



Example 2 Week 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, 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: Transfer to Akuapem Hills
2	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
3	Tuesday	Morning	• Breakfast, followed by orientation and introduction at the hospital.
		Early Afternoon	• Lunch
		Afternoon	• Clinical work: shadowing doctors at the hospital
		Evening	• Local Twi language lesson before dinner at the host family.
4	Wednesday	Morning	• Breakfast before clinical work experience
		Early Afternoon	• Lunch at the school
		Afternoon	• Clinical work experience
		Late Afternoon	• Medical workshop at our local office
		Evening	• Dinner, followed by a quiz night
5	Thursday	Morning	• Clinical work: shadowing doctors at the hospital
		Early Afternoon	• Lunch at the hospital
		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
6	Friday	Morning	• Breakfast before heading to a local school for a medical awareness session.
		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, Alligator watching and shopping
9	Monday	Morning	• Clinical work: shadowing doctors at the hospital
		Early Afternoon	• Lunch at hospital
		Afternoon	• Clinical work: shadowing doctors at the hospital
		Evening	• Local Twi language lesson before dinner at the host family.
10	Tuesday	Morning	• Clinical work: shadowing doctors at the hospital
		Early Afternoon	• Lunch at the hospital
		Afternoon	• Clinical work: shadowing doctors at the hospital
		Evening	• Local cooking class followed by dinner.
11	Wednesday	Morning	• Breakfast before heading to a local school for a medical awareness session.
		Early Afternoon	Focus on dental health. • Lunch at School
		Afternoon	• Public health outreach in the Yensusu Community
		Evening	• Dinner and games
12	Thursday	Morning	• Clinical work: shadowing doctors at the hospital
		Early Afternoon	• Lunch at hospital
		Afternoon	• Social visit to bead market
		Evening	• Dinner at the host family
13	Friday	Morning	• Breakfast before heading to a local school for a medical awareness session.
		Early Afternoon	• Lunch at school and games with children
		Afternoon	• Public health outreach
		Evening	• Farewell dinner at local restaurant
14	Saturday	All day	Departures



Example 4 Week 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, 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: Transfer to Akuapem Hills
2	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
3	Tuesday	Morning	• Breakfast, followed by orientation and introduction at the hospital.
		Early Afternoon	• Lunch
		Afternoon	• Clinical work: shadowing doctors at the hospital
		Evening	• Local Twi language lesson before dinner at the host family.
4	Wednesday	Morning	• Breakfast before clinical work experience
		Early Afternoon	• Lunch at the school
		Afternoon	• Clinical work experience
		Late Afternoon	• Medical workshop at our local office
		Evening	• Dinner, followed by a quiz night
5	Thursday	Morning	• Clinical work: shadowing doctors at the hospital
		Early Afternoon	• Lunch at the hospital
		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
6	Friday	Morning	• Breakfast before heading to a local school for a medical awareness session.
		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, Alligator watching and shopping
9	Monday	Morning	• Clinical work: shadowing doctors at the hospital
		Early Afternoon	• Lunch at hospital
		Afternoon	• Clinical work: shadowing doctors at the hospital
		Evening	• Local Twi language lesson before dinner at the host family.
10	Tuesday	Morning	• Clinical work: shadowing doctors at the hospital
		Early Afternoon	• Lunch at the hospital
		Afternoon	• Clinical work: shadowing doctors at the hospital
		Evening	• Local cooking class followed by dinner.
11	Wednesday	Morning	• Breakfast before heading to a local school for a medical awareness session. Focus on dental health.
		Early Afternoon	• Lunch at School
		Afternoon	• Public health outreach in the Yensusu Community
		Evening	• Dinner and games
12	Thursday	Morning	• Clinical work: shadowing doctors at the hospital
		Early Afternoon	• Lunch at hospital
		Afternoon	• Social visit to bead market
		Evening	• Dinner at the host family
13	Friday	Morning	• Breakfast before heading to a local school for a medical awareness session. Topic: Malaria and Cholera
		Early Afternoon	• Lunch at school and games with children
		Afternoon	• Public health outreach. Topic: Malaria and Cholera
		Late Afternoon	• Medical Workshop at the office
		Evening	• 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.
16	Monday	Morning	• Clinical work: shadowing doctors at the hospital
		Afternoon	• Lunch • Clinical work: shadowing doctors at the hospital
		Evening	• Dinner & games
17	Tuesday	Morning	• Clinical work: shadowing doctors at the hospital
		Early Afternoon	• Lunch
		Afternoon	• Clinical work: shadowing doctors at the hospital
		Late Afternoon	• Educational trip to the Tetteh Quashie Cocoa Farm
		Evening	• Dinner at the host family.
18	Wednesday	Morning	• Breakfast before heading to a local school for a medical awareness session.
		Early Afternoon	• Lunch at School
		Afternoon	• Community medical outreach
		Late Afternoon	• Medical workshop at our local office
		Evening	• Dinner, followed by a movie night.
19	Thursday	Morning	• Clinical work: shadowing doctors at the hospital
		Early Afternoon	• Lunch at hospital
		Afternoon	• Clinical work: shadowing doctors at the hospital
		Late Afternoon	• Social trip. Get ice cream and take a walk around the community.
		Evening	• Dinner & quiz at host family
20	Friday	Morning	• Breakfast before heading to a local school for a medical awareness session.
		Early Afternoon	• Lunch at the school
		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	Sunday	All day	Visit a local church. Have free time in the afternoon.
23	Monday	Morning	• 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
		Evening	• Dinner with host family
25	Wednesday	Morning	• Breakfast before heading to a local school for a medical awareness session.
		Early Afternoon	• Lunch at School
		Afternoon	• Public health outreach in the Otwetiri Community
		Evening	• Dinner and games night
26	Thursday	Morning	• Clinical work: shadowing doctors at the hospital
		Early Afternoon	• Lunch at hospital
		Afternoon	• Social visit to Koforidua markets
		Evening	• Dinner with host family
20	Friday	Morning	• Breakfast before heading to a local school for a medical awareness session.
		Early Afternoon	• Lunch at school and games with children
		Afternoon	• Public health outreach at a daycare center
		Evening	• Farewell dinner at local restaurant
14	Saturday	All day	DEPARTURE: Transported to Accra airport