

Example Itinerary

Medicine in Nepal

*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	7:00am-2:00pm	Travel to Chitwan
		2:30pm-3:00pm	LUNCH
		3:00pm-6:00pm	Induction and Orientation in Chitwan
		6:00pm-8:00pm	DINNER
		9:00am-12:00pm	Introduction to Chitwan Medical College Teaching Hospital
3	Tuesday	12:00pm-1:00pm	LUNCH
		1:00pm-4:30pm	Lecture and demonstration at Medical College
		6:30pm-8:00pm	DINNER
		8:00pm-9:00pm	Traditional Dancing
		9:00am-12:00pm	Introduction to departments
4	Wednesday	12:00pm-1:00pm	LUNCH
		1:00pm-5:30pm	Lecture and demonstration at Medical College
		6:30pm-7:30pm	DINNER
		9:00am-12:00pm	Visiting departments at hospital
		12:00pm-1:00pm	LUNCH
5	Thursday	1:00pm-4:00pm	Anatomy workshop
		5:30pm-7:30pm	DINNER
		9:00am-10:30am	Visiting departments at hospital
		12:00pm-1:00pm	LUNCH
		1:00pm-7:00pm	Travel to National Park
6	Friday	7:00pm-9:00pm	DINNER
		9:00am-12:00pm	Weekend in Chitwan National Park
		12:00pm-1:00pm	LUNCH
		1:00pm-7:00pm	Weekend in Chitwan National Park
7	Saturday	ALL DAY	Weekend in Chitwan National Park
8	Sunday	ALL DAY	Weekend in Chitwan National Park

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	9:00am-12:00pm	Departmental focus
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Departmental focus
		6:30pm-8:30pm	LEARNING TO MAKE NEPALESE DUMPLINGS
10	Tuesday	9:00am-12:00pm	Departmental focus
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Departmental focus
		7:00pm-9:00pm	DINNER
11	Wednesday	9:00am-12:00pm	Visit Eye Hospital
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Medical outreach: Dental Hygiene
		6:00pm-8:00pm	DINNER
12	Thursday	10:00am-12:00pm	Travel to Kathmandu
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Travel to Kathmandu
		6:30pm-8:00pm	DINNER
13	Friday	8:00am-12:00pm	Visit HIV/AIDS Centre
		12:00pm-1:00pm	LUNCH
		2:00pm-6:00pm	Visit temples and souvenir shopping at local market
		7:30pm-8:30pm	DINNER
14	Saturday	ALL DAY	Departure