THAILAND INTERNSHIP: CAREER EXPLORATION IN MEDICINE & HEALTH

With Focus On Hospitals & Dentistry

21 DAY INTERNSHIP





Experience Thailand's cultural wonders and explore turquoise beaches as you gain a deeper understanding of public health and medicine through rotating departments at a local hospital.

HIGHLIGHTS

- Observe doctors and nurses in real time as you rotate through departments at a local hospital
- Engage with the community
- Take in the sights, sounds and tastes of Thai culture at a vibrant street market in Chiang Mai
- Spend a day resonsibly caring for elephants at a Respected Elephant Sanctuary
- Enjoy a weekend excursion to Ko Samet island, part of one of Thailand's breathtaking national parks
- Visit some of Bangkok's renowned destinations, including the Grand Palace and the Temple of the Emerald Buddha
- Earn a total of 62 internship hours throughout the course of your time on-program

ACTIVITY LEVEL

- Medium

2026 PROGRAM DATES

- June 21 - July 11
- July 17 - August 6

GET IN TOUCH!

experiencegla.com
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OVERVIEW

Work alongside a local, mission-driven organization to explore the convergence of eastern and western medicine in Thailand. Shadow medical professionals in a variety of healthcare facilities throughout the course of your travel internship. This is an extraordinary opportunity to observe, ask questions and get valuable experience in the field.

Immerse yourself in bright and vibrant Thai culture and experience an adventure unlike any other on earth as you explore the natural and cultural wonders of Thailand.









INTERNSHIP LEARNING OBJECTIVES

1. Gain a deeper understanding of your goals and your professional growth areas, as well as a deeper understanding of Thailand and the medical field.
2. Attain knowledge and understanding of recent trends, terminology and case studies within the healthcare field.
3. Learn to recognize and articulate multiple perspectives within a larger social context.
4. Learn to critically analyze quantitative and qualitative sources of information to make informed opinions.
5. Learn to observe and analyze real places and situations where impacts and results can be interpreted and applied within context.

INTERNSHIP PARTNER SNAPSHOT: FRIENDS FOR ASIA

Our partner for this internship, Friends for Asia, began operations in 2007. This nonprofit organization was founded by Todd Cikraji, an experienced teacher and Peace Corps Volunteer who served in Kyrgyzstan and Thailand.

The Friends for Asia Foundation develops international volunteer projects that assist local communities to overcome challenges, and provides volunteers with the experience of contributing to those communities as a valued participant.

The mission of Friends for Asia is twofold. First, they offer an opportunity for people to meaningfully contribute to the improvement of standards of living by building capacity in their host countries. Second, they provide committed volunteers to work on projects that benefit the local communities.

SUSTAINABLE DEVELOPMENT GOALS

The 2030 United Nations Agenda for Sustainable Development serves as the framework for discussions and the self-study coursework for our student interns here in Thailand. During this travel internship you will focus on three SDGs, including:

INTERNSHIP FOCUS AREA: MEDICINE & PUBLIC HEALTH







Explore topics related to building the case for public health campaigns and access to quality healthcare for an empowered society.









CURRICULUM & MERITS

Complete a core curriculum with your peers and through the guidance of your internship supervisor. Build your personal competitive edge as part of a cohort of student interns working in partnership with our non-profit partner. Create a portfolio from completed project work to enhance your college application or future career resume.

By completing this travel internship, you will earn:

- CliftonStrengths Assessment & Debrief
- Personal Mission Statement Updated
- Resume or LinkedIn Resume
- Letter of Recommendation completed by your Internship Supervisor & Internship Director
- Certificate of Completion (62 hours)
- Certificate of Service Hours (variable per internship)
- Professional Headshots for Resume or CV
- Portfolio of Evidence/Internship Log Book (if needed)
- Recommendations via Common App
- Optional: College Credit from Portland State University

Global Leadership Adventures can also provide any supporting documentation and serve as an organization of record, should you want to earn college credits for your internship.

OPTIONAL COLLEGE CREDIT

Global Leadership Adventures is extremely proud to partner with Hartwick College, a private liberal arts institution based in Oneonta, New York, to offer official U.S. undergraduate college credit for students who successfully complete the Career Exploration Travel Internship program.

