

# Example Itinerary

## Medicine in Tanzania

\*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	8:00am-12:00pm	Country Induction
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Hospital Induction
		6:00pm-8:00pm	DINNER
3	Tuesday	8:00am-12:00pm	Workshop on HIV/TB and visit HIV/TB clinic
		12:00pm-1:00pm	LUNCH
		1:00pm-3:00pm	Swahili Workshop
		6:00pm-8:00pm	DINNER
4	Wednesday	8:00am-12:00pm	Tropical Diseases Workshop
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Visit to Clinic for Tropical Diseases
		6:00pm-9:00pm	DINNER AT RESTAURANT AND DRUMMING AND DANCING
5	Thursday	8:00am-12:00pm	Visit Paediatrics Department
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Massai Culture Workshop
		6:00pm-8:00pm	DINNER
6	Friday	8:00am-12:00pm	Dentistry workshop
		12:00pm-1:00pm	LUNCH
		1:00pm-5:00pm	Shopping for safari
		6:00pm-8:00pm	DINNER
7	Saturday	ALL DAY	Weekend Safari Trip
8	Sunday	ALL DAY	Hiking

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	9:00am-12:00pm	Visit family planning clinic, labor ward, and mother and baby clinic
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Pre and post natal care and family planning workshop
		6:00pm-8:00pm	DINNER
10	Tuesday	9:00am-12:00pm	Surgery Workshop
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Medical Workshop Training
		6:00pm-8:00pm	DINNER
11	Wednesday	9:00am-12:00pm	First Aid Training
		12:00pm-1:00pm	TRADITIONAL LUNCH IN VILLAGE
		1:00pm-4:00pm	Outreach preparation workshop
		6:00pm-8:00pm	DINNER
12	Thursday	9:00am-12:00pm	Medical Outreach
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Medical Outreach
		6:00pm-9:00pm	DINNER AT LOCAL RESTAURANT
13	Friday	9:00am-12:00pm	Outreach at care centre
		12:00pm-1:00pm	LUNCH
		2:00pm-4:00pm	Shopping
		EVENING	PACKING AND LAST DINNER WITH HOST FAMILY
14	Saturday	ALL DAY	Departure