

Helping Hands
Nepal

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Todd Severson and I just came back from our 5 week trip to Nepal and we have only extremely positive things to report. Our experience was as close to perfect as possible and a lot of it was due to Helping Hands. In short, we worked at one of their rural medicine camps in Kushma, went on a trek and had time to sightsee as well as do a bit of clinic work in Kathmandu. The Kushma camp was fantastic – we saw tons of fascinating pathology and did hands on work in all fields. Plus, we each were provided with decent translators as were the rest of the clinicians. Some of the things we frequently saw included: completely prolapsed uteruses, burns, worms, scabies, leeches, anemia, and broken & fractured bones. We went on a 13 day trek in the Annapurna region which was indescribably phenomenal – and Helping Hands arrange for all of our transportation and hotel/food costs, plus they set us up with an excellent guide and porter. We had freedom to be tourists in Kathmandu and we also opted to work at the Kathmandu permanent clinic, too.

Helping Hands is all-inclusive (costs a bit though, \$3000, but it truly includes everything, including a fancy hotel in Bangkok during layovers) and a wonderful organization. You can tailor your trip to whatever you want in terms of rural camp work vs. city (Kathmandu) clinic work and you choose where you want to trek, etc. They have salt-of-the-earth terrific people working for them and made our trip very smooth and fun. It was well worth it to us and we recommend Helping Hands and Nepal for an international rotation.