



## Example 2 Week Itinerary

## Childcare & Community Work in Ghana

\*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: Transfer to Akuapem Hills			
2		Morning	Breakfast, followed by local area orientation and project introduction.			
	Monday	Afternoon	<ul> <li>Welcome lunch at a local restaurant, followed by a trip to the shops to change money and set up local phones.</li> <li>Cultural induction and childcare workshop</li> </ul>			
		Evening	• Dinner & games			
3	Tuesday	Morning	Breakfast, followed by an orientation and introduction to the Care placement.  Start doing renovation work.			
		Early Afternoon	• Lunch			
		Afternoon	Educational activities with the children			
		Evening	Local Twi language lesson before dinner at the host family.			
		Morning	Breakfast before heading to a local school for light renovation work.			
		Early Afternoon	• Lunch at the school			
4	Wednesday	Afternoon	Care activities with the children			
		Late				
		Afternoon	Care activity workshop at our local office			
		Evening	Dinner, followed by a quiz night.			
		Morning	Breakfast, followed by educational activities with children.			
		Early Afternoon	• Lunch at the school			
5	Thursday	Afternoon	Social visit to Aburi Botanical Gardens and traditional arts and crafts market			
		Late Afternoon	African drumming and dancing session			
		Evening	Dinner at a local restaurant			
		Morning	Breakfast before heading to school for light renovation work.			
		Early Afternoon	• Lunch at the school			
6	Friday	Afternoon	Games with the children			
		Evening	Dinner and games night at host family			
7	Saturday	All day	Trip to Cape Coast. Activities include: Cape Coast Castle, beach picnic,			
8	Sunday	All day	Cultural display and live music.  Trip to Cape Coast Activities include: Kakum National Park, Canopy walk,			
	<i>'</i>		Alligator watching and shopping			
		Morning	Broakfast before beading to school for light repovation work			
		Morning Early	Breakfast before heading to school for light renovation work.			
9	Monday	Early Afternoon	Lunch at the school			
9	Monday	Early				
9	Monday	Early Afternoon	Lunch at the school			
9	Monday	Early Afternoon  Afternoon  Evening  Morning	Lunch at the school     Educational activities with children			
		Early Afternoon Afternoon Evening	Lunch at the school     Educational activities with children      Local Twi language lesson before dinner at the host family.			
9	Monday	Early Afternoon  Afternoon  Evening  Morning  Early	Lunch at the school      Educational activities with children      Local Twi language lesson before dinner at the host family.      Breakfast before heading to school for light renovation work.			
		Early Afternoon  Afternoon  Evening  Morning  Early Afternoon	Lunch at the school      Educational activities with children      Local Twi language lesson before dinner at the host family.      Breakfast before heading to school for light renovation work.      Lunch at the school			
		Early Afternoon  Afternoon  Evening  Morning  Early Afternoon  Afternoon	Lunch at the school  Educational activities with children  Local Twi language lesson before dinner at the host family.  Breakfast before heading to school for light renovation work.  Lunch at the school  Educational activities with children			
		Early Afternoon  Afternoon  Evening  Morning  Early Afternoon  Afternoon  Evening	Lunch at the school  Educational activities with children  Local Twi language lesson before dinner at the host family.  Breakfast before heading to school for light renovation work.  Lunch at the school  Educational activities with children  Twi Language class followed by dinner and a movie night.			
