

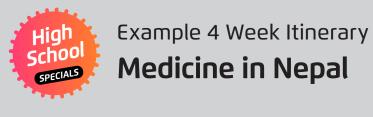
\*The following is an example itinerary. Please note arrangements change from year to year and session to session based on the goals of the programme, need of the community, and size of the groups.

DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Sunday	All day	ARRIVAL: Arrival all day. Pick up from the airport and transfer to accommodation
		Morning	Breakfast, followed by transfer to Bharatpur (4-5 hours)
	Monday	Afternoon	Welcome lunch at a hotel, followed by orientation.
		Evening	Dinner at hotel
3	Tuesday	Morning	Breakfast, followed by an introduction to the Hospital and a tour of the departments.
		Early Afternoon	• Lunch at hospital
		Afternoon	Continue clinical shadowing at hospital
		Late Afternoon	Lecture on pathology at the hospital
		Evening	Dinner at the hotel.
	Wednesday	Morning	Breakfast, followed by clinical shadowing work at the hospital.
		Early	Lunch at the hospital canteen
		Afternoon	
		Afternoon Late	Continue clinical shadowing at hospital
		Afternoon	Lecture on pathology at the hospital
		Evening	Dinner at the hotel.
		Morning	Breakfast, followed by clinical shadowing at the hospital.
		Early Afternoon	Lunch at the hospital canteen
5	Thursday	Afternoon	Continue clinical shadowing at the hospital.
		Early Evening	• Yoga class
		Evening	• Dinner at the hotel.
6	Friday	Morning	Breakfast, followed by lecture and practical demonstration on Anatomy at the hospital.
		Early Afternoon	Lunch at the hospital canteen
		Afternoon	Visit around the local area followed by Momo (dumpling)     making class at the hotel.
		Evening	Dinner at the hotel
7	Saturday	All day	<ul> <li>Trip to Chitwan National Park: visit the elephant centre, enjoy the sunset and experience a cultural show.</li> </ul>
8	Sunday	All day	Trip to Chitwan National Park: jeep safari around the park followed by bird watchin
	Monday	Morning	Breakfast, followed by clinical shadowing at the hospital.
		Early Afternoon	Lunch at the hospital canteen
9		Afternoon	Continue clinical shadowing followed by a medical workshop on vital signs.
		Evening	Shopping at the local centre followed by dinner at the hotel.
10	Tuesday	Morning	Breakfast, followed by clinical shadowing at the hospital.      Lunch at the hospital captoon followed by medical outsoach.
		Afternoon	Lunch at the hospital canteen followed by medical outreach in the local community.
		Evening	Dinner at the hotel
11	Wednesday	Morning	Breakfast, followed by clinical shadowing at the hospital.
		Early Afternoon	Lunch at hospital canteen
		Afternoon	Medical outreach at local school.
		Evening	Dinner at hotel before packing for departure
12	Thursday	Morning	Breakfast, followed by transfer to Kathmandu.
		Afternoon	Lunch at restaurant on the way
		Late Afternoon	Arrive at hotel, PCR test and souvenir shopping.
		Evening	Dinner at the hotel.
		Morning	Breakfast, followed by visiting Kritipur (Ancient City) and Chobar Temple.
13	Friday	Early Afternoon	• Lunch at restaurant on the way
		Afternoon	Visit to monkey temple and souvenir shopping
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Saturday

