



Example 2 Week Itinerary
Medicine in Nepal

*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
2	Monday	Morning	• Breakfast, followed by transfer to Bharatpur (4-5 hours)
		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.
4	Wednesday	Morning	• Breakfast, followed by clinical shadowing work at the hospital.
		Early Afternoon	• Lunch at the hospital canteen
		Afternoon	• Continue clinical shadowing at hospital
		Late Afternoon	• 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
		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	• Trip to Chitwan National Park: visit the elephant centre, enjoy the sunset and experience a cultural show.
8	Sunday	All day	• Trip to Chitwan National Park: jeep safari around the park followed by bird watching.
9	Monday	Morning	• Breakfast, followed by clinical shadowing at the hospital.
		Early Afternoon	• Lunch at the hospital canteen
		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.
		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.
13	Friday	Morning	• Breakfast, followed by visiting Kritipur (Ancient City) and Chobar Temple.
		Early Afternoon	• Lunch at restaurant on the way
		Afternoon	• Visit to monkey temple and souvenir shopping
		Evening	• Farewell dinner and cultural show at
14	Saturday	All day	• Departures



Example 4 Week Itinerary

Medicine in Nepal

*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 transfer to Bharatpur (4-5 hours)
		Afternoon	• Welcome lunch at a hotel, followed by orientation.
		Evening	• Dinner at the hotel
3	Tuesday	Morning	• Breakfast, followed by an introduction to the Hospital and a tour of the departments.
		Early Afternoon	• Lunch at hospital
		Late Afternoon	• Clinical shadowing experience at the hospital.
		Evening	• Nepalese language lesson followed by dinner at the hotel.
4	Wednesday	Morning	• Breakfast, followed by clinical shadowing work at the hospital.
		Early Afternoon	• Lunch at the hospital canteen
		Afternoon	• Continue clinical shadowing at hospital
		Late Afternoon	• 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
		Afternoon	• Continue clinical shadowing at the hospital.
		Early Evening	• Yoga class
		Evening	• Dinner at 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	• Day trip to Chitwan National Park: visit the elephant centre, enjoy the sunset and experience a cultural show.
8	Sunday	All day	• Day trip to Chitwan National Park: jeep safari around the park followed by bird watching.
9	Monday	Morning	• Breakfast, followed by clinical shadowing at the hospital.
		Early Afternoon	• Lunch at hospital canteen
		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.
		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
12	Thursday	Morning	• Breakfast, followed by clinical shadowing at the hospital.
		Afternoon	• Lunch at hospital canteen
		Late Afternoon	• Continue clinical shadowing.
		Evening	• Dinner at hotel.
13	Friday	Morning	• Breakfast, followed by a visit to the spinal injury hospital.
		Early Afternoon	• Lunch at hotel
		Afternoon	• Anatomy lecture with local Doctor
		Evening	• 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
16	Monday	Morning	• Breakfast, followed by clinical shadowing at the hospital.
		Afternoon	• Lunch at hospital canteen
		Late Afternoon	• Community outreach.
		Evening	• Yoga class followed by dinner at the hotel.
17	Tuesday	Morning	• Breakfast, followed by clinical shadowing at the hospital.
		Afternoon	• 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.
		Early Afternoon	• Lunch at the hospital canteen
		Afternoon	• Continue clinical shadowing at hospital
		Late Afternoon	• Lecture on pathology at the hospital
		Evening	• Movie night and dinner at the hotel.
19	Thursday	Morning	• Breakfast, followed by clinical shadowing at the hospital.
		Early Afternoon	• Lunch at the hospital canteen
		Afternoon	• Continue clinical shadowing at the hospital.
		Evening	• Dinner at hotel
20	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 and pack for weekend trip and departure to Kathmandu
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
24	Tuesday	Morning	• Breakfast, followed by an introduction to the local school.
		Afternoon	• Lunch at the school. • Health and hygiene workshop with children
		Evening	• Dinner at the hotel
25	Wednesday	Morning	• Breakfast, followed by a visit to a children's hospital.
		Early Afternoon	• Lunch at hospital
		Afternoon	• Visit to cancer hospital.
		Evening	• Dinner at hotel
26	Thursday	Morning	• Breakfast, followed by medical outreach at the school.
		Afternoon	• Lunch at school
		Late Afternoon	• Souvenir shopping in Thamel.
		Evening	• Dinner at hotel
27	Friday	Morning	• Breakfast, followed by a visit to Kirtipur (Ancient City) and Chobar Temple.
		Early Afternoon	• Lunch at restaurant on the way
		Afternoon	• Visit to monkey temple and souvenir shopping
		Evening	• Farewell dinner at restaurant
28	Saturday	All day	• Departures