		Early Afternoon  Afternoon  Evening  Morning  Early Afternoon  Afternoon  Afternoon  Evening  Morning  Early  Afternoon	Lunch at the school  Educational activities with children  Local Twi language lesson before dinner at the host family.  Breakfast before heading to school for light renovation work.  Lunch at the school  Educational activities with children  Twi Language class followed by dinner and a movie night.  Breakfast before heading to school for light renovation work.			
10	Tuesday	Early Afternoon  Afternoon  Evening  Morning  Early Afternoon  Afternoon  Evening  Morning  Afternoon  Late	Lunch at the school  Educational activities with children  Local Twi language lesson before dinner at the host family.  Breakfast before heading to school for light renovation work.  Lunch at the school  Educational activities with children  Twi Language class followed by dinner and a movie night.  Breakfast before heading to school for light renovation work.  Lunch at school			
10	Tuesday	Early Afternoon  Afternoon  Evening  Morning  Afternoon  Afternoon  Evening  Morning  Afternoon  Late Afternoon	Lunch at the school  Educational activities with children  Local Twi language lesson before dinner at the host family.  Breakfast before heading to school for light renovation work.  Lunch at the school  Educational activities with children  Twi Language class followed by dinner and a movie night.  Breakfast before heading to school for light renovation work.  Lunch at school  Educational activities with children  Cooking class			
10	Tuesday	Early Afternoon  Afternoon  Evening  Morning  Afternoon  Afternoon  Evening  Morning  Afternoon  Late Afternoon  Evening	Lunch at the school  Educational activities with children  Local Twi language lesson before dinner at the host family.  Breakfast before heading to school for light renovation work.  Lunch at the school  Educational activities with children  Twi Language class followed by dinner and a movie night.  Breakfast before heading to school for light renovation work.  Lunch at school  Educational activities with children  Cooking class  Dinner and games			
10	Tuesday	Early Afternoon  Afternoon  Evening  Morning  Afternoon  Afternoon  Evening  Morning  Afternoon  Late Afternoon  Evening  Morning  Early Afternoon  Afternoon  Afternoon  Early Afternoon  Early Afternoon  Early Afternoon  Evening  Morning  Early	Lunch at the school  Educational activities with children  Local Twi language lesson before dinner at the host family.  Breakfast before heading to school for light renovation work.  Lunch at the school  Educational activities with children  Twi Language class followed by dinner and a movie night.  Breakfast before heading to school for light renovation work.  Lunch at school  Educational activities with children  Cooking class			
10	Tuesday	Early Afternoon  Afternoon  Evening  Morning  Afternoon  Afternoon  Evening  Morning  Afternoon  Late Afternoon  Evening  Morning	Lunch at the school  Educational activities with children  Local Twi language lesson before dinner at the host family.  Breakfast before heading to school for light renovation work.  Lunch at the school  Educational activities with children  Twi Language class followed by dinner and a movie night.  Breakfast before heading to school for light renovation work.  Lunch at school  Educational activities with children  Cooking class  Dinner and games  Breakfast before heading to school for light renovation work.			
10	Tuesday	Early Afternoon  Evening  Morning  Afternoon  Afternoon  Evening  Morning  Afternoon  Afternoon  Afternoon  Afternoon  Afternoon  Afternoon  Afternoon  Evening  Morning  Afternoon  Afternoon  Afternoon	Lunch at the school  Educational activities with children  Local Twi language lesson before dinner at the host family.  Breakfast before heading to school for light renovation work.  Lunch at the school  Educational activities with children  Twi Language class followed by dinner and a movie night.  Breakfast before heading to school for light renovation work.  Lunch at school  Educational activities with children  Cooking class  Dinner and games  Breakfast before heading to school for light renovation work.  Lunch at the school  Hygiene games with children			
