

Example Itinerary

Public Health in Tanzania

*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	8:00am-11:00am	Country Induction
		11:00am-1:00pm	Public Health Training
		2:00pm-4:00pm	LUNCH
		4:00pm-5:00pm	Shopping
		6:00pm-7:00pm	DINNER
3	Tuesday	9:00am-11:00am	Public Health Training
		11:00am-1:00pm	Prepare for Outreach Programme
		1:00pm-2:00pm	LUNCH
		4:00pm-6:00pm	Swahili Language and Culture Lesson
		6:00pm-7:00pm	DINNER
4	Wednesday	9:00am-11:00am	Maasai Cultural Lesson
		11:00am-1:00pm	First Aid Training
		1:00pm-2:00pm	LUNCH
		3:00pm-4:30pm	Prepare for Outreach Programme
		5:00pm-6:00pm	Traditional Drumming and Dancing Lesson
		6:00pm-7:00pm	DINNER
5	Thursday	9:00am-1:00pm	Medical Outreach at a Maasai Community
		1:00pm-2:00pm	LUNCH
		2:00pm-5:00pm	Medical Outreach at a Maasai Community
		6:00pm-7:00pm	DINNER
6	Friday	9:00am-1:00pm	Medical Outreach at a Maasai Community
		1:00pm-2:00pm	LUNCH
		2:00pm-5:00pm	Medical Outreach at a Maasai Community
		6:00pm-7:00pm	DINNER
7	Saturday	ALL DAY	Weekend Safari Trip
8	Sunday	ALL DAY	Weekend Safari Trip

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	10:00am-12:30pm	Maasai School Visit
		1:00pm-2:30pm	LUNCH
		3:00pm-5:00pm	Cooking Class
		6:00pm-7:00pm	DINNER
10	Tuesday	9:00am-1:00pm	Medical Outreach at an Orphanage
		1:00pm-2:00pm	LUNCH
		5:00pm-6:00pm	Traditional Drumming and Dancing Lesson
11	Wednesday	6:00pm-7:00pm	DINNER
		9:00am-1:00pm	Medical Outreach in Rural Community
		1:00pm-2:00pm	LUNCH
		2:00pm-5:00pm	Medical Outreach in Rural Community
		6:00pm-7:00pm	DINNER
12	Thursday	9:00am-1:00pm	Medical Outreach in Local Community
		1:00pm-2:00pm	LUNCH
		2:00pm-5:00pm	Medical Outreach in Local Community
		6:00pm-7:00pm	DINNER
13	Friday	9:00am-1:00pm	Medical Outreach with a Maasai Community
		1:00pm-2:00pm	LUNCH
		3:00pm-6:00pm	Souvenir Shopping
		7:00pm-8:00pm	DINNER
14	Saturday	ALL DAY	Departure