All day





			note arrangements change from year to year and session to session based on the goals of the 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  Afternoon	<ul> <li>Breakfast, followed by transfer to Bharatpur (4-5 hours)</li> <li>Welcome lunch at a hotel, followed by orientation.</li> </ul>
		Evening	Dinner at the hotel
		Morning Early	Breakfast, followed by an introduction to the Hospital and a tour of the departments.
3	Tuesday	Afternoon Late	• Lunch at hospital     • Clinical shadowing experience at the hospital.
		Afternoon  Evening	Nepalese language lesson followed by dinner at the hotel.
		Morning	Breakfast, followed by clinical shadowing work at the hospital.
4	w I I	Early Afternoon	Lunch at the hospital canteen
	Wednesday	Afternoon  Late Afternoon	Continue clinical shadowing at hospital     Lecture on pathology at the hospital
		Evening	• Dinner at the hotel.
5	Thursday	Morning	Breakfast, followed by clinical shadowing at the hospital.
		Early Afternoon	Lunch at the hospital canteen      Continue clinical shadowing at the hospital
		Early Evening	Continue clinical shadowing at the hospital.      Yoga class
		Evening	• Dinner at hotel
		Morning	Breakfast, followed by lecture and practical demonstration on Anatomy at the hospital.
6	Friday	Early Afternoon	Lunch at the hospital canteen
		Afternoon Evening	Visit around the local area followed by Momo (dumpling) making class at the hotel.      Dinner at the hotel
7	Saturday	All day	Day trip to Chitwan National Park: visit the elephant centre, enjoy the sunset
8	Sunday	All day	and experience a cultural show.      Day trip to Chitwan National Park: jeep safari around the park followed by bird watching.
		Morning	by bird watching.      Breakfast, followed by clinical shadowing at the hospital.
9	Monday	Early Afternoon	Lunch at hospital canteen
3	мопаау	Afternoon	Continue clinical shadowing followed by a medical workshop on vital signs.
		Evening Morning	<ul> <li>Shopping at the local centre followed by dinner at the hotel.</li> <li>Breakfast, followed by clinical shadowing at the hospital.</li> </ul>
10	Tuesday	Afternoon	Lunch at the hospital canteen followed by medical outreach in the
		Evening	• Dinner at the hotel
	Wednesday	Morning	Breakfast, followed by clinical shadowing at the hospital.
11		Early Afternoon	Lunch at hospital canteen
		Afternoon  Evening	Medical outreach at local school.      Dinner at hotel
	Thursday	Morning	Breakfast, followed by clinical shadowing at the hospital.
12		Afternoon Late	Lunch at hospital canteen
		Afternoon	Continue clinical shadowing.      Dinner at hotel.
	Friday	Morning	Breakfast, followed by a visit to the spinal injury hospital.
13		Early Afternoon	• Lunch at hotel
		Afternoon  Evening	Anatomy lecture with local Doctor      Dinner at restaurant
14	Saturday	All day	Trip to Buddhist pilgrimage site of Lumbini
15	Sunday	All day	Trip to Buddhist pilgrimage site of Lumbini  Perclafe to fellowed by elision of body view of the boosite!
		Morning  Afternoon	<ul><li>Breakfast, followed by clinical shadowing at the hospital.</li><li>Lunch at hospital canteen</li></ul>
16	Monday	Late Afternoon	• Community outreach.
		Evening	Yoga class followed by dinner at the hotel.
17	Tuesday	Morning  Afternoon	Breakfast, followed by clinical shadowing at the hospital.      Lunch at hospital canteen
		Late Afternoon	• Community outreach.
		Evening	Yoga class followed by dinner at the hotel.
18	Wednesday	Morning	Breakfast, followed by clinical shadowing work at the hospital.      Lunch at the hospital canteen
		Afternoon Afternoon	Continue clinical shadowing at hospital
		Late Afternoon	Lecture on pathology at the hospital
		Evening	Movie night and dinner at the hotel.
	Thursday	Morning Early	Breakfast, followed by clinical shadowing at the hospital.      Lunch at the hospital canteen
19		Afternoon	Continue clinical shadowing at the hospital.
		Evening	Dinner at hotel
		Morning	Breakfast, followed by lecture and practical demonstration on Anatomy at the hospital.
20	Friday	Early Afternoon	Lunch at the hospital canteen
		Afternoon Evening	<ul> <li>Visit around the local area followed by Momo (dumpling) making class at the hotel.</li> <li>Dinner at the hotel and pack for weekend trip and departure to Kathmandu</li> </ul>
21	Saturday	All day	Trip to Pokhara: tour of the lake, enjoy the sunset and experience a cultural show.
22	Sunday	All day	• Trip to Pokhara: view sunrise from Sarangkot, visit caves, temples, David's Fall and Peace Stupa.
23	Monday	All day	Breakfast before journey to Kathmandu      Breakfast followed by an introduction to the local school
24	Tuesday	Morning  Afternoon	Breakfast, followed by an introduction to the local school.      Lunch at the school.
	Jesudy	Evening	Health and hygiene workshop with children      Dinner at the hotel
		Morning	Breakfast, followed by a visit to a children's hospital.
25	Wednesday	Early Afternoon	• Lunch at hospital
		Afternoon  Evening	Visit to cancer hospital.      Dinner at hotel
		Morning	Breakfast, followed by medical outreach at the school.
		Afternoon	• Lunch at school

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Afternoon

Late Afternoon

Morning

Early Afternoon

Afternoon

All day

Thursday

Saturday

Lunch at school

• Dinner at hotel

• Souvenir shopping in Thamel.

• Lunch at restaurant on the way

• Farewell dinner at restaurant

• Visit to monkey temple and souvenir shopping

• Breakfast, followed by a visit to Kirtipur (Ancient City) and Chobar Temple.