

Example Itinerary

Care & Community 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	8:00am-12:00pm	Induction and Orientation in Colombo
		12:00pm-1:00pm	LUNCH
		2:00pm-6:00pm	Visit work sites, introduction to work and information about available resources, meet children
		7:00pm-8:00pm	DINNER
3	Tuesday	8:00am-12:00pm	Activity day Panadura
		12:00pm-1:00pm	LUNCH
		1:00pm-3:00pm	Sports
		7:00pm-8:00pm	DINNER
4	Wednesday	8:00am-12:00pm	Games and activities with children at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-3:00pm	Art and Crafts
		7:00pm-8:00pm	DINNER
5	Thursday	8:00am-12:00pm	Games and activities with children at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-3:00pm	Sports
		7:00pm-8:00pm	DINNER
6	Friday	8:00am-12:00pm	Games and activities with children at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Travelling to Kandy for weekend
		7:00pm-8:00pm	DINNER
		8:00pm-10:30pm	Traditional Dancing
7	Saturday	ALL DAY	Visit Sigiriya Rock Fortress
8	Sunday	ALL DAY	Visit Elephant Park

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	9:00am-12:00pm	Games and activities with children at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Sports at Tsunami Camp School
		7:00pm-8:00pm	DINNER
10	Tuesday	9:00am-12:00pm	Games and activities with children at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-3:00pm	Recreational Games and Music
		7:00pm-8:00pm	DINNER
11	Wednesday	9:00am-12:00pm	Games and activities with children at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Sports at Tsunami Camp School
		7:00pm-8:00pm	DINNER
12	Thursday	9:00am-12:00pm	Games and activities with children at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Last day at Tsunami Camp School
		7:00pm-8:00pm	DINNER
13	Friday	8:00am-11:00am	Last day in Care Centre
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Shopping in Colombo
		EVENING	PACKING AND LAST DINNER WITH HOST FAMILY
14	Saturday	ALL DAY	Departure