

Outset

Jul 19 - Aug 1, 2026
Ages 16-18

Barcelona: Health & Medicine



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Welcome to the Barcelona: Health & Medicine Program!

Welcome! We're so excited you're interested in exploring medicine in Spain with Outset!

In this program, you will dive into hands-on medical learning, explore interactive simulation activities, and immerse yourself in the vibrant city of Barcelona. You will meet students from around the world, explore new ideas in medicine, and engage with Spanish culture up close, all with the full support of the Outset team. Get ready to challenge yourself, develop new skills, and take bold steps toward your future in medicine.

Dates Jul 19 - Aug 1, 2026

Location Barcelona, Spain

Cost \$4995

Student Age 16+



Program Date Details

Students will need to arrive in Barcelona on July 19 and depart on August 1. Note that given time changes, most students will likely need to depart the USA on July 18 to arrive in Barcelona on July 19.

Age requirement details

Students must be 16 years old as of July 19, 2026 to attend our International programs.

Language Requirements

All course material and activities will be in English. Spanish is not required, but it's great if you know some!

Travel Information

Flight Booking

Outset offers a dedicated flight booking page for families who would like support arranging airfare. Booking through this page is completely optional. Students and parents are welcome to book flights on their own if they prefer.

Students who wish to join the chaperoned group flight with Caity, the Outset Barcelona Camp Director, must book through the Flightfox booking page linked below. This ensures they are included in the chaperoned flight and can travel with the group under Caity's supervision.

> Chaperoned flight booking can be found [here](#).

Chaperoned Flight

Arrival Sat, Jul 18

American Airlines (AA) 66
Departure: 5:10 PM from New York (JFK)
Arrival: 6:45 AM the next day at Barcelona (BCN)

Departure Sat, Aug 1

American Airlines (AA) 67
Departure: 12:50 PM from Barcelona (BCN)
Arrival: 3:29 PM at New York (JFK)



Questions?

General questions:

Caity Martin
caity@joinoutset.com, (520) 445-4929

Payment questions:

Lydia Kuehnert, lydia@joinoutset.com

Arrival Information

For students on chaperoned flight:

Students traveling on the chaperoned flight will be met and accompanied by Caity, the Outset Barcelona Camp Director, who will be with the group throughout the journey, from departure at JFK airport in the U.S. through arrival in Barcelona and transfer to student housing.

For students NOT on chaperoned flight:

Students traveling independently will be met by an Outset staff member **outside the baggage claim area at Barcelona–El Prat Airport (BCN) between 8:00 AM and 6:00 PM on arrival day (Sunday, July 19).**

From the airport, we will arrange private taxis to transport students to our campus housing (approximately a 30-minute drive). Upon arrival at the residence, another staff member will be available to welcome students and assist with check-in.

Departure Information

For students on chaperoned flight:

Students on the chaperoned flight will travel with Caity, the Outset Barcelona Camp Director, who will accompany the group through airport check-in, security, and the return flight to the U.S.

For students NOT on chaperoned flight:

For students departing independently, Outset will arrange private airport taxis from student housing to Barcelona–El Prat Airport (BCN) on the day of departure to ensure a smooth and supported departure process.



Program Details:

Academic Overview

The Barcelona: Health and Medicine program offers a unique blend of classroom learning, hands-on simulation center training, and real-world medical exposure designed to give students an immersive introduction to medicine. Students will engage with topics ranging from Spain's healthcare system and medical careers to biomedical research, mental health, and pandemic response. Lectures provide a structured foundation, while sessions at the simulation center allow students to practice essential clinical skills in a safe, supervised environment.

Throughout the program, students will also have opportunities to explore how medicine intersects with culture, society, and public health. Guided discussions, interactive workshops, and collaborative activities help students develop critical thinking, teamwork, and leadership skills. By the end of the two weeks, participants gain a deeper understanding of medical practice in a global context, hands-on experience with clinical techniques, and the confidence to explore their passions and shape their future in healthcare.

