

# Example Itinerary

## Care & Community 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	9:00am-12:00pm	Country Induction
		12:00pm-1:00pm	LUNCH
		2:00pm-4:00pm	Exchange Money and Purchase SIM Card
		6:30pm-8:00pm	DINNER
3	Tuesday	9:00am-12:00pm	Introduction to Care Placement
		12:00pm-1:00pm	LUNCH
		1:00pm-2:30pm	Help Teachers Prepare for Next Day
		3:00pm-6:00pm	Rest
		6:00pm-7:00pm	DINNER
		7:00pm-10:00pm	Local Theatre Night
4	Wednesday	9:30am-10:30am	Work at Early Childhood Development Learning Programme
		10:30am-1:00pm	Prepare Lunch for Care Placements
		1:00pm-2:00pm	LUNCH
		2:00pm-4:00pm	Beadwork and Sewing Class
		4:00pm-6:00pm	Rest
		6:00pm-7:00pm	DINNER
5	Thursday	9:00am-12:00pm	Teach Children at Care Placement
		12:00pm-1:00pm	LUNCH
		1:00pm-2:30pm	Help Teachers Prepare for Next Day
		3:00pm-5:30pm	Rest
		6:00pm-8:00pm	DINNER AT RESTAURANT
6	Friday	9:00am-12:00pm	Teach Children at Care Placement
		12:00pm-1:00pm	LUNCH
		1:30pm-5:00pm	Visit Table Mountain
		6:00pm-9:00pm	TRADITIONAL SOUTH AFRICAN BRAAI
7	Saturday	ALL DAY	Visit Local Market and Robben Island
8	Sunday	ALL DAY	Peninsula Tour

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	9:00am-12:00pm	Teach Children at Care Placement
		12:00pm-1:00pm	LUNCH
		1:00pm-2:30pm	Help Teachers Prepare for Next Day
		3:00pm-5:30pm	Rest
		6:00pm-7:00pm	DINNER
10	Tuesday	9:00am-12:00pm	Teach Children at Care Placement
		12:00pm-1:00pm	LUNCH
		1:00pm-2:30pm	Help Teachers Prepare for Next Day
		3:00pm-5:30pm	Rest
		5:30pm-6:30pm	DINNER
		6:30pm-9:00pm	Bowling
		11	Wednesday
12:00pm-1:00pm	LUNCH		
1:00pm-2:30pm	Finish Renovation and Painting Work		
3:00pm-5:30pm	Rest		
6:00pm-7:00pm	DINNER		
12	Thursday	9:00am-12:00pm	Teach Children at Care Placement
		12:00pm-1:00pm	LUNCH
		1:00pm-3:00pm	Help Teachers Prepare for Next Day
		3:00pm-5:30pm	Rest
		5:30pm-6:30pm	DINNER
		6:30pm-9:00pm	Traditional Music Evening
13	Friday	9:00am-12:00pm	Teach Children at Care Placement
		12:00pm-1:00pm	LUNCH
		1:00pm-6:00pm	Explore Cape Town and Shop for Souvenirs
		6:00pm-9:00pm	FAREWELL DINNER
14	Saturday	ALL DAY	DEPARTURE