10	Tuesday	Early Afternoon  Evening  Morning  Afternoon  Afternoon  Evening  Morning  Afternoon  Afternoon  Afternoon  Afternoon  Afternoon  Afternoon  Evening  Morning  Afternoon  Evening  Morning  Evening	Lunch at the school  Educational activities with children  Local Twi language lesson before dinner at the host family.  Breakfast before heading to school for light renovation work.  Lunch at the school  Educational activities with children  Twi Language class followed by dinner and a movie night.  Breakfast before heading to school for light renovation work.  Lunch at school  Educational activities with children  Cooking class  Dinner and games  Breakfast before heading to school for light renovation work.  Lunch at the school  Hygiene games with children  African Drumming and Dancing lesson  Dinner at host family			
10	Tuesday	Early Afternoon  Evening  Morning  Afternoon  Afternoon  Evening  Morning  Afternoon  Afternoon  Afternoon  Afternoon  Afternoon  Afternoon  Evening  Morning  Morning  Morning  Morning  Morning  Afternoon  Evening	Lunch at the school  Educational activities with children  Local Twi language lesson before dinner at the host family.  Breakfast before heading to school for light renovation work.  Lunch at the school  Educational activities with children  Twi Language class followed by dinner and a movie night.  Breakfast before heading to school for light renovation work.  Lunch at school  Educational activities with children  Cooking class  Dinner and games  Breakfast before heading to school for light renovation work.  Lunch at the school  Hygiene games with children  African Drumming and Dancing lesson  Dinner at host family  Breakfast before heading to school to finish renovation work.			
10	Tuesday	Early Afternoon  Afternoon  Evening  Morning  Afternoon  Afternoon  Evening  Morning  Afternoon  Afternoon  Afternoon  Afternoon  Afternoon  Evening  Morning  Morning  Morning  Afternoon  Evening  Morning  Afternoon	Lunch at the school  Educational activities with children  Local Twi language lesson before dinner at the host family.  Breakfast before heading to school for light renovation work.  Lunch at the school  Educational activities with children  Twi Language class followed by dinner and a movie night.  Breakfast before heading to school for light renovation work.  Lunch at school  Educational activities with children  Cooking class  Dinner and games  Breakfast before heading to school for light renovation work.  Lunch at the school  Hygiene games with children  African Drumming and Dancing lesson  Dinner at host family  Breakfast before heading to school to finish renovation work.			
10	Tuesday	Early Afternoon  Evening  Morning  Early Afternoon  Afternoon  Evening  Morning  Afternoon  Afternoon  Afternoon  Afternoon  Early Afternoon  Evening  Morning  Morning  Morning  Early Afternoon  Evening  Morning  Early Afternoon  Early Afternoon  Early Afternoon  Early Afternoon	Lunch at the school  Educational activities with children  Local Twi language lesson before dinner at the host family.  Breakfast before heading to school for light renovation work.  Lunch at the school  Educational activities with children  Twi Language class followed by dinner and a movie night.  Breakfast before heading to school for light renovation work.  Lunch at school  Educational activities with children  Cooking class  Dinner and games  Breakfast before heading to school for light renovation work.  Lunch at the school  Hygiene games with children  African Drumming and Dancing lesson  Dinner at host family  Breakfast before heading to school to finish renovation work.			

