

ARRIVAL DAY, OUTREACH PROJECTS & NUMBER OF INTERNS

REGULAR 2-WEEK INTERNSHIP

CAMBODIA

[Medical Sample Itinerary](#)

[Veterinary Sample Itinerary](#)

DOMINICAN REPUBLIC

[Medical Sample Itinerary](#)

[Dental Sample Itinerary](#)

GUATEMALA

[Medical Sample Itinerary](#)

[Dental Sample Itinerary](#)

[Veterinary Sample Itinerary](#)

[Global Health Sample Itinerary](#)

MEXICO

[Medical Sample Itinerary](#)

PANAMA

[Medical Sample Itinerary](#)

PERU

[Medical Sample Itinerary](#)

[Dental Sample Itinerary](#)

[Veterinary Sample Itinerary](#)

VIETNAM

[Medical Sample Itinerary](#)

[Dental Sample Itinerary](#)

UZBEKISTAN

[Medical Sample Itinerary](#)

SHORT 1-WEEK INTERNSHIP

[Guatemala](#)

[Medical Sample Itinerary](#)

[Panamá](#)

[Medical Sample Itinerary](#)

[Perú](#)

[Medical Sample Itinerary](#)

[MEXICO](#)

[Medical Sample Itinerary](#)

Please notice that this is a referential schedule only.

3-4 weeks prior your trip teams will receive their own in-country itinerary.

ARRIVAL DAY, OUTREACH PROJECTS & NUMBER OF INTERNS

Country	Outreach projects	Arrival day	Minimum # of interns	Maximum # of interns
Cambodia Temporarily Closed for Medical	Medical Veterinary	Tuesday USA departure: Sunday or Monday	M - 15 V - 10	M - 20 V - 20
Dominican Republic	Medical Dental	Tuesday USA departure: Monday or Tuesday	M - 15 D - 10	M - 25 D - 15
Guatemala	Medical Dental Veterinary Global Health	Thursday USA departure: Wednesday or Thursday	M - 15 D - 10 V - 10 GH - 10	M - 25 D - 15 V - 20 GH - 20
Mexico	Medical	Thursday or Saturday USA departure: Saturday or Thursday	M - 5	M - 25
Panama	Medical	Thursday USA departure: Wednesday or Thursday	M - 15	M - 22
Peru	Medical Dental Veterinary	Tuesday USA departure: Monday	M - 15 D - 10 V - 10	M - 25 D - 15 V - 20
Uzbekistan	Medical	Tuesday USA departure: Sunday or Monday	M - 5	M - 15
Vietnam	Medical Dental	Tuesday USA departure: Sunday or Monday	M - 15 D - 10	M - 25 D - 15
Note: Spring Trips have a Saturday arrival in Guatemala, Panamá and Perú.				

Please notice that this is a referential schedule only.

3-4 weeks prior your trip teams will receive their own in-country itinerary.

REGULAR 2-WEEK INTERNSHIP

CAMBODIA Medical Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Day 1	Day 2	Day 3	Day 4	Day 5
US Departure		REP Arrival *Brief Intro *Acclimation (Jetlag)	*Welcome & Cultural Orientation *Language Intro Class *TownTour	*Cross Cultural EDay Prep *Medical Orientation *Vitals Practice	Medical Clinic Day 1	Medical Clinic Day 2
Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Cultural Exchange Day	Medical Clinic Day 3	Medical Clinic Day 4	Medical Clinic Day 5	Medical Clinic Day 6	*Cross Cultural EDay *Final Meeting	Cultural Exchange Day
Day 13	Day 14	Day 15				
Cultural Exchange Day	Cultural Exchange Day	REP Departure	US Arrival			

Veterinary Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Day 1	Day 2	Day 3	Day 4	Day 5
US Departure		REP Arrival *Brief Intro *Acclimation (Jetlag)	*Welcome & Cultural Orientation *Language Intro Class *TownTour	*Veterinary Orientation *Vitals Practice *Cross Cultural EDay Prep	Veterinary Clinic Day 1	Veterinary Clinic Day 2
Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Cultural Exchange Day	Veterinary Clinic Day 3	Veterinary Clinic Day 4	Veterinary Clinic Day 5	*Elephant Sanctuary	*Cross Cultural EDay *Final Meeting	Cultural Exchange Day
Day 13	Day 14	Day 15				
Cultural Exchange Day	Cultural Exchange Day	REP Departure	US Arrival			

Please notice that this is a referential schedule only.
3-4 weeks prior your trip teams will receive their own in-country itinerary.

