



## Example Itinerary

# Public Health in Mexico

\*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.

DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Sunday	All day	ARRIVAL and Transfer to hotel to spend the night
2	Monday	Morning	<ul style="list-style-type: none"> <li>Breakfast at accommodation</li> <li>Pick up.</li> <li>Welcome to Projects Abroad Mexico and induction information at the accommodation</li> <li>Workshop: Mexican Culture</li> <li>Tour to the Historic Centre</li> </ul>
		Afternoon	<ul style="list-style-type: none"> <li>Lunch out</li> <li>Workshop: Spanish lesson</li> </ul>
		Evening	<ul style="list-style-type: none"> <li>Dinner at accommodation</li> </ul>
3	Tuesday	Morning	<ul style="list-style-type: none"> <li>Breakfast at accommodation</li> <li>1st Hospital visit: Shadowing an intern around the different areas of Hospital General de Zapopan</li> </ul>
		Afternoon	<ul style="list-style-type: none"> <li>Lunch out</li> <li>3rd Workshop: How to do medical outreaches/general check-ups? By Christian Anaya MD (Medical staff coordinator).</li> </ul>
		Evening	<ul style="list-style-type: none"> <li>Dinner at accommodation</li> <li>Social - Salsa night</li> </ul>
4	Wednesday	Morning	<ul style="list-style-type: none"> <li>Breakfast at accommodation</li> <li>Workshop: Lifestyle diseases</li> </ul>
		Afternoon	<ul style="list-style-type: none"> <li>Medical Outreach</li> </ul>
		Evening	<ul style="list-style-type: none"> <li>Dinner at accommodation</li> </ul>
5	Thursday	Morning	<ul style="list-style-type: none"> <li>Breakfast at accommodation</li> <li>Hospital Visit: Shadowing an intern around the different areas of Hospital General de Zapopan</li> </ul>
		Afternoon	<ul style="list-style-type: none"> <li>Lunch at accommodation</li> <li>Workshop: Non-communicable diseases in Mexico</li> </ul>
		Evening	<ul style="list-style-type: none"> <li>Dinner at accommodation</li> </ul>
6	Friday	Morning	<ul style="list-style-type: none"> <li>Breakfast at accommodation</li> <li>Departure for weekend out in the beach: Melaque</li> </ul>
		Afternoon	<ul style="list-style-type: none"> <li>Lunch at Melaque</li> </ul>
		Evening	<ul style="list-style-type: none"> <li>Dinner out</li> </ul>
7	Saturday	All day	DAY OFF IN MELAQUE, spent all day at the beach, swimming, boat ride.
8	Sunday	All day	Return to Guadalajara
9	Monday	Morning	<ul style="list-style-type: none"> <li>Breakfast at accommodation</li> <li>Workshop: Stitching and how to draw blood</li> </ul>
		Afternoon	<ul style="list-style-type: none"> <li>Lunch at accommodation</li> <li>Tlaquepaque tour</li> </ul>
		Evening	<ul style="list-style-type: none"> <li>Dinner at Tlaquepaque</li> </ul>
10	Tuesday	Morning	<ul style="list-style-type: none"> <li>Breakfast at accommodation</li> <li>Cultural activity: Visit to Cabañas Museum</li> </ul>
		Afternoon	<ul style="list-style-type: none"> <li>Lunch on site</li> <li>Community outreach activity. Helping a centre with maintenance, renovation and painting.</li> </ul>
		Evening	<ul style="list-style-type: none"> <li>Dinner at accommodation</li> </ul>
11	Wednesday	Morning	<ul style="list-style-type: none"> <li>Breakfast at accommodation</li> <li>Workshop: Nutrition in Mexico</li> </ul>
		Afternoon	<ul style="list-style-type: none"> <li>Lunch at accommodation</li> <li>Outreach &amp; Medical Campaign</li> </ul>
		Evening	<ul style="list-style-type: none"> <li>Dinner at accommodation</li> </ul>
12	Thursday	Morning	<ul style="list-style-type: none"> <li>Breakfast at accommodation</li> <li>Medical Outreach</li> </ul>
		Afternoon	<ul style="list-style-type: none"> <li>Lunch on the site and continue with Outreach</li> </ul>
		Evening	<ul style="list-style-type: none"> <li>Dinner at accommodation</li> </ul>
13	Friday	Morning	<ul style="list-style-type: none"> <li>Breakfast at accommodation</li> <li>DAY IN CHAPALA – Tour around the lake</li> </ul>
		Afternoon	<ul style="list-style-type: none"> <li>Lunch on site</li> <li>Return to Guadalajara</li> </ul>
		Evening	<ul style="list-style-type: none"> <li>Farewell Dinner</li> </ul>
14	Saturday	All day	Departures