



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, 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.	WEEKDAY	TIME	ACTIVITY
1	Sunday	All day	ARRIVAL: Arrival all day. Pick up from the airport and transfer to accommodation
2	Monday	Morning	<ul style="list-style-type: none"> • Induction Day <ul style="list-style-type: none"> - Briefing about the program - Hospital Introduction - Local town induction • Meet staff
		Afternoon	<ul style="list-style-type: none"> • Lunch in Colombo • Office induction program <ul style="list-style-type: none"> - Presentation about the culture - Presentation about the program - Simple Language learning activity
		Evening	<ul style="list-style-type: none"> • Back to accommodation for dinner and inform tomorrow plan • Dinner at host family
3	Tuesday	Morning	<ul style="list-style-type: none"> • Breakfast at host family • Introduction to the hospital wards in charge and start observing
		Afternoon	<ul style="list-style-type: none"> • Lunch at host family • Medical Seminar on Sri Lankan Healthcare System and Common Diseases
		Evening	<ul style="list-style-type: none"> • Grocery Shopping & Debriefing Session • Dinner at host family
4	Wednesday	Morning	<ul style="list-style-type: none"> • Breakfast at host family • Medical Camp Outreach (On a selected underprivileged area)
		Afternoon	<ul style="list-style-type: none"> • Lunch at host family • Social Activity - Day by the beach/pool • Preparations for the awareness program
		Evening	<ul style="list-style-type: none"> • Feedback Session - Discussion on what they learnt <ul style="list-style-type: none"> - Obstacles - Differences - Challenges - Recommendations • Dinner at host family
5	Thursday	Morning / Afternoon	<ul style="list-style-type: none"> • Breakfast at host family • Community Awareness Program • Lunch at host family • Hospital Observation • Prepare for the group presentation
		Evening	<ul style="list-style-type: none"> • Grocery Shopping & Afternoon Debriefing • Dinner at host family
6	Friday	Morning	<ul style="list-style-type: none"> • Breakfast at host family • Hospital Observation
		Afternoon	<ul style="list-style-type: none"> • Lunch at host • Social Activity - <ul style="list-style-type: none"> - Visit local market and temple - Shopping to buy materials for cooking class (Activity - Create a 1 min short video on how the shopping went)
		Evening	<ul style="list-style-type: none"> • Cooking Class - Prepare food with host family and feast together • Dinner at host family • Early to bed for weekend trip
7	Saturday	All day	Weekend Trip – Kandy (Elephant orphanage, Tea Factory, Temple of tooth, Kandy City, Traditional Dancing) (Turtle Conservation 2WS volunteers group might join)
8	Sunday	All day	Weekend Trip – Kandy (Wood carving, Batik Factory, Curio Market) (Turtle Conservation 2WS volunteers group might join)
9	Monday	Morning	<ul style="list-style-type: none"> • Breakfast at host family • Hospital Observation
		Afternoon	<ul style="list-style-type: none"> • Lunch at host family • Traditional Avurudu Games
		Evening	<ul style="list-style-type: none"> • Prepare for the group presentation • Dinner at host family
10	Tuesday	Morning	<ul style="list-style-type: none"> • Breakfast at host family • Hospital Observation
		Afternoon	<ul style="list-style-type: none"> • Lunch at host family • Health Check-up at elders home & Donations
		Evening	<ul style="list-style-type: none"> • Feedback Session - Discussion on what they learnt <ul style="list-style-type: none"> - Obstacles - Differences - Challenges - Recommendations • Dinner at host family
11	Wednesday	Morning	<ul style="list-style-type: none"> • Breakfast at host family • Hospital Observation
		Afternoon	<ul style="list-style-type: none"> • Lunch at host family • Indoor football / Cricket / Balling
		Evening	<ul style="list-style-type: none"> • Prepare for group presentation • Dinner at host family
12	Thursday	Morning	<ul style="list-style-type: none"> • Breakfast at host family • Hospital Observation
		Afternoon	<ul style="list-style-type: none"> • Lunch at host family • Community Outreach - Beach Cleanup / Painting
		Evening	<ul style="list-style-type: none"> • Grocery Shopping & Afternoon Debriefing • Dinner at host family
13	Friday	Morning	<ul style="list-style-type: none"> • Breakfast at host family • Hospital Observation & Final Presentation
		Afternoon	<ul style="list-style-type: none"> • Lunch at host • Visit Office - <ul style="list-style-type: none"> - Confirm & Inform the pickup times and plan for departures - Collect project completion letters • Colombo Sightseeing - Independence Square, Gangaramaya Temple, Red Mosque, Shopping Mall & Galleface
		Evening	<ul style="list-style-type: none"> • Dinner at a restaurant in Colombo
14	Saturday	All day	DEPARTURE: Departures: Pick up at accommodation by a Staff member to the airport