

Example Itinerary

Dentistry in Sri Lanka

*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	8:30am-12:00pm	Country Induction
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Cultural Workshop
		7:00pm-9:00pm	DINNER
3	Tuesday	8:00am-12:00pm	Introduction to Hospital
		12:00pm-1:30pm	LUNCH
		2:00pm-4:00pm	Work in Hospital Dentistry Department
		7:00pm-8:00pm	DINNER
4	Wednesday	8:00am-12:00pm	Work in Hospital Dentistry Department
		12:00pm-1:30pm	LUNCH
		2:00pm-3:00pm	Group Discussion Session
		3:00pm-6:00pm	Cultural Activity
		7:00pm-8:00pm	DINNER
5	Thursday	8:00am-12:00pm	Work in Hospital Dentistry Department
		12:00pm-1:30pm	LUNCH
		2:00pm-4:00pm	Community Work: Beach Clean-up
		7:00pm-8:00pm	DINNER
6	Friday	8:00am-12:00pm	Work in Hospital Dentistry Department
		12:00pm-1:30pm	LUNCH
		2:00pm-4:00pm	Prepare for Medical Outreach
		4:30pm-5:30pm	Rest
		7:00pm-8:00pm	DINNER
7	Saturday	ALL DAY	Trip to Kandy
8	Sunday	ALL DAY	Trip to Kandy

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	8:00am-12:00pm	Work in Hospital Dentistry Department
		12:00pm-1:30pm	LUNCH
		2:00pm-5:00pm	Medical Seminar on Sri Lankan Healthcare System
		7:00pm-8:00pm	DINNER
10	Tuesday	8:00am-12:00pm	Work in Hospital Dentistry Department
		12:00pm-1:30pm	LUNCH
		2:00pm-3:00pm	Group Discussion Session
		3:00pm-6:00pm	Social Activity
		7:00pm-8:00pm	DINNER
11	Wednesday	8:00am-12:00pm	Work at Medical Outreach
		12:00pm-1:30pm	LUNCH
		2:00pm-5:00pm	Continue Work at Medical Outreach
		5:30pm-7:00pm	Rest
		7:00pm-8:00pm	DINNER
		8:30am-1:00pm	Work in Hospital Dentistry Department
12	Thursday	1:00pm-2:00pm	LUNCH
		2:00pm-4:30pm	Souvenir Shopping in Colombo
		5:00pm-6:00pm	Complete Projects Abroad Online Departure Questionnaires in the Office
		6:00pm-7:30pm	DINNER
		8:30am-12:00pm	Work in Hospital Dentistry Department
13	Friday	12:00pm-1:30pm	LUNCH
		2:00pm-4:00pm	Packing
		5:00pm-8:00pm	FAREWELL DINNER
		14	Saturday