Through this partnership, eligible students (16+) may enroll in the optional college credit add-on and earn 3 semester credits upon successful completion of the internship coursework. Upon successful completion of the internship requirements, students will receive:

- Official enrollment with Hartwick College
- Faculty evaluation and grading
- Issuance of an official college transcript

The additional fee to earn college credit from Hartwick College is $500.00. Though recommended, you are not required to purchase the college credit add-on as it is 100% optional!

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ITINERARY

Actual schedule of activities will vary by program session. The information detailed here is typical for what you can expect to experience; however, service work and activities vary depending upon the needs of our local community partners, various celebrations and customs, as well as the weather and specific needs of the student group.

DAY 1: WELCOME TO THAILAND!

Touch down in Chiang Mai (CNX), Thailand's second largest city. GLA staff will greet you upon your arrival, and our group will drive together to our Home Base, our home away from home for the coming weeks. Over dinner, take the opportunity to get to know your fellow students and have your first taste of Thai cuisine--it might not be what you would expect!

DAY 2: CULTURAL IMMERSION & ADVENTURE

We'll get oriented to our home for the next few weeks by taking a city tour, visiting a local museum and exploring the sights and smells of the walking market nearby. Develop a taste for the local cuisine through a hands-on cooking class! In the evening, we'll reflect with our fellow students and GLA Internship Supervisors, share our individual travel experiences and discuss our first Internship curriculum session.

DAY 3: HOSPITAL ORIENTATION

We'll start the day with a presentation on the medical system in Thailand--this will provide important context for our work in the week to come. While Thailand provides healthcare to all of its citizens, access and quality of care can vary widely from community to community.

Over the next 3 weeks, we'll visit an array of different hospitals and medical care centers in Chiang Mai and Bangkok to get a feel for what healthcare looks like in Thailand. Break out into smaller groups and rotate through stations such as surgery, nursing, and physical therapy--observe the professionals to see first-hand what care looks like at each facility.

DAY 4: CULTURAL EXPLORATION & MUAY THAI

Today, you'll take a class from a local instructor on the ancient tradition of Muay Thai boxing. Learn about the history of Muay Thai and test your athleticism as you learn basic moves. You're guaranteed to get a good workout today! We'll also visit Thai markets, local parks and attractions, and Doi Suthep, a famous mountain temple, as we further immerse ourselves in the local culture.

DAYS 5-8: HOSPITAL ROTATIONS

Today we'll start with our department rotations but this time in Chiang Mai - visit an array of different hospitals and medical care centers in the Chiang Mai area to get a feel for what healthcare looks like in Northern Thailand. Take notes in your internship logbooks - we'll be comparing and contrasting your experiences with your knowledge from Bangkok. We'll also expore the intersection between western and traditional medicine in Thailand and how facilities are leveraging it to bring about essential care in impoverished communities. Rotations will be 2 x 2 hour blocks per day.

Interns will be assigned to departments and then rotated in the afternoon session to ensure all interns get to shadow as many different departments as possible. Interns interested in Dentistry should let GLA know so we can prioritize you in the relevant rotations. Interns will have the opportunity to observe medical procedures, talk with Doctors, Surgeons and Nurses to gain insight into what field of medicine or public health they would like to go into.









DAYS 5-8: HOSPITAL ROTATIONS - CONTINUED

Some procedures are limited due to patient consent so all rotations will be variable in what interns are exposed to.

Departments include (but are not limited to): Dentistry, Pediatric Medicine, Nursing, Emergency Medicine, Renal Dialysis Unit, Physical Therapy, General Surgery, Traditional Medicine, Rural Medicine, Orthopeadics and ICU.

DAY 9: SERVICE

Today we'll dive into a service project related to Public Health. We'll spend the day working in an underserved community where we'll help deliver basic health education to elementary-aged students: basic hygiene like handwashing and teeth-brushing are actually the core components of preventing disease. In the afternoon, we'll go to a local high school to take part in a cultural exchange with fellow english speaking students your age! This is a student favourite activity!

DAY 10: ELEPHANT SANCTUARY VISIT

Spend the day with a local organization learning first-hand about issues facing both wild and captive Thai elephants. You'll have a chance to help take care of the elephants and observe feeding time. This is an ethically-focused sanctuary where human-elephant interaction is limited in order to preserve the elephant's most natural state. Learn about the cultural significance of the elephant in Thailand, and the rise of better ethics toward elephant treatment in the tourism industry.

