

Example Itinerary

Physiotherapy 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
1	Sunday	ALL DAY	ARRIVAL
2	Monday	7:00am – 8:00am	BREAKFAST
		9:00am – 12:00pm	Country and Project Induction
		12:00pm – 1:00pm	WELCOME LUNCH
		1:00pm – 3:30pm	City Tour and Introduction to Placement
		3:30pm – 4:00pm	Debriefing
		6:00pm – 7:00pm	DINNER
		3	Tuesday
8:00am – 9:00am	Tour of Placement		
9:00am – 11:50am	Observe Physiotherapists		
11:50am – 1:00pm	LUNCH		
1:00pm – 3:30pm	Continue Observing Physiotherapists		
3:30pm – 4:00pm	Debriefing		
6:00pm – 7:00pm	DINNER		
4	Wednesday	7:00am – 7:30am	BREAKFAST
		8:00am – 11:30am	Hydrotherapy Activity with Stroke Patients at San Remigio Beach
		11:30am – 12:50pm	LUNCH
		1:00pm – 3:30pm	Workshop: Spinal Manipulation and Massage Types
		6:00pm – 7:00pm	DINNER
5	Thursday	7:00am – 7:30am	BREAKFAST
		8:00am – 11:30am	Home Visits for Children with Disabilities
		11:30am – 1:00pm	LUNCH
		1:00pm – 3:30pm	Continue with Home Visits for Children with Disabilities
		3:30pm – 4:00pm	Debriefing
		4:00pm – 5:30pm	Social Activity
		6:00pm – 7:00pm	DINNER
6	Friday	7:00am – 7:30am	BREAKFAST
		8:00am – 11:30am	Participate in Medical Outreach
		11:30am – 1:00pm	LUNCH
		1:00pm – 3:30pm	Continue with Medical Outreach
		3:30pm – 4:00pm	Debriefing
		6:00pm – 7:00pm	DINNER
		7	Saturday
8	Sunday	ALL DAY	Relax at Hotel

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	7:00am – 7:30am	BREAKFAST
		8:00am – 11:30am	Observe Physiotherapists
		11:30am – 1:00pm	LUNCH
		1:00pm – 3:30pm	Continue Observing Physiotherapists
		3:30pm – 4:00pm	Debriefing
		6:00pm – 7:00pm	DINNER
		10	Tuesday
8:00am – 11:30am	Observe Physiotherapists		
11:30am – 1:00pm	LUNCH		
1:00pm – 3:30pm	Continue Observing Physiotherapists		
3:30pm – 4:00pm	Debriefing		
6:00pm – 7:00pm	DINNER		
11	Wednesday		
		8:00am – 11:30am	Hydrotherapy Activity with Stroke Patients at San Remigio Beach
		11:30am – 12:50pm	LUNCH
		1:00pm – 3:30pm	Workshop: Lumbar Stabilisation
		6:00pm – 7:00pm	DINNER
12	Thursday	7:00am – 7:30am	BREAKFAST
		8:00am – 10:30am	Home Visits for Children with Disabilities
		10:30am – 12:50pm	LUNCH
		1:00pm – 3:30pm	Participate in Community outreach at San Remigio Beach
		3:30pm – 4:00pm	Debriefing
		6:00pm – 7:00pm	DINNER
		13	Friday
8:00am – 10:30am	Observe Physiotherapists		
10:30am – 12:50pm	LUNCH		
1:00pm – 3:30pm	Final Reports and Community Farewell		
3:30pm – 4:00pm	Debriefing		
6:00pm – 7:00pm	DINNER		
14	Saturday		