Seminar Topic Examples:

- Medical Career and Research in Spain
- Spanish Public Health System and Public-Private Integration
- Healthcare & Migration: Equity and Access in a Multicultural System
- COVID-19 in Spain: Response & Lessons Learned
- Mental Health in Spain: Services, Stigma & Accessibility
- Biomedical Research, Biotechnology & Bioengineering in Spain
- Pharmaceutical System & Drug Regulation in Spain

Hands-on Simulation Activity Examples:

- Vascular access technique practice
- Airway management for critically ill patients
- Basic life support: Hands-on practice with CPR, AED usage, etc
- Introduction to Echography as a diagnostic tool in critical care



Program Details:

Cultural & Social Activities

Outset students don't just learn medicine together - they explore new places, have fun, and build lasting friendships along the way. Each summer, we thoughtfully customize our cultural and social schedule to reflect the location, the group, and unique opportunities available that year. While specific activities are finalized closer to the program start (typically in the spring), students can expect a mix of structured excursions and shared experiences designed to help them connect with one another and immerse themselves in Barcelona's culture.

Programs include full-day outings to nearby historic cities, where students explore medieval streets, learn about local history, sample the legendary cuisine of Spain, and spend time together outside the classroom. These excursions offer a balance of sightseeing, cultural learning, and downtime with peers, creating space for friendships to form naturally.

In Barcelona, excursions and non-academic time will include visits to some of the city's most iconic landmarks and neighborhoods. Activities might include exploring the Sagrada Familia, wandering through the Gothic Quarter, visiting Parc Güell and its colorful mosaics, stopping by local markets like La Boqueria, and discovering more hidden gems of the city. Meals in Spain never fail to be fabulous, and students will get to try local favorites like patatas bravas, pimientos de padrón, pan con tomate, and so much more. Together, these shared moments give students space to unwind, connect with peers, and create lasting memories beyond the classroom.





Below is an **example** of what students' time at Outset "Barcelona: Health and Medicine" will look like. Each summer we tailor activities to each campus, blending labs, workshops, and evening events that bring the program to life.

Sun, July 19	Arrive in Barcelona, settle into your housing, and meet your fellow students and the Outset team.
Mon, July 20	Discover Barcelona through guided activities with your cohort, getting to know the city and each other.
Tues, July 21	Learn about Medical Careers in Spain in the morning, then practice vascular access and Basic Life Support at the Simulation Center in the afternoon.
Wed, July 22	Explore the Spanish Health System during the morning lecture, then participate in guided cultural and social activities in the afternoon.
Thu, July 23	Dive into Private Healthcare in the morning, then train in FOCUS echo fundamentals and airway management at the Simulation Center in the afternoon.
Fri, July 24	Examine Healthcare and Migration in the morning, then enjoy guided activities with your cohort in the afternoon.
Sat, July 25	Day trip to a city like Girona for a full-day excursion exploring historic streets, Roman ruins, and landmarks, and local food.
Sun, July 26	Immerse yourself in Barcelona through guided cultural and social activities.
Mon, July 27	Explore COVID-19 response in Spain in the morning, then join a guided activity or workshop in the afternoon.
Tue, July 28	Study Mental Health in Spain in the morning, then practice teamwork and leadership at the Simulation Center in the afternoon.
Wed, July 29	Investigate Biomedical Research, Biotechnology, and Bioengineering in the morning, followed by guided activities in the afternoon.
Thu, July 30	Examine Pharmaceutical System and Drug Regulation in the morning, then additional afternoon activities (to be announced closer to program start date).
Fri, July 31	Celebrate your final day in Barcelona with guided activities and reflections.
Sat, Aug 1	Depart Barcelona with new skills, experiences, and lifelong memories.



Life in Barcelona: Housing

Residence Hall in Barcelona

Students in the Barcelona: Global Health & Medicine program will stay in the city in Residence Halls dedicated to students in the city. Details on residency address will be provided this Spring closer to your program start date.



Students will share rooms with a peer of the same gender. Each room includes bed linens, pillows, a set of towels. Rooms in Europe are typically smaller than in the U.S., and beds may be firmer than students are used to. Students who tend to get cold at night may want to bring an extra blanket, as some European blankets can be thin. Wifi is available in the residence hall, though speeds may vary from what students are used to at home.

