高校生スペシャル タンザニアでチャイルドケア&地域奉仕活動 4週間

実際のスケジュールは当日の天候や参加人数によって調整されますので、参考としてご利用ください。

	曜日	時間	内容
1	日曜日	終日	
		7:00am - 8:00am	朝食
		9:00am - 11:00am	オリエンテーション
2	月曜日	11:00pm - 1:00pm	街案内・昼食
		2:00pm - 4:00pm	教育ワークショップ
		6:00pm - 7:00pm	夕食
3	火曜日	7:00am - 8:00am	 朝食
		8:00am - 12:30pm	
		12:30pm- 2:30pm	昼食
		3:00pm - 5:00pm	
		6:00pm - 7:00pm	夕食
4	水曜日	7:00am - 8:00am	朝食
		8:00am - 12:30pm	 子供たちと教育活動
			昼食
		12:30pm - 2:30pm	
		3:00pm - 5:00pm	スワヒリ語のレッスン
		6:00pm - 9:00pm	夕食・異文化体験: ドラム・ダンス教室
	木曜日	7:00am - 8:00am	朝食
		8:00am - 12:30pm	子供たちと教育活動
5		12:30pm - 2:30pm	昼食
		3:00pm - 4:30pm	 地域奉仕活動:施設の修繕
		6:00pm - 7:00pm	
	金曜日	7:00am - 8:00am	 朝食
		8:00am - 12:30pm	
6		12:30pm - 2:30pm	昼食
		3:00pm - 5:00pm	
		6:30pm - 8:00pm	夕食
7	土曜日	終日	サファリ観光
8	日曜日	終日	マウント・メル滝へ ハイキング
	月曜日	7:00am - 8:00am	朝食
		8:00am - 12:30pm	
9		12:30pm - 2:30pm	昼食
3		2:30pm - 5:00pm	 地域奉仕活動:施設の修繕
		5:30pm - 7:00pm	夕食
	火曜日	7:00am - 8:00am	朝食
			データ
10		8:00am - 12:30pm	
10		12:30pm - 2:30pm	昼食
		3:00pm - 5:00pm	地域奉仕活動:施設の修繕
		6:00pm - 7:00pm	夕食
	水曜日	7:00am - 8:00am	朝食
		8:00am - 12:30pm	子供たちと教育活動
11		12:30pm - 2:30pm	昼食
		3:00pm - 5:00pm	地域奉仕活動:施設の修繕
		6:00pm - 7:00pm	夕食
	木曜日	7:00am - 8:00am	朝食
12		8:00am - 12:30pm	子供たちと教育活動
12		12:30pm - 2:30pm	昼食
		3:00pm - 8:00pm	異文化体験:料理教室 夕食
	金曜日	7:00am - 8:00am	 朝食
		8:00am - 12:30pm	
		12:30pm - 2:30pm	昼食
13			ワークショップ:
		3:00pm - 5:00pm	マサイ文化
		7:00am - 8:00am	夕食
14	土曜日	7:00am - 8:00am 終日	夕食 モシの温泉へ

