

Example Itinerary

Care & Community in Jamaica

*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, need of the community, and size of the groups. Please use this itinerary as a general guide to the structure of the High School Specials.

DAY NO.	DAY	TIME	ACTIVITY
1	Sunday	ALL DAY	ARRIVAL
2	Monday	7:00am – 8:00am	BREAKFAST
		9:00am – 12:00pm	Country Induction
		12:00pm – 2:00pm	WELCOME LUNCH
		2:00pm – 4:00pm	Project Induction
		6:00pm – 7:00pm	DINNER
3	Tuesday	7:00am – 8:00am	BREAKFAST
		8:30am – 12:00pm	Introduction to Children at Care Centre
		12:00pm – 1:00pm	LUNCH
		1:00pm – 2:00pm	Creative Arts Class and Story Time
		2:30pm – 3:30pm	Community Project
		4:00pm – 5:00pm	Shopping in Town
		5:30pm – 7:00pm	Social: Jamaican Cooking Class
4	Wednesday	7:00am – 8:00am	BREAKFAST
		9:00am – 12:00pm	Environmental Class and Language Lessons
		12:00pm – 1:00pm	LUNCH
		1:00pm – 2:00pm	Computer Lesson and Story Time
		2:30pm – 4:00pm	Community Project
		4:30pm – 5:30pm	Social: Patois and Culture Class
5	Thursday	7:00am – 8:00am	BREAKFAST
		9:00am – 12:00pm	Nutrition Class and Language Lessons
		12:00pm – 1:00pm	LUNCH
		1:00pm – 2:00pm	Computer Lesson and Story Time
		2:30pm – 3:30pm	Community Project
		5:00pm – 7:00pm	Social: Pizza and Movie Night
		6	Friday
9:00am – 12:00pm	Exercise Lesson, Arts & Crafts Class and Language Lessons		
12:00pm – 1:00pm	LUNCH		
1:00pm – 2:00pm	Outdoor Activity and Talent Showcase		
2:30pm – 3:30pm	Community Project		
4:00pm – 5:00pm	Tour of the Mandeville Market Place		
5:30pm – 7:00pm	DINNER		
7	Saturday		
8	Sunday	ALL DAY	Visit YS Falls, Westmoreland, St. Elizabeth and Blue Fields Beach

DAY NO.	DAY	TIME	ACTIVITY		
9	Monday	7:00am – 8:00am	BREAKFAST		
		9:00am – 12:00pm	Healthy Living Class and Language Lesson		
		12:00pm – 1:00pm	LUNCH		
		1:00pm – 2:00pm	Computer Class and Story Time		
		2:30pm – 3:30pm	Community Project		
		3:30pm – 5:00pm	Visit an Elderly Home		
		5:30pm – 7:00pm	DINNER		
10	Tuesday	7:00am – 8:00am	BREAKFAST		
		9:00am – 12:00pm	Hygiene Class and Language Lesson		
		12:00pm – 1:00pm	LUNCH		
		1:00pm – 2:00pm	Manners and Etiquette Class		
		2:30pm – 3:30pm	Community Project		
		4:00pm – 5:00pm	Shopping in Town		
		5:30pm – 6:30pm	DINNER		
11	Wednesday	6:30pm – 8:00pm	Social: Games Night		
		7:00am – 8:00am	BREAKFAST		
		9:00am – 12:00pm	Hygiene Class and Language Lesson		
		12:00pm – 1:00pm	LUNCH		
		1:00pm – 2:00pm	Manners and Etiquette Class		
		2:30pm – 4:00pm	Community Project		
		4:30pm – 5:30pm	Social: Reggae Dance Class		
12	Thursday	6:00pm – 7:30pm	DINNER		
		7:00am – 8:00am	BREAKFAST		
		9:00am – 12:00pm	Human Rights Class and Language Lesson		
		12:00pm – 1:00pm	LUNCH		
		1:00pm – 2:00pm	Watch and Analyse Movie with Children		
		2:30pm – 3:30pm	Community Project		
		5:00pm – 7:00pm	Social: Pizza and Movie Night		
13	Friday	7:00am – 8:00am	BREAKFAST		
		9:00am – 12:00pm	Revision Class and Language Lesson		
		12:00pm – 1:00pm	LUNCH		
		1:00pm – 3:00pm	Farewell Party with Children		
		4:30pm – 5:30pm	Souvenir Shopping		
		7:00pm – 8:30pm	FAREWELL DINNER		
		14	Saturday	ALL DAY	DEPARTURE