



Example 2 Week Itinerary

Medicine and 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 projects.

DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Sunday	Depending on arrival time	<ul style="list-style-type: none">• Arrival in Cordoba, airport pick-up and transfer to host family.• Depending on your date and time of arrival, you may go out in the afternoon to the flea market.
2	Monday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 11:00	<ul style="list-style-type: none">• Orientation day. Office and downtown. At the office the Projects Abroad staff will be introduced and will explain the schedules and rules.• Lunch at a local restaurant.• City Tour in a double deck tour bus in downtown Córdoba.
		12:00 - 13:00	
		13:45 - 16:00	
		16:00 - 17:00	<ul style="list-style-type: none">• Shopping downtown (toiletries, snacks, adapters, workbook, everything needed).• Rest of the afternoon off. Rest and Relax at home.• Dinner at host family.
		18:00 - 21:00	
		21:00 - 22:00	
3	Tuesday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast at the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activities. Volunteer will rotate between the following activities:<ul style="list-style-type: none">- Observation at a local hospital.- Workshop on good oral hygiene- Workshop on diabetes- Diabetes campaign- Office preparation on workshop of oral hygiene- First Aid Workshop- Outreach at Puente Solidario to help deliver food to parents who have their children hospitalized.
		13:30 – 14:20	<ul style="list-style-type: none">• Packed lunch at Projects Abroad office.• Introduction to Spanish teachers. Spanish test and lessons at Projects Abroad office.• Social Event: Tango lesson.• Rest and relax with the host family.• Dinner at host family.
		14:30 – 17:00	
4	Wednesday	17:00 – 19:00	
		20:00 - 21:00	
		21:00 - 22:00	
		07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		13:30 – 14:20	
		14:30 – 16:30	
5	Thursday	17:00 - 19:00	<ul style="list-style-type: none">• Medical activity: prepare materials and resources for outreaches.• Rest and relax at the host family.
		19:30 - 21:30	
		07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		13:30 – 14:20	
		14:30 – 16:30	
6	Friday	17:00 - 19:00	<ul style="list-style-type: none">• Rest and relax at the host family.• Social event: Walking tour downtown.
		19:30 - 21:30	
		07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		13:30 – 14:20	
		14:30 – 16:30	
7	Saturday	16:30 - 17:45	<ul style="list-style-type: none">• Snacks at Projects Abroad office.• Social event: football and card games.• Dinner at host family.
		18:30 - 19:30	
		20:30 – 21:30	
		09:30 – 10:00	<ul style="list-style-type: none">• Breakfast at the host family.
		10:00 - 11:00	<ul style="list-style-type: none">• Get together at the office for “Amazing Race Córdoba”. This is a contest that will help you get to know the city by completing various challenges with your group. You will compete against other volunteers.• “Amazing Race Córdoba”.• Lunch in a local Restaurant.• Continue with the “Amazing Race Córdoba”.
		11:00 - 13:00	
		13:00 - 15:00	
8	Sunday	15:00 - 17:00	<ul style="list-style-type: none">• Rest at home and dinner with the host family.
		18:00 - 22:00	
		09:00 – 09:30	<ul style="list-style-type: none">• Breakfast at the host family.
		10:00 - 18:30	<ul style="list-style-type: none">• Day trip to the countryside. On this day you will help make local food, and will have a traditional barbecue for lunch. You will relax outdoors with a beautiful landscape and have fun playing some games such as rack sack race, learn some local songs and why not, dance as well!• Back in Córdoba.
		18:30	
		19:30 – 21:00	
9	Monday		
		07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		13:30 – 14:30	
10	Tuesday	14:30 – 16:30	
		20:00 - 22:00	<ul style="list-style-type: none">• Rest and relax at the host family.
		07:00 - 07:30	<ul style="list-style-type: none">• Breakfast at the host family.• Observation at local hospital or clinic.
