

# Example Itinerary

## Human Rights in South Africa

\*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	8:00am-12:00pm	Introduction and Orientation
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Projects Abroad Human Rights Office Induction
		7:00pm-8:00pm	DINNER
3	Tuesday	8:00am-12:00pm	Meet with Director of Human Rights Office
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Visit Robben Island
		6:30pm-8:00pm	DINNER
4	Wednesday	8:00am-12:00pm	Visit District 6 Museum
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Visit Slave Lodge
		7:00pm-8:00pm	DINNER
5	Thursday	8:00am-12:00pm	Visit Vrygrond to meet NGO project partners
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Volunteering at soup kitchen
		7:00pm-8:00pm	DINNER
6	Friday	9:00am-11:00am	Tour of Parliament
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Case Study on South African Politics
		7:00pm-8:00pm	DINNER
7	Saturday	ALL DAY	Wildlife Safari Tour
8	Sunday	ALL DAY	Wildlife Safari Tour

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	9:00am-12:00pm	Visit a township to meet with self-help staff
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Begin choosing topic and preparing for Friday presentation
		6:00pm-9:00pm	DINNER
10	Tuesday	9:00am-12:00pm	Prepare games and activities for at-risk youth
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Games and activities with at-risk youth
		6:00pm-9:00pm	DINNER
11	Wednesday	9:00am-12:00pm	Begin preparing for presentation at Human Rights Office
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Help with after school care project
		6:00pm-9:00pm	DINNER
12	Thursday	9:00am-12:00pm	Work on presentation at Human Rights Office
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Work on presentation at Human Rights Office
		6:00pm-9:00pm	DINNER
13	Friday	8:00am-12:00pm	Human Rights Office presentations
		12:00pm-1:00pm	LUNCH
		2:00pm-6:00pm	Shopping
		EVENING	PACKING AND LAST DINNER WITH HOST FAMILY
14	Saturday	ALL DAY	Departure