DAY 11: ADVENTURE

Today we'll stop at several beautiful Thai temples, which are gateways to Thai culture in Chiang Mai. We'll chat one-on-one with an older monk; open your mind to different philosophies and consider what cultures across the globe can do to empathize with each other. In the evening, we will visit the World Famous Walking Street Marketing - a bustling Night Bazaar where you can shop for beautiful textiles, souvenirs and street food!

DAY 12-15: KO SAMET BEACH WEEKEND

Pack up your overnight bag--we're heading to the beach! After a bus and boat ride south, we'll settle in to our accommodations. Ko Samet is famous for its peaceful atmosphere, white sand beaches, and warm, clear water. Swimming, snorkeling, and games are on the agenda over the next few days! We may even have the opportunity to visit one of the island's small clinics, helping to paint an even broader picture of healthcare in Thailand.

DAY 16: EXPLORING BANGKOK

After a hearty breakfast, we'll take a tour of our immediate surroundings. Get ready for temples! We'll rise early for a full-day Bangkok city tour, where we'll explore some of the most beautiful and significant temples in Thailand. Thailand is a predominantly Buddhist country, and is home to over 41,000 Buddhist temples. Explore Wat Phra Kaew, or Temple of the Emerald Buddha, Thailand's most sacred temple. We'll also see the Grand Palace, Temple of the Reclining Buddha, and other key Bangkok sites.









DAYS 17-18: HOSPITAL ROTATIONS IN THE CITY

We'll continue with our department rotations but this time in Bangkok - visit an array of different hospitals and medical care centers in the Bangkok area to get a feel for what healthcare looks like in the city. Compare and contrast your experiences with your knowledge from Chiang Mai. We'll also expore the intersection between western and traditional medicine in Thailand and how facilities are leveraging it to bring about essential care in impoverished communities.

DAY 19: BOYS HOME VOLUNTEERING & CHATUCHAK WEEKEND MARKET

Start the day assisting at the Boy's Home for special needs students - assisting with their daily physical therapy games and literacy skills. In the afternoon, head out to the Chatuchak Weekend Market, where you can browse the 1,000+ colorful stalls (with staff nearby!) for anything from local clothing to interesting snacks to paper lanterns. It's a great opportunity to buy souvenirs and put your bargaining skills to the test!

DAY 20: FAREWELLS & SERVICE PROJECT WRAP UP

Today is our last day in the hospital! After saying our traditional thank you's to the hospitals - we;ll spend the afternoon reflecting on all that we have learnt - and where to next - before heading out for a magical farewell dinner to celebrate all that we have learnt and achieved over the past 3 weeks.

DAY 21: DEPARTURES

After breakfast and final goodbyes, head to the Bangkok (BKK) airport where GLA staff will check students in for their journey home. Sawat dee, Thailand!

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PROGRAM SPECIFICS

- **Tuition:** $7,699
- **Internship Hours:** 62
- **Service Hours:** 24
- **Ages:** 14 - 18
- **Student-to-Staff Ratio:** 6-to-1
- **Accommodations:** Exclusive Hotel Block
- **Arrival and Departure Airport:**
  - Chiang Mai International (CNX) Arrival
  - Suvarnabhumi (BKK) Departure

GLA HOME BASE

Our main Home Bases in Chiang Mai and Bangkok are a cozy, air-conditioned hotel located outside of the cities. On Ko Samet beach weekend, we will stay in a modern beachfront hotel. Students will share accommodations with roommates and have access to hot water showers, and enjoy communal meals as a group.

GLA HOME BASE OVERVIEW

- Pool
  - Home Base 1: Chiang Mai - Yes
  - Home Base 2: Ko Samet - Yes
  - Home Base 3: Bangkok - Yes
- Air conditioning
  - Home Base 1: Chiang Mai - Yes
  - Home Base 2: Ko Samet - Yes
  - Home Base 3: Bangkok - Yes
- Remote
  - Home Base 1: Chiang Mai - No
  - Home Base 2: Ko Samet - No
  - Home Base 3: Bangkok - No

FOOD

Thai cooking is known for its strong, aromatic components and a spicy edge. Dishes prepared at Home Base will be healthy and balanced, commonly including rice or noodles. Chiang Mai will be an excellent place to sample classic Northern Thai favorites. Students with nut, soy or shellfish allergies, as well as strict vegetarians or vegans, should contact GLA to inform staff and ensure that dietary needs can be met.