		09:00 – 12:30	<ul style="list-style-type: none">• Packed lunch at Projects Abroad office.• Community day: Garbage Challenge. TrashtagChallenge. Work as a team to reduce waste and help control pollution in a selected area. Pick up any waste that we find on the floor such as plastic bags or bottles, used papers, plastic wrappings and even organic waste that people leave behind. We will share the before and after snaps on social media using the hashtag #trashtag.
		13:00 – 14:20	
		14:30 – 19:30	
11	Wednesday	20:00 – 22:00	<ul style="list-style-type: none">• Shower and rest at host family
		07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		09:00 – 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		13:00 – 14:30	
		14:30 – 16:30	
12	Thursday	17:00 – 22:00	<ul style="list-style-type: none">• Rest and Dinner at host family.
		07:00 - 07:30	<ul style="list-style-type: none">• Breakfast at the host family.• Medical activity.
		09:00 – 12:30	<ul style="list-style-type: none">• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		13:00 – 14:30	
		14:30 – 16:30	
13	Friday	17:30 – 20:00	<ul style="list-style-type: none">• Social event: Movie + popcorn at Projects Abroad office• Dinner at host family.
		20:30 – 22:00	
		07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		13:30 – 14:20	
		14:30 – 16:30	
14	Saturday / Sunday	17:00 – 19:00	<ul style="list-style-type: none">• Rest• Solidarity Bridge: Feeding programme for families at Hospital de Niños.
		20:30 - 22:00	
			<ul style="list-style-type: none">• Transfer to Cordoba airport to catch flight. Volunteers leaving late on Saturday or Sunday will go to Dinosaurio Mall or Paseo del Buen Pastor.



Example 4 Week Itinerary
Medicine and 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 projects.

DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Sunday	Depending on arrival time	<ul style="list-style-type: none">• Arrival in Cordoba, airport pick-up and transfer to host family.• Depending on your date and time of arrival, you may go out in the afternoon to the flea market.
2	Monday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 11:00	<ul style="list-style-type: none">• Orientation day. Office and downtown. At the office the Projects Abroad staff will be introduced and will explain the schedules and rules.• Lunch at a local restaurant.• City Tour in a double deck tour bus in downtown Córdoba.
		12:00 - 13:00	
		13:45 - 16:00	
3	Tuesday	16:00 - 17:00	<ul style="list-style-type: none">• Shopping downtown (toiletries, snacks, adapters, workbook, everything needed).• Rest of the afternoon off. Rest and Relax at home.• Dinner at host family.
		18:00 - 21:00	
		21:00 - 22:00	
3	Tuesday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast at the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activities. Volunteer will rotate between the following activities:<ul style="list-style-type: none">- Observation at a local hospital.- Workshop on good oral hygiene- Workshop on diabetes- Diabetes campaign- Office preparation on workshop of oral hygiene- First Aid Workshop- Outreach at Puente Solidario to help deliver food to parents who have their children hospitalized.
		13:30 - 14:20	<ul style="list-style-type: none">• Packed lunch at Projects Abroad office.• Introduction to Spanish teachers. Spanish test and lessons at Projects Abroad office.• Social Event: Tango lesson.• Rest and relax with the host family.• Dinner at host family.
		14:30 - 17:00	
4	Wednesday	17:00 - 19:00	
		20:00 - 21:00	
		21:00 - 22:00	
4	Wednesday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		13:30 - 14:20	
		14:30 - 16:30	
5	Thursday	17:00 - 19:00	<ul style="list-style-type: none">• Medical activity: prepare materials and resources for outreaches.• Rest and relax at the host family.
		19:30 - 21:30	
5	Thursday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		13:30 - 14:20	
		14:30 - 16:30	
6	Friday	17:00 - 19:00	<ul style="list-style-type: none">• Rest and relax at the host family.• Social event: Walking tour downtown.
