

Example Itinerary

Care & Community in Cambodia

*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.

DAY NO.	DAY	TIME	ACTIVITY
1	Sunday	ALL DAY	ARRIVAL
2	Monday	9:00am-12:30pm	Introduction & Orientation
		12:30pm-1:30pm	LUNCH
		1:30pm-4:00pm	Tour of Phnom Penh
		7:00pm-8:00pm	WELCOME DINNER
3	Tuesday	9:00am-12:00pm	Painting Care Centre
		12:00pm-2:00pm	LUNCH
		2:00pm-5:00pm	Meet Children at Care Centre
		7:00pm-8:00pm	DINNER
4	Wednesday	9:00am-12:00pm	Painting Care Centre
		12:00pm-2:00pm	LUNCH
		2:00pm-5:00pm	Playing with Children at Care Centre
		7:00pm-8:00pm	DINNER
5	Thursday	9:00am-12:00pm	Painting Care Centre
		12:00pm-2:00pm	LUNCH
		2:00pm-5:00pm	Visit National Museum
		7:00pm-8:00pm	DINNER
6	Friday	9:00am-12:00pm	Teaching English and Games with Children at Care Centre
		12:00pm-2:00pm	LUNCH
		2:00pm-5:00pm	Visit Local Markets
		7:00pm-8:00pm	DINNER
		8:00pm-9:00pm	TRADITIONAL PUPPET SHOW
7	Saturday	ALL DAY	Trip to Siem Reap
8	Sunday	ALL DAY	Visit Temples in Siem Reap

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	9:00am-12:00pm	Return to Phnom Penh
		12:00pm-2:00pm	LUNCH IN VILLAGE
		2:00pm-4:00pm	Return to Phnom Penh
		7:00pm-8:00pm	DINNER
10	Tuesday	9:00am-12:00pm	Helping with Chores at Care Centre
		12:00pm-2:00pm	LUNCH
		2:00pm-5:00pm	Songs and Games with Children
		7:00pm-8:00pm	DINNER
11	Wednesday	9:00am-12:00pm	Helping with Chores at Care Centre
		12:00pm-2:00pm	LUNCH
		2:00pm-5:00pm	Songs and Games with Children
		7:00pm-8:00pm	DINNER
12	Thursday	9:00am-12:00pm	Food Distribution Programme in Rural Village
		12:00pm-2:00pm	LUNCH
		2:00pm-5:00pm	Visit to Killing Fields Museum
		7:00pm-8:00pm	DINNER
13	Friday	9:00am-12:00pm	Teaching English and Games with Children at Care Centre
		12:00pm-2:00pm	LUNCH
		2:00pm-5:00pm	Playing and last farewells with Children
		7:00pm-8:00pm	DINNER
14	Saturday	ALL DAY	Departure