DOMINICAN REPUBLIC

Medical Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Day 1	Day 2	Day 3	Day 4	Day 5
		US Departure DR Arrival *Welcome & Cultural Orientation Day	*Language Intro Class *Nomad Tours Presentation *Town Tour *Cross Cultural EDay Preparation	*Medical Orientation *Vitals Practice *Suture Class	Medical Clinic Day 1	Medical Clinic Day 2
Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Cultural Exchange Day	Medical Clinic Day 3	Medical Clinic Day 4	Medical Clinic Day 5	Medical Clinic Day 6	*Cross Cultural EDay *Final Meeting	Cultural Exchange Day
Day 13	Day 14	Day 15				
Cultural Exchange Day	Cultural Exchange Day	DR Departure US Arrival				

Dental Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Day 1	Day 2	Day 3	Day 4	Day 5
		US Departure DR Arrival *Welcome & Cultural Orientation Day	*Language Intro Class *Nomad Tours Presentation *Town Tour *Cross Cultural EDay Preparation	*Dental Orientation *Vitals Practice *Clinic Set Up *Suture Class	Dental Clinic Day 1	Dental Clinic Day 2
Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Cultural Exchange Day	Dental Clinic Day 3	Dental Clinic Day 4	Dental Clinic Day 5	Dental Clinic Day 6	*Cross Cultural EDay *Final Meeting	Cultural Exchange Day
Day 13	Day 14	Day 15				
Cultural Exchange Day	Cultural Exchange Day	DR Departure US Arrival				

Please notice that this is a referential schedule only. 3-4 weeks prior to your trip teams will receive their own in-country itinerary.

Please notice that this is a referential schedule only.
 3-4 weeks prior your trip teams will receive their own in-country itinerary.

GUATEMALA

Medical Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Day 1	Day 2	Day 3
				US Departure GUA Airport Arrival *Welcome & Cultural Orientation Day	*Travel to San Pedro Site *Language Intro Class *Town Tour *Cross Cultural EDay Preparation	*Medical Orientation *Vitals Practice
Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Cultural Exchange Day	Medical Clinic Day 1	Medical Clinic Day 2	Medical Clinic Day 3	Medical Clinic Day 4	Medical Clinic Day 5	Medical Clinic Day 6
Day 11	Day 12	Day 13	Day 14	Day 15		
Cultural Exchange Day	*Cross Cultural EDay *Final Meeting	Cultural Exchange Day	Cultural Exchange Day	GUA Departure *Travel from San Pedro to the Airport US Arrival		

Dental Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Day 1	Day 2	Day 3
				US Departure GUA Airport Arrival *Welcome & Cultural Orientation Day	*Travel to San Pedro Site *Language Intro Class *Town Tour *Cross Cultural EDay Preparation	*Dental Orientation *Vitals Practice
Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Cultural Exchange Day	Dental Clinic Day 1	Dental Clinic Day 2	Dental Clinic Day 3	Dental Clinic Day 4	Dental Clinic Day 5	Dental Clinic Day 6
Day 11	Day 12	Day 13	Day 14	Day 15		
Cultural Exchange Day	*Cross Cultural EDay *Final Meeting	Cultural Exchange Day	Cultural Exchange Day	GUA Departure *Travel from San Pedro to the Airport		

Please notice that this is a referential schedule only.

3-4 weeks prior your trip teams will receive their own in-country itinerary.

