

Example Itinerary

Public Health 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, 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	Lecture on the Philippines Health System
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Visit Local Hospitals
		7:00pm-9:00pm	DINNER
4	Wednesday	9:00am-12:00pm	Public Health Conference
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Public Health Activities
		6:00pm-8:00pm	DINNER
5	Thursday	9:00am-12:00pm	Community Outreach in Rural Village
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Family Health Screenings
		7:00pm-9:00pm	DINNER
6	Friday	9:00am-12:00pm	Health Problems Conference
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Cultural Immersion with Local Families
		7:00pm-9:00pm	DINNER
7	Saturday	ALL DAY	Day Trip to Capitanillo Islet
8	Sunday	ALL DAY	Day Trip to Bogo City

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	9:00am-12:00pm	Community Outreach
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Family Health Screenings
		7:00pm-9:00pm	DINNER
10	Tuesday	9:00am-12:00pm	Monitoring Family Health
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Community Outreach
		7:00pm-9:00pm	DINNER
11	Wednesday	9:00am-12:00pm	Medical Work in Community
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Medical Work in Community
		7:00pm-9:00pm	DINNER
12	Thursday	9:00am-12:00pm	Evaluation of Family Health
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Presentation on Family Health in Rural Village
		7:00pm-9:00pm	DINNER
13	Friday	9:00am-12:00pm	Farewell with Families
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Travel to Bogo City
		7:00pm-9:00pm	Farewell Dinner
14	Saturday	ALL DAY	Departure