

Example Itinerary

Care & Community 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 19+ Special programmes.

DAY NO.	DAY	TIME	ACTIVITY
1	Sunday	ALL DAY	ARRIVAL
2	Monday	8:30am-10:00am	Project Induction
		10:00am-1:00pm	School Introduction and Painting
		1:00pm-2:00pm	LUNCH
		2:00pm-4:00pm	Painting
		6:30pm-8:30pm	WELCOME DINNER
3	Tuesday	10:00am-12:30pm	Painting
		12:30pm-1:30pm	LUNCH
		1:30pm-3:30pm	Painting
		3:30pm-5:00pm	Rest
		5:00pm-8:30pm	DINNER AND QUIZ NIGHT
4	Wednesday	10:00am-12:30pm	Painting
		12:30pm-1:30pm	LUNCH
		1:30pm-3:30pm	Painting
		5:00pm-6:00pm	Nepali Language Class
		6:30pm-8:30pm	DINNER
5	Thursday	10:00am-12:30pm	Painting
		12:30pm-1:30pm	LUNCH
		1:30pm-3:30pm	Painting
		5:30pm-7:00pm	Educational Activities Planning Session
		7:30pm-8:30pm	DINNER
6	Friday	10:00am-12:30pm	Painting
		12:30pm-1:30pm	LUNCH
		1:30pm-3:30pm	Painting
		4:30pm-6:30pm	Souvenir Shopping
		7:00pm-8:30pm	DINNER
7	Saturday	ALL DAY	Weekend Trip to Pokhara
8	Sunday	ALL DAY	Weekend Trip to Pokhara

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	8:00am-12:00pm	Travel back to Kathmandu
		12:00pm-1:00pm	LUNCH
		1:00pm-3:00pm	Travel back to Kathmandu
		6:00pm-7:00pm	DINNER
10	Tuesday	10:30am-11:00am	Visit MSPN – The New Life Centre
		11:30am-1:00pm	Visit the Nutritional Rehabilitation Home
		1:00pm-2:00pm	LUNCH
		2:00pm-6:00pm	Visit Changu Narayan
		6:30pm-7:30pm	Educational Activities and Dental Outreach Planning Session
11	Wednesday	7:30pm-8:30pm	DINNER
		10:00am-12:30pm	Educational Activities with the Children
		12:30pm-1:30pm	LUNCH
		1:30pm-3:30pm	Educational Activities with the Children
		7:00pm-8:00pm	DINNER
12	Thursday	10:00am-12:30pm	Educational Activities with the Children
		1:00pm-2:00pm	LUNCH
		2:00pm-4:00pm	Dental Outreach and Hand Washing with Children
		5:00pm-8:00pm	DINNER AND QUIZ NIGHT
13	Friday	10:00am-12:30pm	Educational Activities and Farewell with the Children
		12:30pm-1:30pm	LUNCH
		1:30pm-5:00pm	Visit Swayambhu Monkey Temple
		7:00pm-8:00pm	DINNER
14	Saturday	ALL DAY	DEPARTURE