



Example Itinerary

Medicine in Tanzania



*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	• Breakfast, followed by local area orientation of Arusha 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. • Hospital introduction
		Evening	• Dinner at host family
3	Tuesday	Morning	• Breakfast, followed by clinical shadowing at the hospital.
		Early Afternoon	• Lunch at home
		Afternoon	• Swahili and cultural workshop
		Evening	• Dinner and relax at home
4	Wednesday	Morning	• Breakfast, followed by clinical shadowing at the hospital.
		Early Afternoon	• Lunch at home
		Late Afternoon	• Workshop on tropical diseases at St Elizabeth Hospital
		Evening	• Dinner, followed by traditional drumming and dancing at Via Via.
5	Thursday	Morning	• Breakfast, followed by medical outreach at a local village.
		Early Afternoon	• Packed lunch
		Afternoon	• Continue medical outreach
		Evening	• Dinner & games at host family
6	Friday	Morning	• Breakfast, followed by a surgical workshop at the hospital.
		Early Afternoon	• Lunch at restaurant
		Afternoon	• Visit operating theatre
		Late Afternoon	• Shopping for supplies for safari
		Evening	• Dinner and an early night before the weekend activities
7	Saturday	All day	Trip to Tarangire National park for safari
8	Sunday	All day	Hiking to Meru Waterfalls
9	Monday	Morning	• Breakfast, followed by games and health education at Maasai school.
		Early Afternoon	• Packed lunch
		Afternoon	• Painting and renovation at Maasai school
		Evening	• Dinner and relax at home
10	Tuesday	Morning	• Breakfast, followed by medical outreach at a local village.
		Early Afternoon	• Lunch at home
		Afternoon	• Continue medical outreach
		Evening	• Local cooking class followed by dinner.
11	Wednesday	Morning	• Breakfast, followed by clinical shadowing at the hospital.
		Early Afternoon	• Lunch at home
		Afternoon	• Paediatric workshop and visit to children’s ward
		Evening	• Dinner and games
12	Thursday	Morning	• Breakfast, followed by clinical shadowing at the hospital.
		Early Afternoon	• Lunch at home
		Afternoon	• Continue shadowing at hospital
		Evening	• Farewell dinner at home
13	Friday	Morning	• Breakfast, followed by clinical shadowing at the hospital.
		Early Afternoon	• Lunch at restaurant
		Afternoon	• Visit to snake park followed by souvenir shopping
		Evening	• Farewell dinner at local restaurant
14	Saturday	All day	Departures