**Himalayan Health Exchange**

**2022 - 2023 International Health & Wilderness Medicine Schedule:**

# Himalayan Health Exchange will organize the following medical & dental and ‘wilderness medicine’ camps in the remote Trans- Himalayan regions of north India and along the Indo-Tibetan Borderlands in 2022 & 2023. Participation is open to physicians/ residents and medical students.  DHARAMSALA: A 4-week medical expedition to Dharamsala (north India), home to The 14th Dalai Lama and Tibetans in Exile. April 1-April 28, 2022

 **PIMU LA (Wilderness Medicine Expedition):** A 3-week ‘Wilderness Medicine and Survival’ expedition to the Greater Himalayan region of north India. **June 6-June 27, 2022**

**PANGI:** Medical and dental expedition to the remote Pangi valley located in the western Himalayan region of north India. **June 25–July 15, 2022**

**SPITI:** Medical expedition to the ancient Tibetan kingdom of ‘Guge’ along Indo-Tibetan Borderlands.

**July 12 –August 2, 2022**

**KARGIAKH (Medical and Wilderness Medicine):** High-altitude medical and Wilderness Medicine trek to a remote Trans-Himalayan tribal village located in southern Zanskar. **August 1-August 28, 2022**

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**OUTER HIMALAYAS (Winter Camp):** Medical/Dental camp in the north Indian State of Himachal Pradesh

**February 1-February 28, 2023**

**DHARAMSALA:** A 4-week medical expedition to Dharamsala (north India), home to The 14th Dalai Lama and Tibetans in Exile. **April 1-April 28, 2023**

**For details contact**

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