

# Example Itinerary

## Public Health in Belize

\*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 Specials.

DAY NO.	DAY	TIME	ACTIVITY
1	Sunday	ALL DAY	ARRIVAL
2	Monday	7:30am-8:30am	BREAKFAST
		8:30am-9:00am	Purchase Sim Cards and Exchange Money
		9:00am-11:00am	Introduction to Belize and Placement
		11:00am-12:00pm	Discussion about Healthcare in Belize
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Walking Tour of Town and Swimming
		6:00pm-7:00pm	DINNER
3	Tuesday	7:00am-8:00am	BREAKFAST
		8:30am-11:30am	Training for Mobile Clinic Work
		12:00pm-1:30pm	LUNCH
		1:30pm-4:00pm	Continue Training for Mobile Clinic
		4:00pm-5:00pm	Rest
		5:00pm-7:00pm	DINNER AND CRAB RACING
4	Wednesday	7:00am-8:00am	BREAKFAST
		8:30am-11:30am	Work at Mobile Clinic
		12:00pm-1:30pm	LUNCH
		1:30pm-3:00pm	Spanish Class and Preparation for Awareness Campaign
		3:00pm-4:00pm	Community Work: Walk Dogs from Shelter
		4:00pm-5:00pm	Rest
		5:00pm-7:00pm	DINNER AND MOVIE NIGHT
5	Thursday	7:00am-8:00am	BREAKFAST
		8:30am-11:30am	Work at Mobile Clinic
		12:00pm-1:30pm	LUNCH
		1:30pm-4:00pm	Shadow Medical Professionals at a Clinic
		4:00pm-5:00pm	Rest
		5:00pm-7:00pm	DINNER AT GARIFUNA CULTURAL EVENT
6	Friday	7:00am-8:00am	BREAKFAST
		8:30am-11:30am	Work at Mobile Clinic
		12:00pm-1:30pm	LUNCH
		1:30pm-3:00pm	Weekly Meeting with Staff
		3:00pm-4:00pm	Spanish Class
		4:00pm-5:00pm	Rest
		5:00pm-7:00pm	DINNER
7	Saturday	ALL DAY	Weekend Trip to Hol Chan
8	Sunday	ALL DAY	Weekend Trip to Hol Chan

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	7:00am-8:00am	BREAKFAST
		8:30am-11:30am	Public Health Awareness Event
		12:00pm-1:30pm	LUNCH
		1:30pm-3:00pm	Assess Effectiveness of Awareness Event and Prepare Next Steps
		3:00pm-5:00pm	Community Event
		5:00pm-7:00pm	Rest
		7:00pm-9:00pm	DINNER
10	Tuesday	7:00am-8:00am	BREAKFAST
		8:30am-11:30am	Public Health Awareness Event
		12:00pm-1:30pm	LUNCH
		1:30pm-3:00pm	Input Data from Event and Prepare Next Steps
		3:00pm-4:00pm	Community Event: Walk Dogs from Shelter
		4:00pm-5:00pm	Rest
11	Wednesday	7:00am-8:00am	BREAKFAST
		8:30am-11:30am	Work at Mobile Clinic
		12:00pm-1:30pm	LUNCH
		1:30pm-4:00pm	Public Health Awareness Event
		4:00pm-5:00pm	Rest
		5:00pm-7:00pm	DINNER AND MOVIE NIGHT
		12	Thursday
8:30am-11:30am	Work at Mobile Clinic		
12:00pm-1:30pm	LUNCH		
1:30pm-4:00pm	Assessments of Awareness Events and Recommendations for Future		
4:00pm-5:00pm	Rest		
4:00pm-5:00pm	DINNER AND KARAOKE		
13	Friday	7:00am-8:00am	Work at Mobile Clinic
		8:30am-11:00am	BREAKFAST
		11:00am-12:00pm	Final Meeting and Feedback Session
		12:00pm-1:30pm	LUNCH
		1:30pm-4:00pm	Work at a Herb Garden
		5:00pm-6:00pm	Rest or Swimming
		4:00pm-5:00pm	FAREWELL DINNER
14	Saturday	ALL DAY	DEPARTURE