

Example Itinerary

Public Health in Mexico

*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-5:00pm	Project Orientation
		6:00pm-8:00pm	DINNER
3	Tuesday	9:00am-12:00pm	Medical Outreach: health checks
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Medical Outreach: health checks
		7:00pm-9:00pm	DINNER
4	Wednesday	9:00am-12:00pm	Shadow Doctors at Hospital
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	HIV/AIDS Workshop
		6:00pm-8:00pm	DINNER
5	Thursday	9:00am-12:00pm	Medical Outreach: immunization drives
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Medical Outreach: immunization drives
		7:00pm-9:00pm	DINNER
6	Friday	9:00am-12:00pm	Medical Outreach: health education
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Prepare for Weekend Trip
		7:00pm-9:00pm	DINNER
7	Saturday	ALL DAY	Weekend Activities in Guadalajara, Tonalá, and/or Guanajuato
8	Sunday	ALL DAY	Weekend Activities in Guadalajara, Tonalá, and/or Guanajuato

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	9:00am-12:00pm	Medical Outreach: health checks
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Medical Outreach: health checks
		7:00pm-9:00pm	DINNER
10	Tuesday	9:00am-12:00pm	Medical Outreach: health checks
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Tour of Hospicio Cabañas
		7:00pm-9:00pm	DINNER
11	Wednesday	9:00am-12:00pm	Medical Outreach: immunization drives
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Medical Outreach: immunization drives
		7:00pm-9:00pm	DINNER
12	Thursday	9:00am-12:00pm	Souvenir Shopping at a Craft Market
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Medical Outreach: health education
		7:00pm-9:00pm	DINNER
13	Friday	9:00am-12:00pm	Medical Outreach: hygiene workshop
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Medical Outreach: hygiene workshop
		7:00pm-9:00pm	Farewell Dinner
14	Saturday	ALL DAY	Departure