				US Arrival		
--	--	--	--	------------	--	--

Veterinary Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Day 1	Day 2	Day 3	Day 4	Day 5
				US Departure GUA Airport Arrival *Welcome & Cultural Orientation Day	*Travel to San Pedro Site *Language Intro Class *Town Tour *Cross Cultural EDay Preparation	*Veterinary Orientation *Vitals Practice
Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Cultural Exchange Day	Vet Clinic 1	Vet Clinic 2	Vet Clinic 3	Vet Clinic 4	Vet Clinic 5	Vet Clinic 6
Day 13	Day 14	Day 15				
Cultural Exchange Day	*Cross Cultural EDay *Final Meeting	Cultural Exchange Day	Cultural Exchange Day	GUA Departure *Travel from San Pedro to the Airport US Arrival		

Global Health Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Day 1	Day 2	Day 3
				US Departure GUA Airport Arrival *Welcome & Cultural Orientation Day	*Travel to San Pedro Site *Language Intro Class *Town Tour *Cross Cultural EDay Preparation	*Project Orientation
Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Cultural Exchange Day	Project Day 1	Project Day 2	Project Day 3	Project Day 4	Project Day 5	Project Day 6
Day 11	Day 12	Day 13	Day 14	Day 15		

Please notice that this is a referential schedule only.

3-4 weeks prior your trip teams will receive their own in-country itinerary.

Cultural Exchange Day	*Cross Cultural EDay *Final Meeting	Cultural Exchange Day	Cultural Exchange Day	GUA Departure *Travel from San Pedro to the Airport US Arrival		
-----------------------	--	-----------------------	-----------------------	--	--	--

MEXICO

Medical Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Day 1	Day 2	Day 3
				Oaxaca Airport Arrival *Welcome & Cultural Orientation Day	*Language Intro Class *Town Tour *Cross Cultural EDay Preparation	*Medical Orientation *Vitals Practice
Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Cultural Exchange Day	Medical Clinic Day 1	Medical Clinic Day 2	Medical Clinic Day 3	Medical Clinic Day 4	Medical Clinic Day 5	Medical Clinic Day 6
Day 11	Day 12	Day 13	Day 14	Day 15		
Cultural Exchange Day	*Cross Cultural EDay *Final Meeting	Cultural Exchange Day	Cultural Exchange Day	Airport Departure		

Please notice that this is a referential schedule only.
3-4 weeks prior your trip teams will receive their own in-country itinerary.

PANAMA

Medical Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Day 1	Day 2
				DAV Arrival *Brief Intro *Language Intro Class	*Welcome & Cultural Orientation *Town Tour *Cross Cultural EDay Preparation	*Medical Orientation *Vitals Practice
Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
Cultural Exchange Day	Medical Clinic Day 1	Medical Clinic Day 2	Medical Clinic Day 3	Medical Clinic Day 4	Medical Clinic Day 5	Medical Clinic Day 6
Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	
Cultural Exchange Day	*Cross Cultural E Day *Final Meeting	Cultural Exchange Day	Cultural Exchange Day	DAV Departure		

Please notice that this is a referential schedule only.

3-4 weeks prior your trip teams will receive their own in-country itinerary.

PERU

Medical Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Day 1	Day 2	Day 3	Day 4	Day 5
	US Departure	CUZ Arrival *Acclimation	*Welcome & Cultural Orientation Day *Language Intro Class *Town Tour	*Medical Orientation *Vitals Practice *Cross Cultural EDay Prep	Medical Clinic Day 1	Medical Clinic Day 2
Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Cultural Exchange Day	Medical Clinic Day 3	Medical Clinic Day 4	Medical Clinic Day 5	Medical Clinic Day 6	*Cross Cultural EDay *Final Meeting	Cultural Exchange Day (Sacred Valley*)
Day 13	Day 14	Day 15				
Cultural Exchange Day (Machu Picchu*)	Cultural Exchange Day	CUZ Departure	US Arrival			*optional activity, cost not included in program fees

Dental Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Day 1	Day 2	Day 3	Day 4	Day 5
	US Departure	CUZ Arrival *Acclimation	*Welcome & Cultural Orientation Day *Language Intro Class *Town Tour	*Dental Orientation *Vitals Practice *Clinic Set Up *Cross Cultural EDay Prep	Dental Clinic Day 1	Dental Clinic Day 2
Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Cultural Exchange Day	Dental Clinic Day 3	Dental Clinic Day 4	Dental Clinic Day 5	Dental Clinic Day 6	*Cross Cultural EDay *Final Meeting	Cultural Exchange Day (Sacred Valley*)
Day 13	Day 14	Day 15				
Cultural Exchange Day (Machu Picchu*)	Cultural Exchange Day	CUZ Departure	US Arrival			*optional activity, cost not included in program fees

Please notice that this is a referential schedule only.

