



*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 projects.

DAY NO.			ACTIVITY ARRIVAL: Transfer to Akuapem Hills		
2	Sunday Monday	Morning	Breakfast, followed by local area orientation and project introduction.		
		Afternoon	Welcome lunch at a local restaurant, followed by a trip to the shops to change money and set up local phones. Cultural induction and medical workshop		
		Evening	• Dinner & games		
	Tuesday	Morning	Breakfast, followed by orientation and introduction at the hospital.		
		Early Afternoon	• Lunch		
3		Afternoon	Clinical work: shadowing doctors at the hospital		
		Evening	Local Twi language lesson before dinner at the host family.		
	Wednesday	Morning	Breakfast before clinical work experience		
		Early Afternoon	• Lunch at the school		
4		Afternoon	Clinical work experience		
		Late Afternoon	Medical workshop at our local office		
		Evening	Dinner, followed by a quiz night		
		Morning	Clinical work: shadowing doctors at the hospital		
		Early Afternoon	• Lunch at the hospital		
5	Thursday	Afternoon	Clinical work: shadowing doctors at the hospital		
		Late Afternoon	Social visit to Aburi Botanical Gardens and traditional arts and crafts market		
		Evening	Dinner followed by an African drumming and dance lesson		
	Friday	Morning	Breakfast before heading to a local school for a medical awareness session.		
6		Early Afternoon	Lunch at the school		
		Afternoon	Community medical outreach work		
		Evening	Dinner and an early night before the weekend trip		
7	Saturday	All day	Trip to Cape Coast. Activities include: Cape Coast Castle, beach picnic, cultural display and live music.		
 8	Sunday	All day	Trip to Cape Coast. Activities include: Kakum National Park,		
_	Monday	Morning	Alligator watching and shopping Clinical work: shadowing doctors at the hospital		
		Early	<u> </u>		
9		Afternoon Afternoon	• Lunch at hospital		
			 Clinical work: shadowing doctors at the hospital Local Twi language lesson before dinner at the host family. 		
	Tuesday	Evening Morning	Clinical work: shadowing doctors at the hospital		
		Early	Lunch at the hospital		
10		Afternoon Afternoon			
		Evening	 Clinical work: shadowing doctors at the hospital Local cooking class followed by dinner. 		
		Morning	Breakfast before heading to a local school for a medical awareness session.		
	Wednesday	Early	Focus on dental health. • Lunch at School		
11		Afternoon Afternoon	Public health outreach in the Yensusu Community		
		Evening	Dinner and games		
	Thursday	Morning	Clinical work: shadowing doctors at the hospital		
		Early	Lunch at hospital		
12		Afternoon Afternoon	Social visit to bead market		
		Evening	Dinner at the host family		
		Morning	Breakfast before heading to a local school for a medical awareness session.		
		Early	Lunch at school and games with children		
13	Friday	Afternoon Afternoon	Public health outreach		
		Evening	Farewell dinner at local restaurant		
		2-111-19	3		