		19:30 - 21:30	
6	Friday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		13:30 - 14:20	
		14:30 - 16:30	
7	Saturday	16:30 - 17:45	<ul style="list-style-type: none">• Snacks at Projects Abroad office.• Social event: football and card games.• Dinner at host family.
		18:30 - 19:30	
		20:30 - 21:30	
7	Saturday	09:30 - 10:00	<ul style="list-style-type: none">• Breakfast at the host family.
		10:00 - 11:00	<ul style="list-style-type: none">• Get together at the office for “Amazing Race Córdoba”. This is a contest that will help you get to know the city by completing various challenges with your group. You will compete against other volunteers.• “Amazing Race Córdoba”.• Lunch in a local Restaurant.• Continue with the “Amazing Race Córdoba”.
		11:00 - 13:00	
		13:00 - 15:00	
8	Sunday	15:00 - 17:00	
		18:00 - 22:00	<ul style="list-style-type: none">• Rest at home and dinner with the host family.
8	Sunday	09:00 - 09:30	<ul style="list-style-type: none">• Breakfast at the host family.
		10:00 - 18:30	<ul style="list-style-type: none">• Day trip to the countryside. On this day you will help make local food, and will have a traditional barbecue for lunch. You will relax outdoors with a beautiful landscape and have fun playing some games such as rack sack race, learn some local songs and why not, dance as well!• Back in Córdoba.
		18:30	
		19:30 - 21:00	
9	Monday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		13:30 - 14:30	
		14:30 - 16:30	
10	Tuesday	20:00 - 22:00	<ul style="list-style-type: none">• Rest and relax at the host family.
10	Tuesday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast at the host family.• Observation at local hospital or clinic.
		09:00 - 12:30	
11	Wednesday	13:00 - 14:20	<ul style="list-style-type: none">• Packed lunch at Projects Abroad office.• Community day: Garbage Challenge. TrashtagChallenge. Work as a team to reduce waste and help control pollution in a selected area. Pick up any waste that we find on the floor such as plastic bags or bottles, used papers, plastic wrappings and even organic waste that people leave behind. We will share the before and after snaps on social media using the hashtag #trashtag.
		14:30 - 19:30	
		20:00 - 22:00	<ul style="list-style-type: none">• Shower and rest at host family
11	Wednesday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		09:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		13:00 - 14:30	
		14:30 - 16:30	
12	Thursday	17:00 - 22:00	<ul style="list-style-type: none">• Rest and Dinner at host family.
12	Thursday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast at the host family.• Medical activity.
		09:00 - 12:30	
13	Friday	13:00 - 14:30	<ul style="list-style-type: none">• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		14:30 - 16:30	
13	Friday	17:30 - 20:00	<ul style="list-style-type: none">• Social event: Movie + popcorn at Projects Abroad office• Dinner at host family.
		20:30 - 22:00	
14	Saturday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		09:30 - 10:00	<ul style="list-style-type: none">• Breakfast at the host family.• Day trip to Alta Gracia, including:<ul style="list-style-type: none">12:00 - 13:00: Visit the Estancia Jesuítica Museum13:30 - 15:00: Lunch at local restaurant15:00 - 16:00 Visit the Che Guevara Museum
		10:00 - 17:00	
		20:30 - 21:30	
15	Sunday		
		08:00 - 08:30	<ul style="list-style-type: none">• Breakfast at the host family.
		09:00 - 19:00	<ul style="list-style-type: none">• Day trip to Villa General Belgrano, a town located in the province of Córdoba. This community is the result of a mixture of different immigrant and native cultures, with a strong German presence.
		20:00 - 21:00	
16	Monday	21:00 - 22:00	
16	Monday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.• Medical activity: prepare materials and resources for outreaches.
		13:30 - 14:30	
		14:30 - 16:30	
17	Tuesday	17:00 - 18:30	
		20:30 - 21:30	<ul style="list-style-type: none">• Dinner at host family.