3-4 weeks prior your trip teams will receive their own in-country itinerary.

Veterinary Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Day 1	Day 2	Day 3	Day 4	Day 5
	US Departure	CUZ Arrival *Acclimation	*Welcome & Cultural Orientation Day *Language Intro Class *Town Tour	*Veterinary Orientation *Vitals Practice *Clinic Set Up *Cross Cultural EDay Prep	Sanctuary Cochahuasi Visit Day 1	Sanctuary Cochahuasi Visit Day 2
Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Cultural Exchange Day	Community Vet Clinic Day 3	Community Vet Clinic Day 4	Community Vet Clinic Day 5	Community Vet Clinic Day 6	*Cross Cultural EDay *Final Meeting	Cultural Exchange Day (Sacred Valley*)
Day 13	Day 14	Day 15				
Cultural Exchange Day (Machu Picchu*)	Cultural Exchange Day	CUZ Departure	US Arrival			<i>*optional activity, cost not included in program fees</i>

Please notice that this is a referential schedule only.

3-4 weeks prior your trip teams will receive their own in-country itinerary.

VIETNAM

Medical Sample Itinerary

- Regular Trip

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	Arrival	Dresscode: Free	Dresscode: Formal	Dresscode: Scrubs	Dresscode: Scrubs	Cultural Exchange Day
		10am: Welcome Orientation	8.30am: Hospital tour	6.30: Depart to the Community	6.30: Depart to the Community	
		11.30pm: Lunch		7.30am - 11.30am: Clinic Day 1	7.30am - 11.30am: Clinic Day 2	
		1.45pm: Language Class	11.00am: Lunch	12pm: Lunch	12pm: Lunch	
		4pm: Town Tour	2pm: Medical Orientation and Vital Practices	2pm - 4pm: Clinic Day 1	2pm - 4pm: Clinic Day 2	
		5pm: Dinner	5pm: Dinner	5pm: Dinner	5pm: Dinner	
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13
Dresscode: Scrubs	Dresscode: Scrubs	Dresscode: Scrubs	Dresscode: Scrubs	Dresscode: VAW Global T-shirt	Cultural Exchange Days	
6.30: Depart to the Community	6.30: Depart to the Community	6.30: Depart to the Community	6.30: Depart to the Community	6.30: Depart to school		
7.30am - 11.30am: Clinic Day 3	7.30am - 11.30am: Clinic day 4	7.30am - 11.30am: Clinic day 5	7.30am - 11.30am: Clinic day 6	7.30am: Education Day		
12pm: Lunch	12pm: Lunch	12pm: Lunch	12pm: Lunch	12pm: Lunch		
2pm - 4pm: Clinic Day 3	2pm - 4pm: Clinic Day 4	2pm - 4pm: Clinic Day 5	2pm - 4pm: Clinic Day 6	2pm: Final meeting		
5pm: Dinner	5pm: Dinner	5pm: Dinner	5pm: Dinner	5pm: Dinner		
Day 14	Day 15					
Cultural Exchange Day	Departure					

