

Example Itinerary

Physiotherapy in Nepal

*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 IN KATHMANDU
2	Monday	7:00am-2:00pm	Travel to Chitwan
		2:30pm-3:00pm	LUNCH
		3:00pm-6:00pm	Induction and Orientation in Chitwan
		6:00pm-8:00pm	DINNER
		9:00am-12:00pm	Induction in Physiotherapy department of Medical College Teaching Hospital
3	Tuesday	12:00pm-1:00pm	LUNCH
		1:00pm-4:30pm	Physiotherapy Department
		6:30pm-8:00pm	DINNER
		8:00pm-9:00pm	Traditional Dancing
		9:00am-12:00pm	Physiotherapy Department
4	Wednesday	12:00pm-1:00pm	LUNCH
		1:00pm-5:30pm	Observe orthopedic surgery
		6:30pm-7:30pm	DINNER
		9:00am-12:00pm	Visit disabled centre
5	Thursday	12:00pm-1:00pm	LUNCH
		1:00pm-3:00pm	Anatomy Workshop
		3:00pm-5:00pm	Yoga Class
		5:30pm-7:30pm	DINNER
		9:00am-10:30am	Lecture and demonstration at medical college
6	Friday	12:00pm-1:00pm	LUNCH
		1:00pm-7:00pm	Travel to National Park
		7:00pm-9:00pm	DINNER
		ALL DAY	Weekend in Chitwan National Park
7	Saturday	ALL DAY	Weekend in Chitwan National Park
8	Sunday	ALL DAY	Weekend in Chitwan National Park

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	9:00am-12:00pm	Physiotherapy Department
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Return to disabled centre
		5:00pm-6:00pm	Yoga Class
		6:30pm-8:30pm	LEARNING TO MAKE NEPALESE DUMPLINGS
10	Tuesday	9:00am-12:00pm	Physiotherapy Department
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Observe orthopedic surgery
		7:00pm-9:00pm	DINNER
11	Wednesday	9:00am-12:00pm	Physiotherapy Department
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Old Age Home
12	Thursday	6:00pm-8:00pm	DINNER
		10:00am-12:00pm	Travel to Kathmandu
		12:00pm-1:00pm	LUNCH
13	Friday	1:00pm-4:00pm	Travel to Kathmandu
		6:30pm-8:00pm	DINNER
		8:00am-12:00pm	Visit HIV/AIDS Centre
14	Saturday	12:00pm-1:00pm	LUNCH
		2:00pm-6:00pm	Visit temples and souvenir shopping at local market
		7:30pm-8:30pm	DINNER
14	Saturday	ALL DAY	Departure