Saturday

All day





			note arrangements change from year to year and session to session based on the goals of the of the groups. Please use this itinerary as a general guide to the structure of the projects.
DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Sunday	All day	ARRIVAL: Transfer to Akuapem Hills
		Morning	 Breakfast, followed by local area orientation and project introduction. Welcome lunch at a local restaurant, followed by a trip to the shops to
2	Monday	Afternoon	change money and set up local phones. • Cultural induction and medical workshop
		Evening	• Dinner & games
		Morning	Breakfast, followed by orientation and introduction at the hospital.
3	Tuesday	Early Afternoon	• Lunch
	,	Afternoon	Clinical work: shadowing doctors at the hospital
		Evening	Local Twi language lesson before dinner at the host family. Desplifact before clinical work experience.
		Morning	Breakfast before clinical work experience Lunch at the school
4	Wednesday	Afternoon Afternoon	Clinical work experience
		Late Afternoon	Medical workshop at our local office
		Evening	Dinner, followed by a quiz night
	Thursday	Morning	Clinical work: shadowing doctors at the hospital
		Early Afternoon	Lunch at the hospital
5		Afternoon Late	 Clinical work: shadowing doctors at the hospital Social visit to Aburi Botanical Gardens and traditional arts and crafts market
		Afternoon	Dinner followed by an African drumming and dance lesson
	Friday	Evening Morning	Breakfast before heading to a local school for a medical awareness session.
		Early Afternoon	• Lunch at the school
6		Afternoon	Community medical outreach work
		Evening	Dinner and an early night before the weekend trip
7		All day	Trip to Cape Coast. Activities include: Cape Coast Castle, beach picnic, cultural display and live music.
8	Sunday	All day	Trip to Cape Coast. Activities include: Kakum National Park, Alligator watching and shopping
	Monday	Morning	Clinical work: shadowing doctors at the hospital
9		Early Afternoon	• Lunch at hospital
		Afternoon	Clinical work: shadowing doctors at the hospital
		Evening Morning	 Local Twi language lesson before dinner at the host family. Clinical work: shadowing doctors at the hospital
		Early Afternoon	Lunch at the hospital
10	Tuesday	Afternoon	Clinical work: shadowing doctors at the hospital
		Evening	Local cooking class followed by dinner.
		Morning	Breakfast before heading to a local school for a medical awareness session. Focus on dental health.
	Wednesday	Early Afternoon	• Lunch at School
11		Afternoon	Public health outreach in the Yensusu Community
		Evening	• Dinner and games
	Thursday	Morning	Clinical work: shadowing doctors at the hospital
12		Early Afternoon	• Lunch at hospital
		Afternoon	 Social visit to bead market Dinner at the host family
		Evening	Breakfast before heading to a local school for a medical awareness session.
		Morning	Topic: Malaria and Cholera
13	Friday	Early Afternoon	Lunch at school and games with children
		Afternoon Late	Public health outreach. Topic: Malaria and Cholera Madical Workshop at the office.
		Afternoon Evening	Medical Workshop at the office Dinner at a restaurant
14	Saturday	All day	Trip to Boti Waterfalls and Umbrella Rock. Have a picnic and go hiking.
15	Sunday	All day	Travel to Sajuna Beach Club for games and swimming. Take a boat ride on Volta Lake.
	Monday	Morning	Clinical work: shadowing doctors at the hospital
16		Afternoon	LunchClinical work: shadowing doctors at the hospital
		Evening	• Dinner & games
		Morning	Clinical work: shadowing doctors at the hospital
		Early Afternoon	• Lunch
17	Tuesday	Afternoon	Clinical work: shadowing doctors at the hospital
		Late Afternoon	Educational trip to the Tetteh Quashie Cocoa Farm
		Evening	Dinner at the host family. Breakfast before heading to a local school for a medical awareness session.
		Morning Early	 Breakfast before heading to a local school for a medical awareness session. Lunch at School
18	Wednesday	Afternoon Afternoon	Community medical outreach
		Late Afternoon	Medical workshop at our local office
		Evening	Dinner, followed by a movie night.
	Thursday	Morning	Clinical work: shadowing doctors at the hospital
		Early Afternoon	• Lunch at hospital
19		Afternoon	 Clinical work: shadowing doctors at the hospital Social trip. Get ice cream and take a walk around the community.
		Afternoon Evening	Social trip. Get ice cream and take a walk around the community. Dinner & quiz at host family
	Friday	Morning	Breakfast before heading to a local school for a medical awareness session.
		Early Afternoon	• Lunch at the school
20		Afternoon	Community medical outreach
		Late Afternoon	• Visit Assenema waterfall
		Evening	Dinner and an early night before the weekend trip
21	Saturday	All day	Visit the chief's palace in Kumasi and go swimming at a pool.
22 23	Sunday	All day Morning	Visit a local church. Have free time in the afternoon. Clinical work: shadowing doctors at the hospital
		Early Afternoon	• Lunch at the hospital
		Afternoon	Community medical outreach
		Evening	Dinner with host family
24	Tuesday	Morning	Clinical work: shadowing doctors at the hospital
		Early Afternoon	• Lunch at the hospital
		Afternoon	Clinical work: shadowing doctors at the hospital Dinner with host family
		Evening Morning	 Dinner with host family Breakfast before heading to a local school for a medical awareness session.
25		Early Afternoon	• Lunch at School
	Wednesday		

Evening

Morning

Early Afternoon

Afternoon

Evening

Morning

Early Afternoon

Afternoon

Evening

All day

Thursday

Friday

Saturday

14

• Clinical work: shadowing doctors at the hospital

• Breakfast before heading to a local school for a medical awareness session.

• Dinner and games night

• Dinner with host family

• Social visit to Koforidua markets

• Lunch at school and games with children

• Public health outreach at a daycare center

• Farewell dinner at local restaurant

Lunch at hospital

DAY NO.	DAY NO. WEEKDAY		
1	Sunday	All day	ARRIVAL: Transfer to A
		Morning	Breakfast, followed
	Monday	Afternoon	Welcome lunch at a change money and s Cultural induction a
		Evening	• Dinner & games
		Morning	Breakfast, followed
3	Tuesday	Early Afternoon	• Lunch
		Afternoon	• Clinical work: shado
		Evening	• Local Twi language
		Morning	• Breakfast before cl
		Early Afternoon	• Lunch at the schoo
	Wednesday	Afternoon	• Clinical work exper
		Late Afternoon	Medical workshop
		Evening	• Dinner, followed by
		Morning	• Clinical work: shado
		Early	• Lunch at the besnit