

# Example Itinerary

## Public Health 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	10:00am-1:00pm	Country Induction and Project Orientation
		1:00pm-2:00pm	LUNCH
		2:00pm-4:00pm	Introduction to Medical Procedures and Healthcare Topics
		6:00pm-7:00pm	DINNER
3	Tuesday	8:00am-12:30pm	Community Healthcare Talks
		12:30pm-1:30pm	LUNCH
		2:00pm-5:00pm	Participate in Medical Outreach
		6:00pm-7:00pm	DINNER
4	Wednesday	8:00am-12:30pm	Community Healthcare Talks
		12:30pm-1:30pm	LUNCH
		2:00pm-5:00pm	Participate in Medical Outreach
		6:00pm-7:00pm	DINNER
		7:00pm-8:30pm	Social Event
5	Thursday	8:00am-12:30pm	Clinical Experience at Hospital
		12:30pm-1:30pm	LUNCH
		2:00pm-5:00pm	Community Healthcare Talks
		6:00pm-7:00pm	DINNER
6	Friday	8:00am-12:30pm	Participate in Medical Outreach
		12:30pm-1:30pm	LUNCH
		2:00pm-5:00pm	Community Renovation Work: Painting
		6:00pm-7:00pm	DINNER
7	Saturday	ALL DAY	Trip to Cape Coast: Visit Castle and Canopy Walk at Kakum National Park
8	Sunday	ALL DAY	Trip to Cape Coast: Beach Day

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	8:30am-1:00pm	Community Healthcare Talks
		1:00pm-2:30pm	LUNCH
		3:30pm-4:30pm	Group Discussion Session
		6:00pm-7:00pm	DINNER
10	Tuesday	8:00am-12:30pm	Community Healthcare Talks
		12:30pm-1:30pm	LUNCH
		2:00pm-5:00pm	Participate in Medical Outreach
		6:00pm-7:00pm	DINNER
11	Wednesday	8:00am-12:30pm	Participate in Medical Outreach at Care Centre
		12:30pm-1:30pm	LUNCH
		2:00pm-5:00pm	Medical Workshop
		6:00pm-7:00pm	DINNER
12	Thursday	8:00am-12:30pm	Clinical Experience at Hospital
		12:30pm-1:30pm	LUNCH
		2:00pm-5:00pm	Participate in Medical Outreach at Care Centre
		6:00pm-7:00pm	DINNER
13	Friday	8:30am-12:30pm	Participate in Medical Outreach
		12:30pm-1:30pm	LUNCH
		1:30pm-5:00pm	Visit Art Centre and Shopping
		6:00pm-8:00pm	FAREWELL DINNER
14	Saturday	8:30am-2:00pm	Trip to Shai Hills and Sajuna
		3:00pm	DEPARTURE