17	Tuesday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.• Social event: Folklore dance class
		13:00 - 14:30	
		14:30 - 16:30	
18	Wednesday	17:00 - 18:30	
		20:30 - 22:00	<ul style="list-style-type: none">• Solidarity Bridge: Feeding program for families at Hospital de Niños.
18	Wednesday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		09:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.• Medical activity: first aid workshop at Projects Abroad office
		13:00 - 14:30	
		14:30 - 16:30	
19	Thursday	16:30 - 19:00	
		20:00 - 21:30	<ul style="list-style-type: none">• Rest and relax at the host family.
19	Thursday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		09:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		13:00 - 14:30	
		14:30 - 16:30	
20	Friday	17:30 - 19:00	<ul style="list-style-type: none">• Social event: Quiz and drink traditional mate tea at the office.
20	Friday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		13:30 - 14:20	
		14:30 - 16:30	
21	Saturday	17:00 - 18:30	<ul style="list-style-type: none">• Rest.• Solidarity Bridge: Feeding programme for families at Hospital de Niños.
		20:30 - 22:00	
21	Saturday	08:30 - 09:00	<ul style="list-style-type: none">• Breakfast at the host family.
		10:00 - 17:00	<ul style="list-style-type: none">• Day trip to La Falda, a town located in the province of Córdoba. This little city is perfect to get in contact with nature as it has a lot of beautiful natural landscapes.• Travel back to Córdoba.
		17:30 - 18:30	
		18:30 - 20:00	
22	Sunday	20:30 - 21:30	<ul style="list-style-type: none">• Showers & rest at host family.• Dinner at host family.
22	Sunday	14:30 - 19:00	<ul style="list-style-type: none">• Flea market + tea afternoon in the city of Córdoba. The Córdoba Flea Market has a lot of handmade crafts produced by local artisans. There you can buy souvenirs to take back home.
		19:30 - 21:30	
			<ul style="list-style-type: none">• Rest and relax at the host family.
23	Monday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.• Showers & rest at host family.
		13:30 - 14:30	
		14:30 - 16:30	
24	Tuesday	17:00 - 19:00	
		20:00 - 22:00	<ul style="list-style-type: none">• Dinner with host family.
24	Tuesday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		9:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.• Social event: bowling and shopping mall.
		13:00 - 14:30	
		14:30 - 16:30	
25	Wednesday	16:30 - 20:30	
		20:30 - 21:30	<ul style="list-style-type: none">• Rest and relax at the host family.
25	Wednesday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		09:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.
		13:00 - 14:30	
		14:30 - 16:30	
26	Thursday	17:00 - 20:00	<ul style="list-style-type: none">• Cooking lesson (empanadas) at Projects Abroad office.
26	Thursday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		09:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.• Showers & rest at host family.
		13:00 - 14:30	
		14:30 - 16:30	
27	Friday	17:00 - 19:30	
		20:00 - 22:00	<ul style="list-style-type: none">• Social event: BBQ at local restaurant.
27	Friday	07:00 - 07:30	<ul style="list-style-type: none">• Breakfast with the host family.
		09:00 - 12:30	<ul style="list-style-type: none">• Medical activity.• Packed lunch at Projects Abroad office.• Spanish lessons at Projects Abroad office.• Showers & rest at host family.
		13:00 - 14:30	
		14:30 - 16:30	
28-29	Saturday / Sunday	17:00 - 18:30	
		19:00 - 22:00	<ul style="list-style-type: none">• Social event: farewell karaoke & pizza party at Projects Abroad office.
28-29	Saturday / Sunday	07:00 - 07:30	<ul style="list-style-type: none">• Transfer to Cordoba airport to catch flight. Volunteers leaving late on Saturday or Sunday will go to Dinosaurio Mall or Paseo del Buen Pastor.
		09:00 - 12:30	
		13:00 - 14:30	
		14:30 - 16:30	