

AMAZING

SUMMER EXPERIENCE THAT YOU WILL NEVER FORGET !!

Help those in need! Learn a ton! Enjoy an adventure of a lifetime!

Pangi Medical Expedition

UB Global Medicine is partnering with Himalayan Health Exchange to provide medical care to people in remote villages in the Pangi Valley region (Greater Himalayas) in northern India, near Tibet

June 19 – July 11, 2025

Pangi Valley lies sandwiched between the two towering Himalayan Mountain ranges of Zaskar and Pir Panjal. This 3-week medical & dental expedition offers a rare opportunity to trek through a lesser-known region of the Western Himalayas. Our team will hold clinics in several villages and settlements while experiencing the land and culture that few have had the privilege to witness.

This trip is open to students, residents, faculty physicians, dentists, APP's, pharmacists, and other health professionals. In addition to providing medical and dental care and learning about wilderness medicine, participants will have debriefing sessions each evening to discuss a wide variety of health and social/cultural topics.

For questions or to apply to serve on this trip: Contact David Holmes, MD at dholmes@buffalo.edu



Info about the trip is at: <https://himalayanhealth.com/expeditions/pangi-greater-himalayas/>

Total Cost: \$2680 (covers food, lodging, ground transportation, translators, medical supplies, etc.) + airfare. Fundraising opportunities are available. or click on QR code:



For more info, you can also contact **Shawn Vainio, MD '03** at 907-942-9039, shawnvainio@yahoo.com. He is a UB grad and during his 4th year of med school, he did a global health elective with Himalayan Health Exchange and has been volunteering with them ever since. His main work is as a family physician in rural Alaska. He has also worked in Antarctica. More info about him and his adventurous career is at this website or QR code:

<https://www.aafp.org/news/family-doc-focus/shawn-vainio.html>

