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.

<table>
<thead>
<tr>
<th>DAY NO.</th>
<th>WEEKDAY</th>
<th>TIME</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>All day</td>
<td>Arrivals and transfer to hotel to spend the night</td>
</tr>
</tbody>
</table>
| 2       | Monday  | Morning | • Breakfast at accommodation  
|         |         |         | • Pick up  
|         |         |         | • Welcome to Projects Abroad Mexico and induction information at the accommodation  
|         |         |         | • Workshop: Mexican Culture  
|         |         |         | • Tour to the Historic Centre  
|         |         | Afternoon | • Lunch out  
|         |         |         | • Workshop: Spanish lesson  
|         |         | Evening | • Dinner at accommodation |
| 3       | Tuesday | Morning | • Breakfast at accommodation  
|         |         |         | • 1st Hospital visit: Shadowing an intern around the different areas of Hospital General de Zapopan  
|         |         |         | • Lunch out  
|         |         |         | • 2nd Workshop: How to do medical outreach/general check-ups? By Christian Anaya MD (Medical staff coordinator) |
|         |         | Afternoon | • Dinner at accommodation  
|         |         |         | • Social - Salsa Night  
|         |         | Evening | • Dinner at accommodation |
| 4       | Wednesday | Morning | • Breakfast at accommodation  
|         |         |         | • Workshop: Lifestyle diseases  
|         |         | Afternoon | • Medical Outreach  
|         |         | Evening | • Dinner at accommodation |
| 5       | Thursday | Morning | • Breakfast at accommodation  
|         |         |         | • Hospital Visit: Shadowing an intern around the different areas of Hospital General de Zapopan  
|         |         |         | • Lunch at accommodation  
|         |         |         | • Workshop: Non-communicable diseases in Mexico  
|         |         | Afternoon | • Dinner at accommodation |
| 6       | Friday  | Morning | • Breakfast at accommodation  
|         |         |         | • Departure for weekend out in the beach: Melaque  
|         |         | Afternoon | • Lunch at Melaque  
|         |         | Evening | • Dinner out |
| 7       | Saturday | All day | Day OFF at MELAQUE, spent all day at the beach, swimming, boat ride |
| 8       | Sunday  | All day | Return to Guadalajara |
| 9       | Monday  | Morning | • Breakfast at accommodation  
|         |         |         | • Workshop: Stitching and how to draw blood  
|         |         |         | • Lunch at accommodation  
|         |         |         | • Tlaquepaque tour  
|         |         | Evening | • Dinner at Tlaquepaque |
| 10      | Tuesday | Morning | • Breakfast at accommodation  
|         |         |         | • Cultural activity: Visit to Cabañas Museum  
|         |         | Afternoon | • Lunch on site  
|         |         |         | • Community outreach activity: Helping a centre with maintenance, renovation and painting  
|         |         | Evening | • Dinner at accommodation |
| 11      | Wednesday | Morning | • Breakfast at accommodation  
|         |         |         | • Workshop: Nutrition in Mexico  
|         |         | Afternoon | • Lunch at accommodation  
|         |         |         | • Outreach & Medical Campaign  
|         |         | Evening | • Dinner at accommodation |
| 12      | Thursday | Morning | • Breakfast at accommodation  
|         |         |         | • Medical Outreach  
|         |         | Afternoon | • Lunch on the site and continue with Outreach  
|         |         | Evening | • Dinner at accommodation |
| 13      | Friday  | Morning | • Breakfast at accommodation  
|         |         |         | • Day IN CHAPALA – Tour around the lake  
|         |         | Afternoon | • Lunch on site  
|         |         |         | • Return to Guadalajara  
|         |         | Evening | • Farewell Dinner |
| 14      | Saturday | All day | Departures |