Dental Sample Itinerary

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	Arrival	<i>Dresscode: Free</i>	<i>Dresscode: Formal</i>	<i>Dresscode: Scrubs</i>	<i>Dresscode: Scrubs</i>	Cultural Exchange Day
		10am: Welcome Orientation	8.30am: Hospital tour and Dental Orientation	7.30am - 10.30am: Clinic Day 1	7.30am - 10.30am: Clinic Day 2	
		11.30pm: Lunch				
		1.45pm: Language Class	11.00am: Lunch	12pm: Lunch	12pm: Lunch	
		4pm: Town Tour	2pm: Cultural Exchange with CTUMP students	2pm - 4.30pm: Clinic Day 1	2pm - 4.30pm: Clinic Day 2	
	5pm: Dinner	5pm: Dinner	5pm: Dinner	5pm: Dinner		
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13
<i>Dresscode: Scrubs</i>	<i>Dresscode: Scrubs</i>	<i>Dresscode: Scrubs</i>	<i>Dresscode: Scrubs</i>	<i>Dresscode: VAW Global T-shirt</i>	Cultural Exchange Days	
7.30am - 10.30am: Clinic Day 3	7.30am - 10.30am: Clinic Day 4	7.30am - 10.30am: Clinic Day 5	7.30am - 10.30am: Clinic Day 6	6.30: Depart to school		
12pm: Lunch	12pm: Lunch	12pm: Lunch	12pm: Lunch	7.30am: Education Day		
2pm - 4.30pm: Clinic Day 3	2pm - 4.30pm: Clinic Day 4	2pm - 4.30pm: Clinic Day 5	2pm - 4.30pm: Clinic Day 6	12pm: Lunch		
2pm - 4.30pm: Clinic Day 3	2pm - 4.30pm: Clinic Day 4	2pm - 4.30pm: Clinic Day 5	2pm - 4.30pm: Clinic Day 6	2pm: Final meeting		
5pm: Dinner	5pm: Dinner	5pm: Dinner	5pm: Dinner	5pm: Dinner		
Day 14	Day 15					
Cultural Exchange Day	Departure					

Please notice that this is a referential schedule only.

3-4 weeks prior your trip teams will receive their own in-country itinerary.

UZBEKISTAN

Medical Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Day 1	Day 2	Day 3	Day 4	Day 5
US Departure		TAS Airport Arrival *Acclimation (Jetlag)	*Welcome & Cultural Orientation *Language Intro Class *TownTour	*Medical Orientation *Vitals Practice *ED Day Prep	Local Clinic 1	Local Clinic 2
Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Cultural Exchange Day	Local Clinic 3	Outreach Rural Clinic 4	Outreach Rural Clinic 5	Outreach Rural Clinic 6	*Cross Cultural EDay *Final Meeting	Cultural Exchange Day
Day 13	Day 14	Day 15				
Cultural Exchange Day	Cultural Exchange Day	TAS Airport Departure	US Arrival			

Please notice that this is a referential schedule only.

3-4 weeks prior your trip teams will receive their own in-country itinerary.

SHORT 1-WEEK INTERNSHIP

Guatemala Medical Sample Itinerary

**Saturday arrival for Spring Break!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Day 1
						US Departure GUA Airport Arrival *Welcome & Cultural Orientation Day
Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Ride to San Pedro Town Tour Cross Cultural EDay Prep	Clinic 1	Clinic 2	Clinic 3	* Cross Cultural EDay * Final Meeting	Cultural Exchange Day	Ride from San Pedro Depart GUA Arrive USA

Panamá Medical Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Day 1
						DAV Arrival *Brief Intro *TownTour *Acclimation
Day 32	Day 3	Day 4	Day 5	Day 6	Day 7	Day 7
Cultural Exchange Day	*Welcome & Cultural Orientation *Cross Cultural EDay	*Medical Orientation *Vitals Practice	Clinic Day 1	Clinic Day 2	Clinic Day 3 *Final Meeting	DAV Departure

Please notice that this is a referential schedule only.
3-4 weeks prior your trip teams will receive their own in-country itinerary.

Perú

Medical Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar 5	Mar 6	Mar 7	Mar 8	Mar 9	Mar 10	Mar 11
						CUZ Airport arrival Altitude Acclimation (rest at Host Family)
Mar 12	Mar 13	Mar 14	Mar 15	Mar 16	Mar 17	Mar 18
Welcome & Cultural Orientation Cross Cultural EDay Prep DownTown Tour	Cross Cultural EDay Clinic Orientation Vitals Practice	Clinic Day 1	Clinic Day 2	Clinic Day 3 Final Meeting	Cultural Exchange Day (Machu Picchu)	CUZ Airport departure

MEXICO

Medical Sample Itinerary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Day 1
						Oaxaca Airport Arrival *Welcome & Cultural Orientation Day
Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Cultural Exchange Day	*Language Intro Class *Town Tour *Cross Cultural EDay Preparation	*Medical Orientation *Vitals Practice	Medical Clinic Day 1	Medical Clinic Day 2	Medical Clinic Day 3	Airport Departure

Please notice that this is a referential schedule only.
3-4 weeks prior your trip teams will receive their own in-country itinerary.