

Example Itinerary

Public Health in the Philippines

*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	8:00am-11:00am	Travel to Bogo City
		11:00am-12:00pm	LUNCH
		12:00pm-2:00pm	Country and Project Induction
		2:00pm-4:00pm	Introduction to Placement
		4:00pm-6:00pm	City Tour
		6:30pm-8:00pm	WELCOME DINNER
		3	Tuesday
8:00am-12:00pm	Briefing and Hospital Workshop		
12:00pm-1:00pm	LUNCH		
1:00pm-4:00pm	Work in Hospital Department		
4:00pm-4:15pm	Debriefing		
6:30pm-8:00pm	DINNER		
4	Wednesday	7:30am-8:00am	Travel to Hospital
		8:00am-12:00pm	Work in Hospital Department
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Work in Hospital Department
		4:00pm-4:15pm	Debriefing
		6:30pm-8:00pm	DINNER
5	Thursday	7:30am-8:00am	Travel to Hospital
		8:00am-12:00pm	Work in Hospital Department
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Work in Hospital Department
		4:00pm-4:15pm	Debriefing
		4:15pm-7:30pm	Cultural or Social Activity
		7:30pm-8:30pm	DINNER
6	Friday	7:30am-8:00am	Travel to Rehabilitation Centre
		8:00am-12:00pm	Home Visits for Physiotherapy Treatments
		12:00pm-1:00pm	LUNCH
		1:00pm-5:30pm	Presentation at Hospital
		6:00pm-8:00pm	DINNER
7	Saturday	ALL DAY	Trip to Bantayan Island
8	Sunday	ALL DAY	Trip to Bantayan Island

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	7:30am-8:00am	Travel to Placement
		8:00am-11:30pm	Home Visits for Health Screenings
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Assist with Laboratory Work and TB Class
		4:00pm-4:30pm	Debriefing
		6:00pm-8:00pm	DINNER
		10	Tuesday
7:40am-8:45am	Briefing for Medical Outreach		
8:45am-12:00pm	Participate in Medical Outreach		
12:00pm-1:00pm	LUNCH		
1:00pm-4:00pm	Observe Post-Natal Care		
4:00pm-4:30pm	Debriefing		
6:00pm-8:00pm	DINNER		
11	Wednesday	8:00am-8:30am	Travel to Placement
		8:30am-12:00pm	Family Health Mapping and Surveys
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Family Health Mapping and Surveys
		4:00pm-4:15pm	Debriefing
		6:00pm-8:00pm	DINNER
		12	Thursday
9:00am-12:00pm	Cooking Demonstration and Healthy Living Talk		
12:00pm-1:00pm	LUNCH		
1:00pm-3:00pm	Health Screenings during Home Visits		
3:00pm-3:30pm	Debriefing		
4:15pm-6:30pm	Cultural or Social Activity		
6:30pm-8:00pm	DINNER		
13	Friday	7:30am-8:00am	Travel to Office from Host Family
		8:00am-8:15am	Briefing for Health Campaign
		8:15am-8:30am	Travel to Placement
		8:30am-12:00pm	Health Campaign
		12:00pm-1:00pm	LUNCH
		1:00pm-3:00pm	Follow-up Health Screenings
		4:15pm-4:30pm	Debriefing
		6:00pm-8:00pm	FAREWELL DINNER
		14	Saturday