

Example Itinerary

Care & Community in Nepal

*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 Grown-up Special programmes.

DAY NO.	TIME	ACTIVITY
Sunday, Day 1	ALL DAY	ARRIVAL
Monday, Day 2	9:00am – 12:00pm	Country Induction
	12:00pm – 1:00pm	LUNCH
	1:00pm – 5:00pm	Project Orientation at Placement
	5:00pm - 7:00pm	Rest
	7:00pm - 9:00pm	DINNER
Tuesday, Day 3	9:00am – 12:00pm	Community Work: Building
	12:00pm – 1:00pm	LUNCH
	2:00pm – 5:00pm	Community Work: Continue Building
	5:00pm - 7:00pm	Rest
	7:00pm - 9:00pm	DINNER
Wednesday Day 4	9:00am – 12:00pm	Renovating Classrooms
	12:00pm – 1:00pm	LUNCH
	2:00pm – 5:00pm	Painting Classrooms
	5:00pm - 7:00pm	Rest
	7:00pm - 9:00pm	DINNER
Thursday Day 5	9:00am – 12:00pm	Community Work: Building
	12:00pm – 1:00pm	LUNCH
	2:00pm – 5:00pm	Reading Club at Care Centre
	5:00pm - 7:00pm	Rest
	7:00pm - 9:00pm	DINNER
Friday Day 6	9:00am – 12:00pm	Community Work: Painting
	12:00pm – 1:00pm	LUNCH
	2:00pm – 5:00pm	Educational Games at Care Placement
	5:00pm - 7:00pm	Rest
	7:00pm - 9:00pm	DINNER
Saturday Day 7	ALL DAY	Visit Local Ancient Temples
Sunday Day 8	ALL DAY	Trip to Chitwan National Park: Jeep Safari and Cultural Dances

DAY NO.	TIME	ACTIVITY
Monday, Day 9	ALL DAY	Trip to Chitwan National Park: Jungle Walk and Canoeing
Tuesday, Day 10	9:00am – 12:00pm	Travel Back to Kathmandu
	12:00pm – 1:00pm	LUNCH
	2:00pm – 5:00pm	Rest
	7:00pm - 9:00pm	DINNER
Wednesday Day 11	9:00am – 12:00pm	Visit Centre for Malnourished Children
	12:00pm – 1:00pm	LUNCH
	2:00pm – 5:00pm	Visit HIV/AIDS Centre
	5:00pm - 7:00pm	Rest
	7:00pm - 9:00pm	DINNER
Thursday Day 12	9:00am – 12:00pm	Educational Games at Care Placement
	12:00pm – 1:00pm	LUNCH
	2:00pm – 5:00pm	Dental Outreach at Care Placement
	5:00pm - 7:00pm	Rest
	7:00pm - 9:00pm	DINNER
Friday Day 13	9:00am – 12:00pm	Educational Games at Care Placement
	12:00pm – 1:00pm	LUNCH
	2:00pm – 5:00pm	Farewell with Children at Care Placement
	5:00pm - 7:00pm	Rest
	7:00pm - 9:00pm	FAREWELL DINNER
Saturday Day 14	ALL DAY	DEPARTURE