CLIMATE

Thailand in summer is an extremely hot and humid place. Although you won't be visiting during the height of the rainy season, afternoon showers are common. This is no detriment to travel in Thailand, as the rains can be cooling and refreshing, and showers typically do not last very long.

LEADERSHIP

Global Leadership Adventures started as an educational institute, so we continue to think and act like educators—not tour operators—as we deliver life-changing programs. We intentionally weave a leadership curriculum into the daily experience on our programs. Through group discussion, meaningful service, workshops, speakers and excursions, staff guide students to reflect on program events through the lens of leadership, and celebrate outstanding examples of leaders they encounter in the local community. Lending this context to the experience creates opportunities for students to dig deep into their vision, purpose and knowledge of themselves and the world.

ABOUT GLOBAL LEADERSHIP ADVENTURES

Global Leadership Adventures was founded in 2003 by Fred Swaniker, a native of Ghana, TED Fellow and educational entrepreneur whose work has been praised by Barack Obama. Born as a global extension of the revolutionary African Leadership Academy, Global Leadership Adventures now operates programs centered around leadership, sustainable community service projects, and meaningful travel across Africa, Asia, Europe or the Americas. Through life-changing adventures, we strive to inspire the next generation to realize their potential to transform the world and their role in it.

GLA HAS BEEN FEATURED IN:

The New York Times
USA TODAY
NBC NEWS
The Boston Globe
seventeen

OUR EXPECTATIONS

BE PRESENT | Our mission at GLA is "to inspire the next generation to realize their potential to transform the world and their role in it." To that end, we expect GLA students to maintain high standards of personal behavior and to be open-minded. The culture may be different, sometimes shockingly so. GLA will challenge students as they are expected to work hard and be present physically and mentally for all activities. We also ask students to take a step back from regular use of technology - particularly their smartphones - so as to maximize their engagement with the program and their fellow participants. Students may get hot, dirty and bug-bitten along the way, but their contribution can transform the community. The goal is for each student to return home having had a life-changing experience.

NO TOLERANCE | GLA has a no-tolerance policy towards drugs, alcohol, tobacco and disruptive behavior. Those who violate or are suspected of violating this policy will be immediately dismissed from the program at the sole discretion of GLA staff.

COMMUNITY-LED EXPERIENCES | GLA makes every effort to offer thoughtfully crafted programs for teens and young adults. Detailed planning and exhaustive communications with partners are indispensable parts of our program development process. However, occasionally service and activities are adjusted from session to session, due to weather, changing needs of our local community partners and/or various cultural celebrations and customs. We expect participants to be open-minded and flexible, willing to embrace the experience when plans change. GLA makes every effort to communicate adjustments to students and families with advance notice. We expect you to be open-minded and flexible.

MENTORSHIP | GLA is not a therapy program. Our staff are highly skilled, professional, caring and fun, but they are not licensed therapists. GLA programs can be physically and emotionally demanding, and applicants should be in good physical and mental health.

ESSENTIAL ELIGIBILITY CRITERIA

At Global Leadership Adventures, we welcome age-eligible teens who are excited about the opportunity to travel to apply for our programs. To ensure a safe and meaningful experience for everyone in the group, we follow essential eligibility criteria. While out intent is not to be exclusionary, it's important to note that GLA programs are not therapeutic programs and are not able to support struggling teens seeking behavior or mental health outcomes.

Applications are carefully considered and screened to align with these criteria. It is not uncommon for GLA to require supporting documentation or information in the application screening process to confirm eligibility or suitability for program participation. Failure to disclose full medical history may also result in the application not being accepted, additional fees, and/or removal from the program. Please discuss with our team for any further clarification or concerns and visit **https://www.experiencegla.com/policies/essential-eligibility-criteria/** to view the full essential eligibility criteria list.

WE'RE HERE TO HELP

CONTACT US | Want to learn more about Global Leadership Adventures and our available programs? Our Admissions Team has expertise and insights into our slate of program offerings, and we're happy to answer any questions you might have. We have collectively visited or staffed many of our GLA programs around the world, and we have advice to share on everything from getting your travel documents together to what a typical day on a program is like. Call us at 1-858-771-0645 any time during office hours for assistance.

ENROLL NOW | We encourage you to enroll on your 1st choice program as early as you can! In fact, our most popular programs fill up early every year, and many students end up putting off the quick and easy application process only to end up on the waiting list. The best way to ensure that you save your spot is to place your deposit and apply early. You can easily enroll online at **www.experiencegla.com/enroll.**