

Example Itinerary

Public Health in Cambodia

*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
		1:30pm-4:00pm	Project Orientation
		6:30pm-8:00pm	WELCOME DINNER
3	Tuesday	9:00am-12:00pm	Home Visit on Koh Dach Island
		12:00pm-1:30pm	LUNCH
		2:00pm-4:30pm	Visit to Central Market
		6:30pm-9:00pm	DINNER AND QUIZ NIGHT
4	Wednesday	8:30am-9:45am	Presentation about Hypertension
		10:30am-12:00pm	Visit Salvation Centre Cambodia/Slum Area
		12:00pm-1:30pm	LUNCH
		1:30pm-4:00pm	Outreach and Presentation about 'Worms' at Salvation Centre Cambodia
		6:00pm-7:00pm	Dance Class
		7:30pm-9:00pm	DINNER
5	Thursday	8:00am-12:00pm	Outreach at the Salvation Centre Cambodia
		12:00pm-1:00pm	LUNCH
		2:00pm-4:30pm	Visit Royal Palace
		5:30pm-7:30pm	Visit to Aeon Mall
		8:00pm-9:00pm	DINNER
6	Friday	9:00am-12:00pm	Cooking Class
		12:00pm-1:30pm	LUNCH
		2:00pm-4:00pm	Case Study with Regular Public Health Team at the Office
		6:00pm-7:00pm	DINNER
		7:00pm-8:30pm	Sovanna Phum Shadow Art and Cultural Performance
7	Saturday	ALL DAY	Travel to Siem Reap City
8	Sunday	9:00am-12:00pm	Visit Bayon Temple Visit Taprom Temple
		2:00pm-4:30pm	Visit Angkor Wat

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	10:00am-12:00pm	Departure to Phnom Penh
		12:30pm-1:30pm	LUNCH
		4:00pm-5:00pm	Check in at Hang Neak
10	Tuesday	6:30pm-9:30pm	DINNER AND GAMES NIGHT
		9:00am-12:00pm	Outreach on Koh Dach Island
		12:00pm-1:30pm	LUNCH
		1:30pm-3:00pm	Visit Silk Farm
11	Wednesday	6:30pm-7:30pm	DINNER
		9:00am-12:00pm	Outreach at Salvation Centre Cambodia
		12:00pm-1:30pm	LUNCH
		1:30pm-4:00pm	Outreach at Salvation Centre Cambodia
12	Thursday	6:30pm-7:30pm	DINNER
		8:30pm-8:30pm	Briefing on Khmer Rouge
		8:30am-12:00pm	Departure for Killing Field
		12:00pm-1:00pm	LUNCH
		2:00pm-4:00pm	Visit (S-21) Genocide Museum Visit Riverside for Debrief
13	Friday	6:30pm-8:00pm	DINNER
		9:00am-12:00pm	Lectures at VI hospital
		12:00pm-1:30pm	LUNCH
		2:30pm-4:30pm	Visit Wat Phnom Russian Market
		6:30pm-8:30pm	FAREWELL DINNER
14	Saturday	ALL DAY	DEPARTURE
15	Sunday	ALL DAY	DEPARTURE