us to operate the planned itinerary. If we cancel your trip, you can transfer amounts paid to Explora to an alternate departure date or alternatively receive a full refund. We are not responsible for any incidental expenses that you may have incurred as a result of your booking including but not limited to visas, vaccinations, and travel insurance excess or non-refundable flights.

Cancellation by the traveller

A cancellation will only be effective when we receive written confirmation of the cancellation. If you cancel your expedition or placement:

- 90 days or more prior to departure, we will retain the initial deposit
- 60 days or less prior to departure, we will retain the deposit and 50% paid by you in connection with the booking.
- 21 days or less prior to departure, we will retain the deposit and 100% paid by you in connection with the booking.
- If you leave an expedition or placement for any reason after it has commenced we are not obliged to make any refunds for unused services. All monies paid are non-refundable after commencement.
- If you fail to join a journey, join it after departure, or leave it prior to its completion, you are not entitled to a refund of any payments made by you.

Acceptance of risk

You acknowledge that the nature of the trip is adventurous and participation involves a high degree of personal risk. You will be visiting places where the political, cultural and geographical attributes present dangers and physical challenges greater than those present in our daily lives. We use information from government foreign departments and reports from our own contacts in assessing whether the itinerary should operate. However, it is also your own responsibility to acquaint yourself with all possible relevant travel information and the nature of your itinerary. Passengers must ensure that they are suitably fit to allow full participation in the trip. It is your responsibility to ensure that you obtain proper and detailed medical advice at least two months prior to travel for the latest health requirements and recommendations for your destination. You acknowledge that your decision to travel is made in light of consideration of this information and you accept that you are aware of the personal risks attendant upon such travel.

You acknowledge that Explora has provided you with a risk warning and these risks include, but are not limited to:

- Personal injury and loss (including financial loss) and damage;
- Personal injury and loss (including financial loss) resulting from your actions, and/or actions of others; and
- Loss or damage to personal property whether it be lost, stolen, damaged or destroyed.

You acknowledge that you fully understand these risks and participate freely and accept the risks involved.

You agree to release and indemnify Explora, you will not hold responsible Explora, its officers, employees, volunteers or agents from all claims and liabilities whatsoever, associated with your participation in any Explora project or activity.

You state that you are physically and mentally capable of participating and that you have fully read this form, in particular the 'acceptance or risk'.

Release and waiver of liability

In consideration of Explora accepting your booking application and in consideration of you being permitted by Explora to join the expedition to the extent permitted by law:

You release, waive, discharge, hold harmless and agree to indemnify Explora and its volunteers, guides and other representatives and the land management authorities in the countries in which the expedition is conducted from all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services, lost profits, consequential, exemplary, indirect or punitive damages or otherwise which may arise out of or occur during your travel in connection with the expedition or any activities conducted in conjunction there within unless caused by the wilful negligence or wrongful act of Explora and its volunteers; and regardless of the situation or circumstances giving rise to the claim you waive any claims you have, or may at any time have, against Explora and its volunteers and you agree, by accepting the additional inherent dangers and risks associated with the expedition, not to make any claim against or seek any compensation from Explora and its volunteers in respect of any personal injury, illness or death suffered by you or damage to or loss of property sustained by you as a result of your participation in the expedition.

Medical Disclosure

- You declare and warrant that
- You are in good health and mental and physical fitness at the time of booking this expedition;
- You have disclosed to Explora every matter concerning your health and mental and physical fitness of which you are aware, or ought reasonably be expected to know, that is relevant to Explora decision to permit you to go on the expedition;
- Immediately upon any adverse change in your health or fitness that may be likely to affect Explora decision to permit you to go on the expedition, you will notify Explora in writing of any such adverse change.
- Explora may exclude you from a tour staff deems it necessary. You acknowledge that the obligation to disclose under this condition continues from the time of booking the expedition through to departure and extends for the duration of the tour.
- You have taken the necessary precautions to immunise/vaccinate for the destination you are travelling to.

If you fail to comply with the duty of disclosure in this condition and if Explora would not have permitted you to undertake the tour, or continue participation of the tour, had you made full disclosure under this condition, Explora will not be liable, except to the minimum extent required by law, for personal injury, death or property damage or loss incurred by you

What's next?

1. Confirm your travel dates and make contact
2. We will finalise your program needs and itinerary
3. You can launch to the students

Thank you for taking the time to consider our proposal.

If you have any questions, queries or concerns please don't hesitate to contact me on the details below.

Warm regards,

The Shift Extension Team

hello@theshiftextension.org

