

Example Itinerary

Medicine in Ghana

*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	9:00am-12:00pm	Travel to Cape Coast and Induction
		12:00pm-1:00pm	LUNCH
		1:30pm-5:00pm	Orientation and Medical Workshop
		6:00pm-7:00pm	DINNER
3	Tuesday	8:00am-8:30am	BREAKFAST
		8:30am-12:00pm	Participate in Medical Outreach
		12:30pm-1:30pm	LUNCH
		1:30pm-4:00pm	Participate in Medical Outreach
		5:00pm-6:00pm	DINNER
4	Wednesday	8:00am-8:30am	BREAKFAST
		8:30am-12:00pm	Leprosy Camp
		12:30pm-1:30pm	LUNCH
		2:00pm-4:00pm	Medical Outreach at Orphanage
		4:00pm-7:00pm	Cooking Lesson
5	Thursday	8:00am-8:30am	BREAKFAST
		8:30am-12:00pm	Shadowing and Observation at Hospital
		12:30pm-1:30pm	LUNCH
		2:00pm-3:30pm	Shadowing and Observation at Hospital
		3:30pm-6.30pm	Rest
		6.00pm-8.00pm	DINNER
6	Friday	8:00am-8:30am	BREAKFAST
		8:30am-12:00pm	Participate in Medical Outreach
		12:30pm-1:30pm	LUNCH
		1:30pm-3:30pm	Participate in Medical Outreach
		5:30pm-6.30pm	DINNER
7	Saturday	ALL DAY	Trip to Kosa Beach
8	Sunday	ALL DAY	Trip to Kosa Beach

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	8:00am-8:30am	BREAKFAST
		9:00am-12:00pm	Leprosy Camp
		12:30pm-1:30pm	LUNCH
		2:00pm-4:00pm	Medical Outreach at Orphanage
		5:00pm-6:00pm	DINNER
10	Tuesday	8:00am-8:30am	BREAKFAST
		9:00am-12:00pm	Participate in Medical Outreach
		12:30pm-1:30pm	LUNCH
		2:00pm-4:00pm	Participate in Medical Outreach
		5:00pm-6:00pm	DINNER
11	Wednesday	8:00am-8:30am	BREAKFAST
		9:00am-12:00pm	Leprosy Camp
		12:30pm-1:30pm	LUNCH
		3:00pm-5:00pm	Medical Workshop
		5:00pm-6:00pm	DINNER
		6:30pm-8.30pm	Bead Making Workshop
12	Thursday	8:00am-8:30am	BREAKFAST
		9:00am-12:00pm	Shadowing and Observation at Hospital
		12:30pm-1:30pm	LUNCH
		2:00pm-4:00pm	Shadowing and Observation at Hospital
		5:00pm-6:00pm	DINNER
13	Friday	8:00am-8:30am	BREAKFAST
		9:00am-12:00pm	Participate in Medical Outreach
		12:30pm-1:30pm	LUNCH
		2:30pm-4:30pm	Visit to Cape Coast Castle and Buying Souvenirs
		6:00pm-8:00pm	FAREWELL DINNER
14	Saturday	ALL DAY	DEPARTURE