Saturday

All day





## Example 4 Week Itinerary

DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Sunday	All day  Morning	ARRIVAL: Transfer to Akuapem Hills     Breakfast, followed by local area orientation and project introduction.
		Morring	Welcome lunch at a local restaurant, followed by a trip to the shops to
	Monday	Afternoon	change money and set up local phones.  • Cultural induction and childcare workshop
		Evening	• Dinner & games
		Morning	Breakfast, followed by an orientation and introduction to the Care placement Start doing renovation work.
		Early	Lunch
	Tuesday	Afternoon	Educational activities with the children
		Evening	Local Twi language lesson before dinner at the host family.
	Wednesday	Morning	Breakfast before heading to a local school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	Care activities with the children
		Late Afternoon	Care activity workshop at our local office
		Evening	Dinner, followed by a quiz night.
	Thursday	Morning Early	Breakfast, followed by educational activities with children.
		Afternoon	• Lunch at the school
5		Afternoon Late	<ul> <li>Social visit to Aburi Botanical Gardens and traditional arts and crafts mark</li> <li>African drumming and dancing session</li> </ul>
		Afternoon Evening	Dinner at a local restaurant
		Morning	Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at the school
6	Friday	Afternoon	Games with the children
		Evening	Dinner and games night at host family
7	Saturday	All day	Trip to Cape Coast. Activities include: Cape Coast Castle, beach picnic, cultural display and live music.
8	Sunday	All day	Trip to Cape Coast Activities include: Kakum National Park, Canopy walk, Alligator watching and shopping
		Morning	Breakfast before heading to school for light renovation work.
9	Monday	Early Afternoon	• Lunch at the school
		Afternoon	Educational activities with children
		Evening	Local Twi language lesson before dinner at the host family.
		Morning Early	Breakfast before heading to school for light renovation work.
10	Tuesday	Afternoon	• Lunch at the school
		Afternoon	Educational activities with children
		Evening Morning	<ul> <li>Twi Language class followed by dinner and a movie night.</li> <li>Breakfast before heading to school for light renovation work.</li> </ul>
		Early Afternoon	• Lunch at school
11	Wednesday	Afternoon	Educational activities with children
		Late Afternoon	• Cooking class
		Evening	• Dinner and games
		Morning	Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at the school
12	Thursday	Afternoon	<ul><li>Hygiene games with children</li><li>African Drumming and Dancing lesson</li></ul>
		Evening	Dinner at host family
		Morning	Breakfast before heading to school to finish renovation work.
	edda	Early Afternoon	• Lunch at school
13	Friday	Afternoon	Hygiene games with children
		Evening	Farewell dinner at local restaurant
14	Saturday	All day	Trip to Boti Waterfalls and Umbrella Rock. Have a picnic and go hiking.  Travel to Sajuna Beach Club for games and swimming.
15	Sunday	All day	Take a boat ride on Volta Lake.
	Manday	Morning Early	Breakfast before heading to a local school for light renovation work.
16		Afternoon Afternoon	• Lunch at the school     • Educational activities with children
10	Monday	Late Afternoon	Twi Language lesson
		Evening	Dinner & movie night
		Morning	Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch
17	Tuesday	Afternoon	Educational activities with children
		Evening	Cooking lesson before dinner and games night
	Wednesday	Morning	Breakfast before heading to a local school for light renovation work.
18		Early Afternoon	• Lunch at school
		Afternoon	Care activities with the children
		Evening Morning	<ul> <li>Dinner, followed by a quiz night.</li> <li>Breakfast, followed by educational activities with children.</li> </ul>
		Early	Lunch at the school
19	Thursday	Afternoon Afternoon	Care activities with the children
פו		Late Afternoon	Walk around the community
		Evening	Dinner with host family
20	Friday	Morning	Breakfast before heading to school to finish renovation work.
		Early Afternoon	• Lunch at school
		Afternoon	Drumming and dance lesson
		Evening	• Dinner at host family
21	Saturday	All day	Visit the chief's palace in Kumasi and go swimming at a pool.
21	Saturday Sunday	All day	Visit a local church. Have free time in the afternoon.
		All day  Morning  Early	Visit a local church. Have free time in the afternoon.  • Breakfast before heading to school for light renovation work.
		All day  Morning	Visit a local church. Have free time in the afternoon.

	2	Monday	Morning	Breakfast, followed by local area orient
			Afternoon	<ul> <li>Welcome lunch at a local restaurant, and change money and set up local phones</li> <li>Cultural induction and childcare works</li> </ul>
			Evening	• Dinner & games
	3	Tuesday	Morning	Breakfast, followed by an orientation a Start doing renovation work.
			Early Afternoon	• Lunch
			Afternoon	Educational activities with the childre
			Evening	Local Twi language lesson before dini
			Morning	Breakfast before heading to a local so
			Facly	

• Breakfast before heading to school for light renovation work. Lunch at the school

• Ice cream and walk before dinner at the host family.

Morning

Early Afternoon

Afternoon

Early Afternoon

Afternoon

Late Afternoon

Morning

Early Afternoon

Afternoon

Morning

Early Afternoon

Afternoon

All day

• Cooking class

• Dinner and games

• Lunch at the school

• Visit local bead market

• Dinner with host family

• Lunch at school

• Hygiene games with children

• Hygiene games with children

• Farewell dinner at local restaurant

• Breakfast before heading to school to finish renovation work.

Tuesday

Wednesday

Thursday

Friday

Saturday

• Educational activities with children • Dinner and games with host family • Breakfast before heading to school for light renovation work. • Lunch at the school

• Educational activities with children • Breakfast before heading to school for light renovation work.