

Example Itinerary

Medicine in Kenya

*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	9:00am-12:00pm	Induction and Orientation
		12:30pm-1:30pm	LUNCH AT LOCAL RESTAURANT
		2:00pm-6:00pm	Tour of Nakuru
		7:00pm-8:00pm	DINNER
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3	Tuesday	8:00am-2:00pm	Swahili language class
		2:00pm-3:00pm	LUNCH
		3:00pm-6:00pm	Introduction to hospital
		7:00pm-8:00pm	DINNER
4	Wednesday	7:00am-12:00pm	Medical workshop
		12:30pm-1:30pm	LUNCH
		2:00pm-6:00pm	Departmental rounds at hospital
		7:00pm-10:00pm	DINNER AND WEEKLY SOCIAL WITH ALL VOLUNTEERS
5	Thursday	8:00am-12:00pm	Medical outreach training
		12:30pm-1:30pm	LUNCH
		2:00pm-6:00pm	Medical outreach in community
		7:00pm-8:00pm	DINNER
6	Friday	8:00am-12:00pm	Departmental rounds at hospital
		12:30pm-1:30pm	LUNCH AT LOCAL RESTAURANT
		2:00pm-4:30pm	Visit Lake Nakuru
		5:30pm-6:30pm	DINNER
7	Saturday	ALL DAY	Visit Lake Baringo
8	Sunday	ALL DAY	Visit Naivasha National Park

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	8:00am-12:00pm	Health clinic with local community
		12:30pm-1:30pm	LUNCH
		2:00pm-6:00pm	Departmental rounds at hospital
		7:00pm-8:00pm	DINNER
10	Tuesday	8:00am-12:00am	Medical outreach training
		12:30pm-1:30pm	LUNCH
		2:00pm-6:00pm	Medical outreach in community
		7:00pm-8:00pm	KENYAN COOKING LESSON
11	Wednesday	8:00am-12:00am	Medical outreach in community
		12:30pm-1:30pm	LUNCH
		2:00pm-6:00pm	Departmental rounds at hospital
		7:00pm-8:00pm	DINNER
12	Thursday	8:00am-12:00pm	Medical outreach in community
		12:30pm-1:30pm	LUNCH
		2:00pm-6:00pm	Medical outreach in community
		7:00pm-8:00pm	DINNER AT LOCAL RESTAURANT
13	Friday	8:00am-12:00pm	Departmental rounds at hospital
		12:30pm-1:30pm	LUNCH
		2:00pm-6:00pm	Souvenir shopping at local market
		7:00pm-9:00pm	FAREWELL DINNER WITH HOST FAMILY
14	Saturday	ALL DAY	Departure