LOCATION AND 24/7 SUPERVISION

Residency halls where students are housed are always located in safe areas within short walking distance to local cafes, and convenient access for the group to access Barcelona's public transit. Outset staff will be on site and available 24/7 to help students settle in and ensure everyone feels safe and supported.



Life in Barcelona: Meals, Phone & Internet, Insurance, & Visas

Meals

Students will receive three meals per day. Breakfast is served daily at the Residency or a nearby cafe. Lunches and dinners will take place at the residency dining hall, hospital or university dining halls, or at local restaurants. Please note that accommodating specific food preferences or allergies can be more challenging in Spain than in the U.S. Students with highly specific dietary needs should notify the Outset team before the trip so we can provide guidance on what is possible.

Phone & Internet

All students should purchase an international phone plan for the duration of the program. Some providers (like T-Mobile) may include international service, but you will want to check with your provider. Wifi is available at the residence, though speeds may vary from what students are used to at home.

Travel Medical Insurance

All students will be covered by travel medical insurance provided through a company such as GeoBlue or WorldTrips. Enrollment in travel insurance will take place in May prior to departure.

Visa

U.S. citizens do not need a special visa for travel to Spain. Everyone will enter on a standard tourist visa, which is automatic for U.S. passports.

Life in Barcelona: Packing List

Overview

Students are responsible for the care and security of their own belongings while participating in the Barcelona: Health and Medicine program. Please label all items clearly and keep track of your personal property at all times. Outset is not responsible for any lost, damaged, or stolen items, including electronics, clothing, or other valuables brought to the residence or while exploring the city.

The following is a list of recommended items:

- **Bedding:** This will be provided by the student residency where students are staying. More details on page 9.
- **Everyday Clothing (see dress code section):** Pack comfortable and casual clothing for everyday wear, as well as a hat, and sunscreen for outdoor activities. Be sure to pack a sweatshirt or jacket for cool evening activities. Clothing should be appropriate for a university and academic environment (no flip flops, sweatpants, etc).
- **Clothing for medical environment:** For a few sessions each week like medical simulations or other special activities in a medical environment, please bring pants or jeans and closed-toed shoes. We will provide a lab coat. (Please see the dress code in your Student Guidebook)
- **Shoes:** Bring comfortable shoes for walking and academic sessions and sneakers or athletic shoes for sports and evening activities. Please bring closed-toe shoes for some medical activities and exploring the city comfortably.
- **Toiletries:** Bring towels and toiletries such as a toothbrush, toothpaste, shampoo, conditioner, soap, deodorant, and any other personal care items you need.
- **Raincoat and / or umbrella**
- **Phone / Laptop / Notebook:** We recommend bringing a phone and laptop/iPad, as well as chargers and converters/adapters. If you do not have a phone or laptop available, pen/notebook works!
- **Backpack or small bag:** We will be walking a lot so it's good to have a backpack
- **Prescription medications:** Must be turned in to staff on arrival day. All medications, vitamins and supplements must be in original bottles (or package) with labels indicating name and dosage instructions. Please see the [Medical Management](#) section for more information.
- **Spending money / Credit or Debit Card:** Students should not need extra funds for Outset, since our tuition and fees include all meals and some snacks as well. But we still recommend that students bring funds for emergencies, extra snacks, personal items, etc.

Packing List: Cont'd

Optional:

- Non-perishable snacks or drinks. Please avoid any snacks containing nuts, or anything containing meat, milk or dairy, or fresh produce due to customs regulations.
- Reusable water bottle
- Travel journal or notebook
- Portable charger and adapter & voltage converter/ power bank
- Compact games or cards for downtime
- Earplugs or sleep mask



***Please note** that we cannot guarantee the complete absence of any particular allergen on or off campus property throughout the duration of our program. However we do try to control at least the dorm environment where most snacks are consumed.

