

Example Itinerary

Medicine in Sri Lanka

*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 Specials programmes.

DAY NO.	DAY	TIME	ACTIVITY
1	Sunday	ALL DAY	ARRIVAL
2	Monday	9:00am-12:00pm	Country Induction
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Project Orientation
		6:00pm-8:00pm	DINNER
3	Tuesday	9:00am-12:00pm	Introduction to Hospital
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Medical Workshop at Hospital
		7:00pm-9:00pm	DINNER
4	Wednesday	9:00am-12:00pm	Observe Doctors at Hospital: General Medicine
		12:00pm-1:00pm	LUNCH
		2:00pm-3:00pm	Observe Doctors at Hospital: General Medicine
		4:00pm-6:00pm	Swimming Activity with Volunteers in Bentota
		7:00pm-8:00pm	DINNER
5	Thursday	9:00am-12:00pm	Observe Doctors at Hospital: Obstetrics and Gynecology
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Anatomy Workshop
		7:00pm-9:00pm	DINNER
6	Friday	9:00am-12:00pm	Medical Workshop
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Prepare for Weekend
		7:00pm-9:00pm	DINNER
7	Saturday	ALL DAY	Visit Sigiriya Rock Fortress
8	Sunday	ALL DAY	Visit Elephant Park

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	9:00am-12:00pm	Observe Doctors at Hospital: Pediatrics
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Observe Doctors at Hospital: Pediatrics
		7:00pm-9:00pm	DINNER
10	Tuesday	9:00am-12:00pm	Observe Doctors at Hospital: Maternity
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Observe Doctors at Hospital: Maternity
		7:00pm-9:00pm	DINNER
11	Wednesday	9:00am-12:00pm	Observe Doctors at Hospital: Dentistry
		12:00pm-1:00pm	LUNCH
		2:00pm-3:00pm	Observe Doctors at Hospital: Dentistry
		4:00pm-6:00pm	Souvenir Shopping at Local Market
		7:00pm-9:00pm	DINNER
12	Thursday	9:00am-12:00pm	Medical Outreach in Local Community
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Medical Outreach in Local Community
		7:00pm-9:00pm	DINNER
13	Friday	9:00am-12:00pm	Medical Outreach at care centre
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Medical Outreach at care centre
		7:00pm-9:00pm	Farewell Dinner
14	Saturday	ALL DAY	Departure