# Example Itinerary

## Care & Community in Kenya

*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 High School Special programmes.*

<table>
<thead>
<tr>
<th>DAY NO.</th>
<th>DAY</th>
<th>TIME</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sunday</td>
<td>ALL DAY</td>
<td>ARRIVAL</td>
</tr>
<tr>
<td>2</td>
<td>Monday</td>
<td>9:00am-12:00pm</td>
<td>Induction and Orientation</td>
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<td></td>
<td></td>
<td>12:30pm-1:30pm</td>
<td>LUNCH</td>
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<tr>
<td></td>
<td></td>
<td>2:00pm-6:00pm</td>
<td>Tour of Nanyuki</td>
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<td>7:00pm-8:00pm</td>
<td>DINNER</td>
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<tr>
<td>3</td>
<td>Tuesday</td>
<td>8:00am-2:00pm</td>
<td>Care Work at care centre</td>
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<td></td>
<td></td>
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<td>LUNCH</td>
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<td></td>
<td>3:00pm-6:00pm</td>
<td>Community Renovation Project</td>
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<td>7:00pm-8:00pm</td>
<td>DINNER</td>
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<tr>
<td>4</td>
<td>Wednesday</td>
<td>7:00am-12:00pm</td>
<td>Care Work at care centre</td>
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<td>12:30pm-1:30pm</td>
<td>LUNCH</td>
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<td>Community Renovation Project</td>
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<td>7:00pm-10:00pm</td>
<td>WEEKLY SOCIAL DINNER WITH ALL VOLUNTEERS</td>
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<td>5</td>
<td>Thursday</td>
<td>8:00am-11:00am</td>
<td>Care Work at care centre</td>
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<td>12:00pm-1:00pm</td>
<td>LUNCH</td>
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<td>2:00pm-5:00pm</td>
<td>Community Renovation Project</td>
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<td>7:00pm-8:00pm</td>
<td>DINNER</td>
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<tr>
<td>6</td>
<td>Friday</td>
<td>8:00am-12:00pm</td>
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<td>12:30pm-1:30pm</td>
<td>LUNCH</td>
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<tr>
<td></td>
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<td>2:00pm-4:30pm</td>
<td>Prepare for Safari Trip</td>
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<td>DINNER</td>
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<tr>
<td>7</td>
<td>Saturday</td>
<td>ALL DAY</td>
<td>Visit Lake Baringo</td>
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<td>8</td>
<td>Sunday</td>
<td>ALL DAY</td>
<td>Visit Lake Nakuru National Park</td>
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<tr>
<td>9</td>
<td>Monday</td>
<td>8:00am-12:00pm</td>
<td>Care Work at care centre</td>
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<td>LUNCH</td>
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<td>2:00pm-6:00pm</td>
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<td>7:00pm-8:00pm</td>
<td>DINNER</td>
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<td>10</td>
<td>Tuesday</td>
<td>8:00am-12:00pm</td>
<td>Care Work at care centre</td>
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<td>LUNCH</td>
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<td>2:00pm-6:00pm</td>
<td>Community Renovation Project</td>
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<td>7:00pm-8:00pm</td>
<td>KENYAN COOKING LESSON</td>
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<tr>
<td>11</td>
<td>Wednesday</td>
<td>8:00am-12:00pm</td>
<td>Care Work at care centres</td>
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<td>12:30pm-1:30pm</td>
<td>LUNCH</td>
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<td>2:00pm-6:00pm</td>
<td>Community Renovation Project</td>
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<td>7:00pm-8:00pm</td>
<td>DINNER</td>
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<td>12</td>
<td>Thursday</td>
<td>8:00am-12:00pm</td>
<td>Goodbye Party with Care Placement</td>
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<td>LUNCH</td>
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<td>2:00pm-6:00pm</td>
<td>Community Renovation Project</td>
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<td>7:00pm-8:00pm</td>
<td>DINNER OUT AT LOCAL RESTAURANT</td>
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<td>13</td>
<td>Friday</td>
<td>8:00am-12:00pm</td>
<td>Complete Community Project and Goodbye Ceremony</td>
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<td>LUNCH</td>
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<td>2:00pm-6:00pm</td>
<td>Souvenir shopping in local market</td>
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<td>7:00pm-9:00pm</td>
<td>Farewell Dinner with Host Family</td>
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<tr>
<td>14</td>
<td>Saturday</td>
<td>ALL DAY</td>
<td>Departure</td>
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