Not Allowed (Do Not Bring):

- **Appliances** (cooking or otherwise): Including but not limited to - microwaves, TVs, game systems, air conditioners, microwaves, toaster or convection ovens, hot plates, coffee makers, extension cords higher than 16 gauge.
- **Automobiles, bicycles, skateboards, hoverboards.** If a student drives to Outset we do not provide parking and students may not access their vehicle during the program.
- **Weapons** of any kind including firearms, ammunition, knives, airsoft, paintball guns.
- **Pets or animals** of any kind
- **Flammable or combustible items:** candles, incense, oil lamps, fireworks, explosives, fog machines, gasoline or other flammable substances, halogen lamps or bulbs of any kind, heating pads.
- **Drugs or tobacco products:** electronic cigarettes, vaping equipment, water pipes (hookahs), alcohol, illegal drugs and / or paraphernalia.
- **Valuable or irreplaceable items:** Please leave expensive jewelry, treasured keepsakes, and sentimental items at home. While we take great care of campers' belongings, items can get lost or damaged, and we want to avoid this for special items.

Life in Barcelona: important notes before you travel

Things to be aware of:

- **Keep your belongings secure.** Label your items, carry valuables close, and keep your passport and travel documents safe.
- **Stay with your group and follow staff guidance at all times** during activities and city excursions.
- **Be aware of your surroundings** in crowded areas, public transit, and around popular attractions. Pickpocketing is the main risk.
- **Follow local rules and cultural norms.** Be polite, keep your voice moderate in public spaces, wait your turn in lines, and dress appropriately for religious or cultural sites.
- **Stay healthy and comfortable.** Drink water, wear sunscreen and a hat for outdoor activities, and carry any personal care items you may need.
- **Manage your money.** Keep cash or cards in a secure wallet and only carry what you need for the day.
- **Try new foods carefully.** Respect your dietary restrictions and let staff know about allergies or specific needs.
- **Learn a few local phrases.** Simple greetings and thank yous go a long way when navigating the city.



Safety

General Info: Spain Safety

Barcelona is generally a very safe city, with petty theft being the main risk. Outset will avoid any unsafe neighborhoods, and students are guided at all times during activities and excursions. Students should always keep their belongings secure, label items clearly, and remain aware of their surroundings in busy areas or at popular attractions.



Program Standards

All Outset programming is fully guided and designed to provide a safe, structured, and engaging experience. Students will receive a pre-departure safety and cultural orientation led by **Caity Martin** in April or May, as well as a comprehensive safety briefing on arrival day. Outset follows recommended safety protocols from Forum on Education Abroad and NAFSA, and detailed emergency plans will be shared with parents before departure.

24/7 Staff Availability & Supervision

The entirety of the Outset Barcelona Program is supervised by experienced, trained adult staff. **Caity Martin, the Outset Barcelona Camp Director**, will be available 24/7 for students and parents. Additional in-country staff and residence hall contact information will be shared once available. Students always have clear rules during free time, and staff are nearby to ensure they are safe and supported. Alcohol and drugs are not permitted on the program.

Next Steps: Admissions & Enrollment

Admissions Process

We have an easy 3-step Admissions process:

- **Step 1: Apply online.** Complete the application form on the Outset website.
- **Step 2: Video meeting.** If you pass the initial screening, you will be invited to a 10-minute video meeting with our Admissions team to discuss your interest in medicine and in Outset.
- **Step 3: Teacher reference.** Some applicants may be asked to submit a reference from a teacher.

Once all steps are complete, you will receive a decision within 3-5 business days.



Accepted? Next steps to finalize your enrollment.

Congratulations! Once accepted, you will receive an acceptance email with enrollment instructions.

- **Submit enrollment forms and \$599 deposit.** Complete all required forms to confirm your spot in the program.
- **Provide medical and travel documentation.** Submit any necessary health forms, medications, or travel-related documents.
- **Arrange tuition payment.** Follow the instructions in your acceptance email to secure your enrollment.



Outset

See you in Barcelona!



Still have questions?

If you have any additional questions not covered in this guide before your program begins, please contact your Campus Director!