

ケア&コミュニティinネパール

こちらに掲載されているスケジュールは参考例となります。実際のスケジュールとは異なる場合がありますのであらかじめご了承ください。

DAY	DAY	TIME	ACTIVITY	DAY	DAY	TIME	ACTIVITY				
1	Sun	ALL DAY	現地到着	14	Sat	全日	Pokhara観光（観光スポット巡り）				
2	Mon	7:30am – 8:30am	朝食	15	Sun	全日	Pokhara観光（ハイキングなど）				
		8:30am – 10:00am	オリエンテーション			16	Mon	8:00am – 3:00pm	カトマンズへ移動		
		11:00am – 1:00pm	ケアの活動先でインダクション					3:30pm – 7:00pm	休憩		
		1:00pm – 2:00pm	昼食					7:30pm – 8:30pm	夕食		
		2:00pm – 4:00pm	修繕活動開始					17	Tue	8:00am – 9:00am	朝食
		4:00pm – 7:30pm	カトマンズで買い物							10:00am – 1:00pm	修繕活動開始（別の場所）
		7:30pm – 8:30pm	夕食							1:00pm – 2:00pm	昼食
3	Tue	8:00am – 9:00am	朝食	2:00pm – 4:00pm	修繕活動						
		10:00am – 1:00pm	修繕活動	4:00pm – 6:30pm	休憩						
		1:00pm – 2:00pm	昼食	6:30pm – 8:30pm	夕食・クイズ大会						
		2:00pm – 4:00pm	修繕活動	18	Wed	8:00am – 9:00am	朝食				
		4:00pm – 6:00pm	休憩			10:00am – 1:00pm	修繕活動				
		6:30pm – 8:30pm	レストランで夕食			1:00pm – 2:00pm	昼食				
4	Wed	8:00am – 9:00am	朝食			2:00pm – 4:00pm	修繕活動				
		10:00am – 1:00pm	修繕活動			4:00pm – 5:30pm	休憩				
		1:00pm – 2:00pm	昼食			7:00pm – 8:30pm	夕食				
		2:00pm – 4:00pm	修繕活動	19	Thu	8:00am – 9:00am	朝食				
		4:00pm – 5:30pm	ローカルマーケット訪問			10:00am – 1:00pm	修繕活動				
		6:30pm – 8:30pm	夕食			1:00pm – 2:00pm	昼食				
		5	Thu			8:00am – 9:00am	朝食	2:00pm – 4:00pm	修繕活動		
10:00am – 1:00pm	修繕活動					4:00pm – 5:30pm	休憩				
1:00pm – 2:00pm	昼食					5:30pm – 7:00pm	夕食				
2:00pm – 4:00pm	修繕活動					20	Fri	8:00am – 9:00am	朝食		
4:00pm – 5:30pm	ネパール語レッスン			10:00am – 1:00pm	修繕活動						
6:30pm – 8:30pm	夕食			1:00pm – 2:00pm	昼食						
6	Fri	8:00am – 9:00am	朝食	2:00pm – 3:30pm	修繕活動						
		10:00am – 1:00pm	修繕活動	4:00pm – 6:00pm	休憩						
		1:00pm – 2:00pm	昼食	6:00pm – 7:30pm	夕食						
		2:00pm – 4:00pm	ヨガクラス	21	Sat	全日	カトマンズ観光・Nagarkot訪問				
		4:00pm – 5:30pm	学校でスポーツイベント	22	Sun	全日	Changu Narayan寺院訪問				
		6:30pm – 8:30pm	夕食	23	Mon	8:00am – 9:00am	朝食				
		7	Sat			全日	地元の子供たちと交流、ネパール料理教室	10:00am – 12:30pm	HIV/エイズ感染児の保護施設・栄養失調児		
全日	Chitwan国立公園へ向けて移動					12:30pm – 1:30pm	昼食				
全日	Chitwan国立公園観光（ジャングル探検、カヌー体験など）					1:30pm – 3:30pm	Boudhanath訪問				

10	Tue	7:00am – 8:00am	朝食	24	Tue	5:30pm – 6:30pm	休憩
		8:30am – 2:30pm	カトマンズへ移動			6:30pm – 8:00pm	夕食
		3:00pm – 7:30pm	休憩			8:00am – 9:00am	朝食
		7:30pm – 8:30pm	夕食			10:00am – 12:30pm	学校で教育的活動
		8:30pm – 9:30pm	翌日の活動の準備			1:00pm – 2:00pm	昼食
11	Wed	9:00am – 10:00am	朝食	25	Wed	2:30pm – 4:00pm	学校で教育的活動
		10:30am – 1:00pm	学校で教育的活動			4:00pm – 6:00pm	休憩
		1:00pm – 2:00pm	昼食			6:00pm – 8:00pm	夕食
		2:00pm – 5:30pm	モンキー寺院訪問			8:00am – 9:00am	朝食
		6:30pm – 8:00pm	歯科衛生指導の計画			10:00am – 12:30pm	学校で教育的活動
12	Thu	8:00pm – 9:00pm	夕食	26	Thu	1:00pm – 2:00pm	昼食
		8:00am – 9:00am	朝食			2:30pm – 4:00pm	学校で教育的活動
		10:00am – 12:30pm	学校で教育的活動			4:00pm – 6:00pm	休憩
		1:00pm – 2:00pm	昼食			6:00pm – 8:00pm	夕食
		2:00pm – 4:00pm	学校で教育的活動			8:00am – 9:00am	朝食
13	Fri	6:00pm – 8:00pm	レストランで夕食	27	Fri	10:00am – 12:30pm	学校で教育的活動
		8:00am – 9:00am	朝食			1:00pm – 2:00pm	昼食
		10:00am – 12:30pm	学校で教育的活動			2:30pm – 4:30pm	歯科衛生指導など実施
		1:00pm – 2:00pm	昼食			5:00pm – 6:00pm	休憩
		2:00pm – 4:00pm	学校で歯科衛生指導			6:00pm – 8:00pm	夕食
		4:30pm – 6:30pm	休憩・週末旅行に向けての準備			8:00am – 9:00am	朝食
		6:30pm – 8:30pm	夕食			10:30am – 12:00pm	ヨガクラス
						12:00pm – 1:00pm	昼食
						1:00pm – 5:00pm	歴史的建造物見学ツアー
						5:00pm – 6:00pm	荷造り
						6:00pm – 8:00pm	お別れ夕食会
				28	Sat	全日	帰国の途へ