

## MOROCCO WINTER MEDICAL INTERNSHIP

Centre Hospitalier Universitaire Mohammed VI - MARRAKESH

January 3<sup>rd</sup> – January 29<sup>th</sup> 2023

JANUARY	DAILY PROGRAM	Activities and site visits
3	Departure from JFK International	Flight AT 0201 Departs at 8:55 pm
4	Arrival at Casablanca Airport	Arrives to Casablanca at 8:45 am Visit to the Mosque Hassan II
5	University Hospital	Medical Internship
6	University Hospital	Medical Internship
7	Excursion	Marrakesh Medina
8	Excursion/ report due	Essaouira
9	University Hospital	Medical Internship
10	University Hospital	Medical Internship
11	University Hospital	Medical Internship
12	University Hospital	Medical Internship
13	Excursion	Morning departure from Marrakesh to Fes
14	Excursion	Morning departure from Fes to Chefchaouen
15	Excursion	Morning departure from Chefchaouen to Fes
16	University Hospital	Medical Internship
17	University Hospital	Medical Internship
18	University Hospital	Medical Internship
19	University Hospital	Medical Internship
20	University Hospital	Medical Internship
21	Excursion	Ourika Valley
22	Excursion/ report due	Agadir and Tiznit
23	University Hospital	Medical Internship
24	University Hospital	Medical Internship
25	University Hospital	Presentation / Certificates/ Gala Dinner
26	Excursion	Depart via Atlas Mountains and Merzouga to the desert camp
27	Excursion	Morning departure from desert camp to Ouarzazate
28	Excursion/ report due	Marrakesh
29	Departure from CMN International	Flight AT 0200 Departs at 4:10 pm Arrives 7:10 pm to JFK

## Excursions and site visits



### CASABLANCA

Old and new, medinas and modern art. Chic and shabby. Casablanca certainly keeps you on your toes. It is also largest city in Morocco so a bit overwhelming. But a day trip is worthwhile, not least to see the contemporary chic Hassan II Mosque, one of the world's largest, towering over the Atlantic. You can even see the sea bed under its floor, and laser pointing to Mecca.



### ATLAS MOUNTAINS

This has been on the expert explorers' radar for a long time, but lovers of Moroccan souks and seaside are now starting to embark on journeys up to its magnificent peaks. Hardcore hikers head for the High Atlas' Mount Toubkal but there is superb walking to be had in the lower Atlas range too, with welcoming Berber people at wonderfully remote mountain villages.



### CHEFCHAOUEN

This beautiful blue painted town appears in the slopes of the Rif Mountains like a sapphire glinting through a rock face. Perhaps inspired by its aesthetic, it has also become a center for quality artists and artisan crafts people. Immersed in history, it protected the region from the invading Portuguese in the 15th century, and the museum is a must. Although its charming living culture is the real highlight.



### FEZ

If Marrakech is the lion, Fez is the tiger. The one that doesn't need to roar about how beautiful it is, and long admired for its innate elegance. It has a superbly preserved ancient Islamic heritage, with Attarine Madrasa, Moulay Idriss mausoleum and Karaouine Mosque as highlights. Its heart is the labyrinthine, car-free Fez el-Bali medina. The Fez Festival of Sacred Music in June is a fab event too.



### MARRAKECH

Marrakech wears its heart on its sleeve. It's out there. Bombarding the senses, enticing you out of your comfort zone and welcoming you into the fiesta. A fiesta of food, with spices, exotic fruits and mint tea everywhere. A fiesta of sounds. Drumming, snake charming, haggling. And a fiesta of culture, with the Koutoubia Mosque its center-piece and Jemaa El-Fna Medina where all the action happens.



### MEKNES

Only 45 minutes from Fez, this iconic Isma'ilian town is a UNESCO World Heritage Site, where you can stroll round the architectural and cultural highlights such as the Bab Mansour gate, Royal Stables, the old Habs Qara underground prison and the Jewish quarter, without being hassled. As it's still not on the mass tourism trail. It's also the nearest city to the Roman ruins of Volubilis.



### MOUNT TOUBKAL

The Atlas Mountains are one thing, but its highest point is one of the mothers of mountaineering. At 4,167m, it is the highest peak in North Africa. Even in spring and summer this is a strenuous hike when you need expert guidance and support. And in winter it's a whole other ballgame again, when crampons, ice picks and a serious commitment to winter climbing come into play.



### OUARZAZATE

If you know the movies Lawrence of Arabia, Gladiator, Babel and Salmon Fishing in the Yemen you will have a clear picture of Ouarzazate already, as they were all shot here, its wild, desert landscapes and untouched villages proffering timeless backdrops. It's the latest activity hub for adventurers heading into the mountains, desert and valleys.



### RIF MOUNTAINS

Much upstaged by the Adonis-like Atlas Mountains, think of the Rif Mountains as his Aphrodite. More curvaceous, less Alpha Male somehow. In other words, the hiking is more laid back with remote hamlets and the Talassemtane National Park which is home to rare flora and fauna including Barbary Macaques, golden eagles and black kites. And at its heart, the gorgeous town of Chefchaouen, shining blue like Aphrodite's finest jewel.



### TODRA GORGE

Also known as the Todgha Gorge, this canyon is located in the eastern part of the High Atlas Mountains near the town of Tinerhir. The pink and orange limestone cliff walls are aglow not only with the sunlight that catches it at various points, but also with the buzz of serious climbers, who discovered this Atlas adventure center a while back.



### SAHARA DESERT

From small buffer towns, such as Zagora and Erfoud, take a camel ride into the dunes. If you remember the first time you saw the Alps, this is a similar thump in the chest moment, like you've landed in the heart of greatness. You will get the chance to camp the night in the middle of the desert where you can see the milky way.