

Helping Hands
Nepal

Todd Severson
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The sponsor for our international elective to Nepal was Helping Hands Education, based in Boulder, CO. They also have a local organization in Kathmandu and other sites in Nepal. The US contact (and president of HH) is Narayan Shrestha. They can be reached at:

Helping Hands Health Education
948 Pearl Street
Boulder, CO 80302
(330) 449 – 4279
nshrestha@carbon.cudenver.edu

In short, it's a package deal. Volunteers pay a flat fee of approx. \$3000 and decide when they want to come, and for how long. Helping Hands takes care of all the necessary travel arrangements, airline tickets, visas, hotels, meals, etc. They do request that people stay for at least four weeks, but you can stay longer (up to several months) if you want to at no additional cost. Helping Hands' volunteers staff several rural medical camps on a rotating basis. Liz and I attended the camp in Kushma, Nepal. An awesome experience- saw a wide variety of patients and pathologies. Note to potential applicants – you are camping in a tent while you serve there. In between the rural camps, HH runs a full-time medical clinic in Kathmandu with adequate (although bare bones) housing accommodations and meals provided for volunteers within the clinic building.

In both settings MS4 students function essentially as doctors, seeing patients independently (with the assistance of Nepali-language interpreter) doing exams, procedures, and prescribing meds. MD supervision is generally available as required for consultations, second opinions, and bailouts.

Lastly, as an added bonus, HH will help arrange a guided Himalayan trek for any volunteers interested in doing so. Once again, no additional cost. We took some vacation time at the end of our clinical rotation and went on a trek, which was fantastic.

In short, it was an awesome trip from all aspects. We would both highly recommend this organization for students interested in going to Nepal for an international health elective.