

Example Itinerary

Human Rights & Spanish in Argentina

*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 project.

DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Saturday/Sunday	ALL DAY	ARRIVAL
2	Monday	7:30am – 8:00am	BREAKFAST
		9:00am – 11:00am	Country and project induction
		12:00pm – 1:30pm	LUNCH at local restaurant
		1:45pm – 4:00pm	City tour in downtown
		4:30pm – 5:00pm	Downtown shopping
		6:00pm – 9:00pm	Rest and relax at home
		9:00pm – 10:00pm	DINNER
		3	Tuesday
9:30am – 1:00pm	Human Rights introduction & Workshop		
1:30pm – 2:20pm	LUNCH		
2:30pm – 5:00pm	Spanish level test and class		
5:00pm – 5:45pm	Snacks in the office		
6:30pm – 7:30pm	Social event: Tango lesson		
8:00pm – 9:00pm	Rest and relax at home		
9:00pm – 10:00pm	DINNER		
4	Wednesday	8:00am – 9:00am	BREAKFAST
		9:00am – 1:00pm	Workshop
		1:30pm – 2:20pm	LUNCH
		2:30pm – 4:30pm	Spanish class
		4:45pm – 6:00pm	Social activity
		9:00pm – 10:00pm	DINNER
5	Thursday	8:00am – 9:00am	BREAKFAST
		9:30am – 1:00pm	Workshop & Visit to D2
		1:30pm – 2:20pm	LUNCH
		2:30pm – 4:30pm	Spanish class
		8:00pm – 9:00pm	Social event DINNER
6	Friday	8:00am – 9:00am	BREAKFAST
		9:00am – 1:30pm	Work session in local school
		1:30pm – 2:20pm	LUNCH
		2:30pm – 4:30pm	Spanish class
		4:30pm – 5:45pm	Snacks in the office
		6:30pm – 7:30pm	Social event: Tango lesson
		8:30pm – 9:30pm	Rest and relax at home
		9:30pm – 10:00pm	DINNER
7	Saturday	ALL DAY	Amazing Race: Córdoba
8	Sunday	ALL DAY	Trip to countryside

DAY NO.	WEEKDAY	TIME	ACTIVITY
9	Monday	8:00am – 9:00am	BREAKFAST
		9:00am – 1:30pm	Workshop
		1:30pm – 2:20pm	LUNCH
		2:30pm – 4:30pm	Spanish class
		8:00pm – 9:00pm	Rest and relax at home
		9:00pm – 10:00pm	DINNER
10	Tuesday	8:00am – 9:00am	BREAKFAST
		9:30am – 1:00pm	Workshop
		1:30pm – 2:20pm	LUNCH
		2:30pm – 4:30pm	Spanish class
		2:30pm – 8:00pm	Cooking and food delivering to the homeless. DINNER
11	Wednesday	8:00pm – 10:00pm	Rest and relax at home
		8:00am – 9:00am	BREAKFAST
		9:00am – 12:30pm	Visit <i>La Perla</i>
		12:30pm – 1:30pm	Travel back to the office
		1:30pm – 2:20pm	LUNCH
12	Thursday	2:30pm – 4:30pm	Spanish class
		8:00pm – 9:00pm	Rest and relax at home
		9:00pm – 10:00pm	DINNER
		8:00am – 9:00am	BREAKFAST
		10:00am – 1:30pm	Workshop at local school
13	Friday	1:30pm – 2:20pm	LUNCH
		2:30pm – 4:30pm	Spanish class
		5:00pm – 7:00pm	DINNER out with host family
		8:00pm – 10:00pm	Rest and relax at home
		7:00am – 8:00am	BREAKFAST
14	Saturday/Sunday	10:00am – 1:30pm	Debrief activity and planning
		1:30pm – 2:20pm	LUNCH
		2:30pm – 4:30pm	Spanish class
		5:00pm – 7:00pm	Social event: BBQ at local restaurant
		8:00pm – 10:00pm	Rest and relax at home
14	Saturday/Sunday	ALL DAY	DEPARTURE