



Example Itinerary

Childcare and Community Work in Sri Lanka



*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">• Induction Day<ul style="list-style-type: none">-Briefing about the program-Hospital Introduction-Local town induction• Meet staff
		Afternoon	<ul style="list-style-type: none">• Lunch in Colombo• Office induction program<ul style="list-style-type: none">- Presentation about the culture- Presentation about the program- Simple Language learning activity
		Evening	<ul style="list-style-type: none">• Back to accommodation for dinner and inform tomorrow plan• Dinner at host family
3	Tuesday	Morning	<ul style="list-style-type: none">• Breakfast at host family• Placement work - Activities & lessons with the kids
		Afternoon	<ul style="list-style-type: none">• Lunch at the placement• Community work - Painting• Discuss the lesson plans and revise based on observations made by the volunteer
		Evening	<ul style="list-style-type: none">• Grocery Shopping & Debriefing Session• Dinner at host family
4	Wednesday	Morning	<ul style="list-style-type: none">• Breakfast at host family• Placement work - Activities & lessons with the kids
		Afternoon	<ul style="list-style-type: none">• Lunch at host family• Community work - Painting• Social Activity - Day by the beach/pool
		Evening	<ul style="list-style-type: none">• Feedback Session - Discussion on what they learnt<ul style="list-style-type: none">- Obstacles- Differences- Challenges- Recommendations• Dinner at host family
5	Thursday	Morning	<ul style="list-style-type: none">• Breakfast at host family• Placement work - Activities & lessons with the kids
		Afternoon	<ul style="list-style-type: none">• Lunch at the placement• Community Outreach - Beach Cleanup / Painting
		Evening	<ul style="list-style-type: none">• Grocery Shopping & Debriefing Session• Dinner at host family
6	Friday	Morning	<ul style="list-style-type: none">• Breakfast at host family• Placement work - Activities & lessons with the kids
		Afternoon	<ul style="list-style-type: none">• Lunch at the placement• Social Activity -<ul style="list-style-type: none">- Visit local market and temple- Shopping to buy materials for cooking class(Activity - Create a 1 min short video on how the shopping went)
		Evening	<ul style="list-style-type: none">• Cooking Class - Prepare food with host family and feast together• Dinner and early to bed for weekend trip
7	Saturday	All day	Weekend Trip – Kandy (Elephant orphanage, Tea Factory, Temple of tooth, Kandy City, Traditional Dancing) (Care 4WS volunteers group might join)
8	Sunday	All day	Weekend Trip – Kandy (Wood carving, Batik Factory, Curio Market) (Care 4WS volunteers group might join)
9	Monday	Morning	<ul style="list-style-type: none">• Breakfast at host family• Placement work - Activities & lessons with the kids
		Afternoon	<ul style="list-style-type: none">• Lunch at host family• Community work - Painting murals
		Evening	<ul style="list-style-type: none">• Preparation for the awareness program• Dinner at host family
10	Tuesday	Morning	<ul style="list-style-type: none">• Awareness program at a school
		Afternoon	<ul style="list-style-type: none">• Social Activity - Traditional Avurudu Games
		Evening	<ul style="list-style-type: none">• Grocery Shopping & Debriefing Session
11	Wednesday	Morning	<ul style="list-style-type: none">• Placement work - Activities & lessons with the kids
		Afternoon	<ul style="list-style-type: none">• Social Activity - Day by the beach/pool
		Evening	<ul style="list-style-type: none">• Feedback Session - Discussion on what they learnt<ul style="list-style-type: none">- Obstacles- Differences- Challenges- Recommendations
12	Thursday	Morning	<ul style="list-style-type: none">• Placement work - Activities & lessons with the kids
		Afternoon	<ul style="list-style-type: none">• Community work - Painting murals
		Evening	<ul style="list-style-type: none">• Grocery Shopping and inform the plan for last day
13	Friday	Morning	<ul style="list-style-type: none">• Breakfast at host family• Last Day at Placement - (Gifts,Snacks and Balloons will be provided for a fun last day at the placement)
		Afternoon	<ul style="list-style-type: none">• Lunch at host family• Visit Office -<ul style="list-style-type: none">- Confirm & Inform the pickup times and plan for departures- Collect project completion letters• Colombo Sightseeing - Independence Square, Gangaramaya Temple, Red Mosque, Shopping Mall & Galleface
		Evening	<ul style="list-style-type: none">• Dinner at a restaurant in Colombo
14	Saturday	All day	DEPARTURE: Departures: Pick up at accommodation by a Staff member to the airport