



# Example Itinerary

## Medicine in Kenya



\*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"><li>• Breakfast, followed by local area orientation of Nanyuki and general induction.</li></ul>
		Afternoon	<ul style="list-style-type: none"><li>• Welcome lunch at a local restaurant, followed by a trip to the shops to change money and set up local phones.</li><li>• Medical workshop</li></ul>
		Evening	<ul style="list-style-type: none"><li>• Dinner at host family</li></ul>
3	Tuesday	Morning	<ul style="list-style-type: none"><li>• Breakfast, followed by hospital orientation and clinical shadowing.</li></ul>
		Early Afternoon	<ul style="list-style-type: none"><li>• Lunch at hospital</li></ul>
		Afternoon	<ul style="list-style-type: none"><li>• Medical awareness outreach at local school</li></ul>
		Evening	<ul style="list-style-type: none"><li>• Dinner and relax at home</li></ul>
4	Wednesday	Morning	<ul style="list-style-type: none"><li>• Breakfast, followed by community medical outreach.</li></ul>
		Early Afternoon	<ul style="list-style-type: none"><li>• Packed lunch and continue outreach work</li></ul>
		Afternoon	<ul style="list-style-type: none"><li>• Swahili language lesson</li></ul>
		Late Afternoon	<ul style="list-style-type: none"><li>• Shopping at the market</li></ul>
		Evening	<ul style="list-style-type: none"><li>• Dinner and rest at home.</li></ul>
5	Thursday	Morning	<ul style="list-style-type: none"><li>• Breakfast, followed by clinical shadowing at the hospital.</li></ul>
		Early Afternoon	<ul style="list-style-type: none"><li>• Lunch at placement</li></ul>
		Afternoon	<ul style="list-style-type: none"><li>• Continue clinical shadowing at the hospital.</li></ul>
		Early Evening	<ul style="list-style-type: none"><li>• African bead making workshop</li></ul>
		Evening	<ul style="list-style-type: none"><li>• Dinner &amp; games at host family</li></ul>
6	Friday	Morning	<ul style="list-style-type: none"><li>• Breakfast, followed by clinical shadowing at the hospital.</li></ul>
		Early Afternoon	<ul style="list-style-type: none"><li>• Lunch at placement</li></ul>
		Afternoon	<ul style="list-style-type: none"><li>• Continue clinical shadowing at the hospital.</li></ul>
		Late Afternoon	<ul style="list-style-type: none"><li>• Shopping for supplies for safari</li></ul>
		Evening	<ul style="list-style-type: none"><li>• Dinner and an early night before the weekend activities</li></ul>
7	Saturday	All day	Day trip to Ol Pejeta Conservancy for safari
8	Sunday	All day	Day trip to Samburu Maasai village and visit to wildlife orphanage
9	Monday	Morning	<ul style="list-style-type: none"><li>• Breakfast, followed by clinical shadowing at the hospital.</li></ul>
		Early Afternoon	<ul style="list-style-type: none"><li>• Lunch at placement</li></ul>
		Afternoon	<ul style="list-style-type: none"><li>• Continue clinical shadowing followed by a medical workshop.</li></ul>
		Evening	<ul style="list-style-type: none"><li>• Dinner and relax at home</li></ul>
10	Tuesday	Morning	<ul style="list-style-type: none"><li>• Breakfast, followed by clinical shadowing at the hospital.</li></ul>
		Afternoon	<ul style="list-style-type: none"><li>• Lunch at placement</li></ul>
		Evening	<ul style="list-style-type: none"><li>• Cultural dance session</li></ul>
11	Wednesday	Morning	<ul style="list-style-type: none"><li>• Breakfast, followed by community medical outreach.</li></ul>
		Early Afternoon	<ul style="list-style-type: none"><li>• Lunch at placement</li></ul>
		Afternoon	<ul style="list-style-type: none"><li>• Continue with community outreach</li></ul>
		Evening	<ul style="list-style-type: none"><li>• Dinner and relax</li></ul>
12	Thursday	Morning	<ul style="list-style-type: none"><li>• Breakfast, followed by clinical shadowing at the hospital.</li></ul>
		Afternoon	<ul style="list-style-type: none"><li>• Light lunch</li></ul>
		Late Afternoon	<ul style="list-style-type: none"><li>• Local cooking lesson and BBQ for dinner.</li></ul>
13	Friday	Morning	<ul style="list-style-type: none"><li>• Breakfast, followed by clinical shadowing at the hospital.</li></ul>
		Early Afternoon	<ul style="list-style-type: none"><li>• Lunch at restaurant</li></ul>
		Afternoon	<ul style="list-style-type: none"><li>• Souvenir shopping</li></ul>
		Evening	<ul style="list-style-type: none"><li>• Farewell dinner at host family</li></ul>
14	Saturday	All day	Departures