

# Example Itinerary

## Care & Community in Ghana

\*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 19+ Special programmes.

DAY NO.	DAY	TIME	ACTIVITY
1	Sunday	ALL DAY	ARRIVAL
2	Monday	7:00am-8:00am	BREAKFAST
		8:00am-1:00pm	Country Induction and Project Orientation
		1:00pm-2:00pm	LUNCH
		2:30pm-4:00pm	Workshop with Projects Abroad Care Coordinator
		4:00pm-5:00pm	Team Building Activities
		6:00pm-8:00pm	DINNER
3	Tuesday	8:00am-12:00pm	Activities with Children at Care Placement
		12:00pm-1:00pm	LUNCH
		1:30pm-4:00pm	Renovation Work
		4:30pm-5:30pm	Drumming and Dancing Class
4	Wednesday	6:30pm-8:00pm	DINNER
		8:00am-12:00pm	Activities with Children at Care Placement
		12:00pm-1:00pm	LUNCH
		1:30pm-4:00pm	Renovation Work
5	Thursday	6:00pm-8:00pm	DINNER
		8:00am-12:00pm	Activities with Children at Care Placement
		12:00pm-1:00pm	LUNCH
		1:30pm-4:00pm	Renovation Work
6	Friday	6:00pm-9:00pm	DINNER AND QUIZ NIGHT
		8:00am-2:00pm	Activities with Children at Care Placement
		12:00pm-1:00pm	LUNCH
		1:30pm-4:00pm	Renovation Work
7	Saturday	6:00pm-10:00pm	DINNER AND EVENING SOCIAL
		ALL DAY	Visit Cape Coast Castle and Canopy Walk at Kakum Forest
8	Sunday	ALL DAY	Day at Beach Resort

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	8:00am-12:00pm	Activities with Children at Care Placement
		12:00pm-1:00pm	LUNCH
		1:30pm-5:00pm	Community Work
10	Tuesday	6:00pm-8:00pm	DINNER
		8:00am-12:00pm	Activities with Children at Care Placement
		12:00pm-1:00pm	LUNCH
11	Wednesday	1:30pm-4:00pm	Renovation Work
		4:30pm-6:00pm	Cooking Class
		6:00pm-8:00pm	DINNER
12	Thursday	8:00am-12:00pm	Activities with Children at Care Placement
		12:00pm-1:00pm	LUNCH
		1:30pm-5:00pm	Visit Local Market for Souvenir Shopping
		6:00pm-8:00pm	DINNER
13	Friday	6:00pm-9:00pm	DINNER AND GAMES NIGHT
		8:00am-12:00pm	Activities with Children at Care Placement
		12:00pm-1:00pm	FAREWELL LUNCH WITH CHILDREN AT CARE PLACEMENT
		1:30pm-5:00pm	Community Work
14	Saturday	6:00pm-9:00pm	FAREWELL DINNER AT RESTAURANT
		ALL DAY	DEPARTURE