		7:00am - 8:00am	朝食
	月曜日	8:00am - 12:30pm	子供たちと教育活動
16		12:30pm - 2:30pm	昼食
		3:00pm - 5:00pm	地域奉仕活動:施設の修繕
17	火曜日	6:00pm - 7:00pm	夕食
		7:00am - 8:00am	朝食
		9:00am - 12:00pm	子供たちと教育活動
		12:30pm - 2:30pm	昼食
		3:00pm - 5:00pm	地域奉仕活動:施設の修繕
18	水曜日	6:00pm - 7:00pm	夕食
		7:00am - 8:00am	朝食
		8:00am - 12:30pm	子供たちと教育活動
		12:30pm - 2:30pm	昼食
		3:00pm - 5:00pm	地域奉仕活動:施設の修繕
	木曜日	6:00pm - 7:00pm	夕食・映画鑑賞
		7:00am -8:00am	朝食
		8:00am - 12:30pm	子供たちと教育活動
19		12:30pm - 2:30pm	昼食
		3:00pm - 5:00pm	地域奉仕活動:施設の修繕
	金曜日	6:00pm - 7:00pm	夕食
		7:00am - 8:00am	朝食
20		8:00am - 12:30pm	子供たちと教育活動
		12:30pm - 2:30pm	昼食
		3:00pm - 5:00pm	地域奉仕活動:施設の修繕
		6:00pm - 7:00pm	夕食
21	土曜日	終日	中学校でスポーツデイ
22	日曜日	終日	マーケットへ・周辺散策
		7:00am - 8:00am	朝食
		8:00am - 12:30pm	子供たちと教育活動
23	月曜日	8:00am - 12:30pm 12:30pm - 2:30pm	子供たちと教育活動 昼食
23	月曜日	8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm	子供たちと教育活動 昼食 地域奉仕活動:施設の修繕
23	月曜日	8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm	子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食
23	月曜日	8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am	子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食
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23	月曜日	8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm	子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動 昼食
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		8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm	子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動 昼食 地域奉仕活動:施設の修繕
		8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am	子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 引き
24	火曜日	8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm	子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動
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24	火曜日	8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm	子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 地域奉仕活動:施設の修繕 夕食 朝食 力度 地域奉仕活動:施設の修繕 り食 ・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・
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24	火曜日	8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 7:00am - 8:00am 8:00am - 12:30pm	子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 ・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・
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24	火曜日	8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 3:00pm - 5:00pm	子供たちと教育活動昼食地域奉仕活動:施設の修繕夕食朝食子供たちと教育活動昼食地域奉仕活動:施設の修繕夕食朝食子供たちと教育活動昼食地域奉仕活動:施設の修繕夕食朝食子供たちと教育活動昼食地域奉仕活動:施設の修繕
24	火曜日	8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 7:00am - 8:00am 8:00am - 12:30pm	子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 現食 大供たちと教育活動 昼食
24	火曜日	8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 12:30pm - 2:30pm	子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 お別れ夕食会 朝食
24	火曜日	8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 3:00pm - 7:00pm	子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 朝食 子供たちと教育活動 昼食 地域奉仕活動:施設の修繕 夕食 ・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・
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25	火曜日 日 日	8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 5:00pm 7:00am - 8:00am 8:00am - 12:30pm	子供たちと教育活動昼食地域奉仕活動:施設の修繕夕食朝食子供たちと教育活動昼食地域奉仕活動:施設の修繕夕食朝食大供たちと教育活動昼食地域奉仕活動:施設の修繕夕食朝食子供たちと教育活動昼食地域奉仕活動:施設の修繕お別れ夕食会朝食子供たちと教育活動昼食
25	火曜日 日 日	8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 3:00pm - 5:00pm	子供たちと教育活動昼食地域奉仕活動:施設の修繕夕食朝食子供たちと教育活動昼食財域奉仕活動:施設の修繕夕食朝食子供たちと教育活動昼食地域奉仕活動:施設の修繕夕食朝食子供たちと教育活動昼食地域奉仕活動:施設の修繕お別れ夕食会朝食子供たちと教育活動昼食活動の振り返りマサイアショッピング
25	火曜日 日 日	8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 2:30pm 3:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 8:00am - 12:30pm 12:30pm - 5:00pm 7:00am - 8:00am 8:00am - 12:30pm	子供たちと教育活動昼食地域奉仕活動:施設の修繕夕食朝食子供たちと教育活動昼食財域奉仕活動:施設の修繕夕食朝食子供たちと教育活動昼食財域奉仕活動:施設の修繕夕食朝食子供たちと教育活動昼食地域奉仕活動:施設の修繕お別れ夕食会朝食子供たちと教育活動昼食活動の振り返りマサイマーケットで