21-DAY PROGRAM



THAILAND INTERNSHIP: CAREER EXPLORATION IN MEDICINE & HEALTH

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.

OVERVIEW

Work alongside local, mission-driven healthcare organizations to explore the intersection of Eastern and Western medicine in Thailand. Shadow medical professionals across diverse facilities, observe real-world care, and gain valuable insight into the medical field—all while immersing yourself in Thailand's vibrant culture, rich traditions, and stunning natural landscapes.

HIGHLIGHTS

- Observe doctors and nurses during hospital rotations and engage with local communities
- Experience Thai culture through markets, temples, and cuisine.
- Spend a day at an ethical elephant sanctuary
- Enjoy a weekend on the stunning island of Koh Samet
- Explore Bangkok's iconic landmarks
- Complete 60 meaningful internship hours.

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ITINERARY

The actual schedule of activities may vary. The information provided here reflects the typical experiences planned; however, activities and excursions are subject to change due to factors such as weather conditions, community partner availability, and other unforeseen circumstances. Adjustments may also be made to best meet the needs and interests of the student group.

DAY 1	• Arrive in Chiang Mai, meet your TEPA team, settle into Home Base, and enjoy a welcome dinner with your first taste of Thai cuisine.
DAY 2	• Explore Chiang Mai through a city tour, local museum, and market visit. Learn to cook Thai dishes and begin your internship curriculum.
DAY 3	• Gain context on Thailand's healthcare system and prepare for upcoming hospital rotations through presentations and site visits.
DAY 4	• Learn traditional Muay Thai boxing, visit local markets and temples, and experience daily Thai life.
DAYS 5-8	• Shadow doctors and nurses across departments—pediatrics, surgery, dentistry, emergency medicine, and more. Explore how traditional and modern medicine intersect in Northern Thailand.
DAY 9	• Deliver hygiene education to children in underserved communities and join a cultural exchange with local Thai students.

DAY 10	• Spend a day with an ethical elephant organization, learning about conservation and animal welfare.
DAY 11	• Visit sacred temples, meet a Buddhist monk, and explore Chiang Mai's bustling night market.
DAYS 12-15	• Relax and reflect on Thailand's coast—swimming, snorkeling, and island exploration, with optional clinic visits.
DAY 16	• Travel to Bangkok and visit the Grand Palace, Wat Pho, and Wat Phra Kaew, Thailand's most iconic temples.
DAYS 17-18	• Observe healthcare delivery in major urban hospitals and compare it to rural practices.
DAY 19	• Assist at a Boys' Home for special needs students, then shop and explore the lively Chatuchak Weekend Market.
DAYS 20-21	• Wrap up hospital rotations, reflect on your experience, and celebrate with a farewell dinner. Say your final goodbyes and transfer to the Bangkok airport for your flight home.







INTERNSHIP FOCUS AREA

The 2030 United Nations Agenda for Sustainable Development serves as the framework for discussions and the self-study coursework. During this travel internship, you will focus on three SDGs.



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 local partner. Create a portfolio from completed project work to enhance your college application or future career resume.

OPTIONAL COLLEGE CREDIT

Student interns can optionally earn college credit for completing the internship. Earning credit offers benefits like strengthening college applications and potential scholarship opportunities. Participation in the credit program is completely optional.

DESTINATION DETAILS

Students will stay in cozy, air-conditioned hotels in Chiang Mai and Bangkok, and a modern beachfront hotel on Koh Samet, sharing rooms and enjoying communal meals. All Home Bases feature pools, hot showers, and comfortable accommodations. Meals are healthy and balanced, showcasing Thai cuisine, with dietary needs accommodated upon request.

ABOUT TERRA EDUCATION PROGRAMS ABROAD

Terra Education Programs Abroad (TEPA) partners with schools and private groups to offer pre-designed and fully custom international experiences that align with academic goals while fostering global citizenship. Building on over 20 years of youth development expertise from its parent organization, Terra Educatiob, TEPA delivers transformative experiences for young leaders worldwide.

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