

Example Itinerary

Care & Community in Sri Lanka

*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	Saturday	ALL DAY	ARRIVAL
2	Sunday	9:00am-12:00pm	Country Induction
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Project Orientation
		6:00pm-8:00pm	DINNER
3	Monday	9:00am-12:00pm	Activities and Games at Care Placement
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Community Work: Painting
		5:00pm-7:00pm	Rest
4	Tuesday	7:00pm-9:00pm	DINNER
		9:00am-12:00pm	Activities and Games at Care Placement
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Community Work: Painting
5	Wednesday	5:00pm-7:00pm	Rest
		7:00pm-9:00pm	DINNER
		9:00am-12:00pm	Activities and Games at Care Placement
		12:00pm-1:00pm	LUNCH
6	Thursday	1:00pm-5:00pm	Community Work: Painting
		5:00pm-7:00pm	Rest
		7:00pm-9:00pm	DINNER
		9:00am-12:00pm	Outdoor Activities and Games at Care Placement
7	Thursday	12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Community Work: Painting
		5:00pm-7:00pm	Rest
		7:00pm-9:00pm	DINNER
8	Saturday	ALL DAY	Weekend Trip to Kandy
9	Sunday	ALL DAY	Weekend Trip to Kandy

DAY NO.	DAY	TIME	ACTIVITY
10	Monday	9:00am-12:00pm	Activities and Games at Care Placement
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Community Work: Building a Vegetable Garden
		5:00pm-7:00pm	Rest
11	Tuesday	7:00pm-9:00pm	DINNER
		9:00am-12:00pm	Activities and Games at Care Placement
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Community Work: Building a Vegetable Garden
12	Wednesday	5:00pm-7:00pm	Rest
		7:00pm-9:00pm	DINNER
		9:00am-12:00pm	Activities and Games at Care Placement
		12:00pm-1:00pm	LUNCH
13	Thursday	1:00pm-5:00pm	Community Work: Building a Vegetable Garden
		5:00pm-7:00pm	Rest
		7:00pm-9:00pm	DINNER
		9:00am-12:00pm	Activities and Games at Care Placement
14	Friday	12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Shopping for Souvenirs and Packing
		7:00pm-9:00pm	FAREWELL DINNER
		9:00am-12:00pm	Farewell Party with Children at Care Placement
15	Saturday	ALL DAY	DEPARTURE