

Example Itinerary

Medicine in the Philippines

*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, need of the community, and size of the groups. Please use this itinerary as a general guide to the structure of the High School Specials.

DAY NO.	DAY	TIME	ACTIVITY
	Saturday	ALL DAY	ARRIVAL
	Sunday	ALL DAY	ARRIVAL
1	Monday	7:00am-8:00am	BREAKFAST
		8:00am-12:00pm	Country and Project Induction
		12:00pm-1:00pm	WELCOME LUNCH
		1:00pm-3:30pm	City Tour and Orientation
		3:30pm-4:00pm	Debriefing
		6:00pm-7:00pm	DINNER
2	Tuesday	7:00am-7:30am	BREAKFAST
		8:00am-11:30am	Workshop on Taking Blood and Vital Signs
		11:30am-12:50pm	LUNCH
		1:00pm-3:30pm	Observe Doctors and Nurses at Hospital
		3:30pm-4:00pm	Debriefing
3	Wednesday	07:00am-7:30am	BREAKFAST
		8:00am-11:30am	Observe Doctors and Nurses at Hospital
		11:30am-12:50pm	LUNCH
		1:00pm-3:30pm	Observe Doctors and Nurses at Hospital
		3:30pm-4:00pm	Debriefing
		6:00pm-7:00pm	DINNER
4	Thursday	07:00am-7:30am	BREAKFAST
		8:00am-11:30am	Observe Doctors and Nurses at Hospital
		11:30am-12:50pm	LUNCH
		1:00pm-3:30pm	Observe Doctors and Nurses at Hospital
		3:30pm-5:00pm	Social Activity
		6:00pm-7:00pm	DINNER
5	Friday	07:00am-7:30am	BREAKFAST
		8:00am-11:30am	Observe Doctors and Nurses at Hospital
		11:30am-12:50pm	LUNCH
		1:00pm-3:30pm	Observe Doctors and Nurses at Hospital
		3:30pm-4:00pm	Debriefing
6	Saturday	ALL DAY	Trip to Santa Fe
7	Sunday	ALL DAY	Swimming and Relaxing at Hotel

DAY NO.	DAY	TIME	ACTIVITY
8	Monday	07:00am-7:30am	BREAKFAST
		8:00am-11:30am	Observe Doctors and Nurses at Hospital
		11:30am-12:50pm	LUNCH
		1:00pm-3:30pm	Observe Doctors and Nurses at Hospital
		3:30pm-4:00pm	Debriefing
9	Tuesday	07:00am-7:30am	BREAKFAST
		8:00am-11:30am	Observe Doctors and Nurses at Hospital
		11:30am-12:50pm	LUNCH
		1:00pm-3:30pm	Observe Doctors and Nurses at Hospital
		3:30pm-4:00pm	Debriefing
10	Wednesday	07:00am-7:30am	BREAKFAST
		8:00am-11:30am	Participate in Medical Outreach
		11:30am-12:50pm	LUNCH
		1:00pm-3:30pm	Continue with Medical Outreach
		3:30pm-4:00pm	Debriefing
11	Thursday	07:00am-7:30am	BREAKFAST
		8:00am-10:30am	Observe Doctors and Nurses at Hospital
		10:30am-12:50pm	LUNCH
		1:00pm-3:30pm	Observe Doctors and Nurses at Hospital
		3:30pm-5:00pm	Social Activity
12	Friday	07:00am-7:30am	BREAKFAST
		8:00am-10:30am	Observe Doctors and Nurses at Hospital
		11:30am-12:50pm	LUNCH
		1:00pm-3:30pm	Volunteer Presentations and Feedback
		3:30pm-4:00pm	Final Debriefing
13	Saturday	6:00pm-7:00pm	DINNER
		8:00pm-9:00pm	Pack for Departure
		ALL DAY	DEPARTURE