

# Example Itinerary

## Care & Community in Senegal

\*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             |
|         |           | 12:00pm-2:00pm  | LUNCH                                 |
|         |           | 2:00pm-5:00pm   | Tour of Saint Louis                   |
|         |           | 7:00pm-8:00pm   | DINNER                                |
| 3       | Tuesday   | 10:00am-12:00pm | Volunteer at Talibe School            |
|         |           | 12:00pm-2:00pm  | LUNCH                                 |
|         |           | 2:00pm-6:00pm   | Renovating Talibe School              |
|         |           | 7:00pm-8:00pm   | DINNER                                |
|         |           | 8:00pm-9:00pm   | QUIZ NIGHT                            |
| 4       | Wednesday | 10:00am-12:00pm | Volunteer at Talibe School            |
|         |           | 12:00pm-2:00pm  | LUNCH                                 |
|         |           | 2:00pm-6:00pm   | Renovating Talibe School              |
|         |           | 8:00pm-9:00pm   | DINNER                                |
| 5       | Thursday  | 10:00am-12:00pm | Volunteer at Talibe School            |
|         |           | 12:00pm-2:00pm  | LUNCH                                 |
|         |           | 2:00pm-6:00pm   | Renovating Talibe School              |
|         |           | 7:00pm-8:00pm   | DINNER                                |
|         |           | 8:00pm-9:00pm   | GLASS PAINTING ACTIVITY               |
| 6       | Friday    | 10:00am-12:00pm | Volunteer at Talibe School            |
|         |           | 12:00pm-2:00pm  | LUNCH                                 |
|         |           | 2:00pm-6:00pm   | Renovating Talibe School              |
|         |           | 7:00pm-8:00pm   | DINNER                                |
| 7       | Saturday  | ALL DAY         | Day Trip to Villages around St. Louis |
| 8       | Sunday    | ALL DAY         | Quality Time with Host Family         |

| DAY NO. | DAY       | TIME            | ACTIVITY                     |
|---------|-----------|-----------------|------------------------------|
| 9       | Monday    | 10:00am-12:00pm | Volunteer at Talibe School   |
|         |           | 12:00pm-2:00pm  | LUNCH                        |
|         |           | 2:00pm-6:00pm   | Afternoon at Swimming Pool   |
|         |           | 7:00pm-8:00pm   | DINNER                       |
| 10      | Tuesday   | 10:00am-12:00pm | Volunteer at Talibe School   |
|         |           | 12:00pm-2:00pm  | LUNCH                        |
|         |           | 2:00pm-6:00pm   | Renovating Talibe School     |
|         |           | 7:00pm-8:00pm   | DINNER                       |
|         |           | 8:00pm-9:00pm   | DANCE LESSON                 |
| 11      | Wednesday | 10:00am-12:00pm | Volunteer at Talibe School   |
|         |           | 12:00pm-2:00pm  | LUNCH                        |
|         |           | 2:00pm-6:00pm   | Renovating Talibe School     |
|         |           | 8:00pm-9:00pm   | DINNER                       |
| 12      | Thursday  | 10:00am-12:00pm | Volunteer at Talibe School   |
|         |           | 12:00pm-2:00pm  | LUNCH                        |
|         |           | 2:00pm-6:00pm   | Finish Renovation Project    |
|         |           | 8:00pm-9:00pm   | DINNER                       |
| 13      | Friday    | 10:00am-12:00pm | Volunteer at Talibe School   |
|         |           | 12:00pm-2:00pm  | LUNCH                        |
|         |           | 2:00pm-6:00pm   | Farewell Party with Children |
|         |           | 7:00pm-9:00pm   | FAREWELL DINNER              |
| 14      | Saturday  | ALL DAY         | Departure                    |