

# Example Itinerary

## Human Rights in Ghana

\*The following is an example itinerary. Please note arrangements change from year to year and session to session based on the goals of the programme, needs of the community, and size of the groups. Please use this itinerary as a general guide to the structure of the High School Special programmes.

DAY NO.	DAY	TIME	ACTIVITY
1	Sunday	ALL DAY	ARRIVAL
2	Monday	10:00am-12:00pm	Tour of the City
		12:00pm-1:00pm	LUNCH
		1:00pm-2:30pm	Project Orientation
		2:30pm-4:30pm	Read at the Shelter for Abused Children
		6:00pm-9:00pm	DINNER AND CULTURAL ACTIVITIES
3	Tuesday	10:00am-12:00pm	Tour of Legislation in Ghana and Observe a Parliamentary Session
		12:00pm-1:00pm	LUNCH
		1:00pm-2:30pm	Presentation on the Political History of Ghana
		2:30pm-5:30pm	Play Games at the Social Welfare Facility
		6:30pm-9:00pm	DINNER AND DOCUMENTARY
4	Wednesday	10:00am-12:00pm	Visit Amnesty International
		12:00pm-1:00pm	LUNCH
		1:00pm-2:30pm	Spend Time with Ghanaian Lawyer and Legal System
		2:30pm-5:30pm	Tour of Ghanaian Society
		5:30pm-6:30pm	Human Rights and Religion Talk
		6:30pm-9:00pm	DINNER AND AFRICAN NIGHT
5	Thursday	10:00am-12:00pm	Institutional Engagement with the Judiciary of Ghana
		12:00pm-1:00pm	LUNCH
		1:00pm-2:00pm	Lecture on Child Trafficking in Ghana
		2:00pm-4:00pm	Seminar and Engagement with Muslim Girls in the Slum
		5:30pm-6:30pm	Spend Time with Ghanaian Teens
6	Friday	6:30pm-9:00pm	DINNER AND DOCUMENTARY
		10:00am-12:00pm	Painting a Disadvantaged School
		12:00pm-1:00pm	LUNCH
		1:00pm-2:00pm	Visit the Traditional Chieftaincy Institution of Ghana
7	Saturday	5:00pm-9:00pm	DINNER AND GAME NIGHT
		ALL DAY	Visit Kakum National Park, Hans Cottage and Oasis Beach Resort
8	Sunday	ALL DAY	Tour of Cape Coast Township and Castle

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	10:00am-12:00pm	Visit National Commission on Human Rights and Administrative Justice of Ghana
		12:00pm-1:00pm	LUNCH
		1:00pm-2:00pm	Lecture on Child Marriage in Ghana
		2:00pm-3:00pm	Visit W.E.B. DuBois Centre
		3:00pm-5:00pm	Human Rights Village Initiative: Sensitisation Project
		6:00pm-9:00pm	DINNER AND CHARADES
10	Tuesday	1:00pm-3:00pm	Spend Time with the Girls at Trokosi Rescue Centre
		3:00pm-4:00pm	LUNCH
		4:00pm-6:00pm	Spend Time with the Girls at Trokosi Rescue Centre
		7:00pm-8:00pm	DINNER
		10:00am-12:00pm	Domestic Violence Presentation
11	Wednesday	12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Bread Making Lesson
		6:00pm-9:00pm	DINNER AND HIGHLIFE MUSICAL NIGHT
		10:00am-12:00pm	Visit the Kwame Nkrumah Mausoleum
12	Thursday	12:00pm-1:00pm	LUNCH
		2:00pm-4:00pm	Mock Debate on Children's Rights
		4:00pm-7:00pm	Cooking Lesson
		7:00pm-8:30pm	DINNER
13	Friday	10:00am-12:00pm	Talk on African Socialisation: Rights of the Child
		1:00pm-2:00pm	LUNCH
		2:30pm-4:00pm	Outdoor Sporting Events
		6:30pm-7:30pm	FAREWELL DINNER
14	Saturday	ALL DAY	DEPARTURE