高校生スペシャル ケニアで医療 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	現地到着			7:00am – 8:00am	朝食
2	月曜日	7:00am – 8:00am	朝食	16	月曜日	9:00am – 1:00pm	各診療科見学
		9:00am – 3:00pm	オリエンテーション・昼食			1:00pm – 2:00pm	昼食
2		4:00pm – 7:00pm	休憩			2:00pm – 4:00pm	各診療科見学
		7:00pm – 8:00pm	夕食			6:00pm – 7:00pm	夕食
	火曜日	7:00am – 8:00am	朝食	17	火曜日	7:00am – 8:00am	朝食
		9:00am – 1:00pm	活動先オリエンテーション			9:00am – 1:00pm	各診療科見学
3		1:00pm – 2:00pm	昼食			1:00pm – 2:00pm	昼食
		2:00pm – 4:00pm	医療用語スワヒリ語レッスン			2:00pm – 5:00pm	各診療科見学
		6:00pm – 7:00pm	夕食			5:00pm – 8:00pm	交流イベント: クイズ大会
	水曜日	7:00am – 8:00am	朝食	18	水曜日	8:00pm – 9:00pm	夕食
		8:00am – 1:00pm	国際医療支援活動			7:00am – 8:00am	朝食
4		1:00pm – 2:00pm	昼食			9:00am – 1:00pm	 国際医療支援活動
		2:00pm – 5:00pm	国際医療支援活動			1:00pm – 2:00pm	昼食
		6:00pm – 7:00pm	夕食			2:00pm – 5:00pm	
6	木曜日 金曜日	7:00am – 8:00am	朝食			6:00pm – 7:00pm	夕食
		9:00am – 12:30pm	各診療科見学			7:00am – 8:00am	朝食
		12:30pm – 2:00pm	昼食	19	木曜日	9:00am – 1:00pm	
		2:00pm – 4:00pm	各診療科見学			1:00pm – 2:00pm	昼食
		5:00pm – 8:00pm	マサイ文化のワークショック			2:00pm – 5:00pm	各診療科見学 各診療科見学
		8:00pm – 9:00pm	夕食			5:00pm – 8:00pm	異文化体験:料理教室・
		7:00am – 8:00am	朝食				BBQ
		9:00am – 1:00pm	各診療科見学	20	A	7:00am – 8:00am	朝食
		1:00pm – 2:00pm	昼食			9:00am – 1:00pm	各診療科見学
		2:00pm – 4:00pm	各診療科見学		金曜日	1:00pm – 2:00pm	昼食
		6:00pm – 7:00pm	夕食			2:00pm – 5:00pm	各診療科見学
7	土曜日	終日	オルペジェタサファリ観光マサイ族集落訪問・	21	土曜日	6:00pm – 7:00pm	夕食
8	日曜日	終日	ケニア山観光	21	一唯口 日曜日	終日 終日	トムソン滝観光 休憩
		7:00am – 8:00am	朝食		HEH	7:00am – 8:00am	朝食
		9:00am – 1:00pm	各診療科見学				
9	月曜日	9:00am – 1:00pm 1:00pm – 2:00pm	各診療科見学 昼食	23	 月曜日	9:00am – 1:00pm	各診療科見学
9	月曜日	1:00pm – 2:00pm 2:00pm – 4:00pm	昼食 各診療科見学	23	月曜日		
9	月曜日	1:00pm - 2:00pm 2:00pm - 4:00pm 6:00pm - 7:00pm	昼食 各診療科見学 夕食	23	月曜日	9:00am – 1:00pm 1:00pm – 2:00pm	各診療科見学 昼食
9	月曜日	1:00pm - 2:00pm 2:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am	昼食 各診療科見学 夕食 朝食	23	月曜日	9:00am – 1:00pm 1:00pm – 2:00pm 2:00pm – 5:00pm	各診療科見学 昼食 各診療科見学
9	月曜日	1:00pm - 2:00pm 2:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm	昼食 各診療科見学 夕食 朝食 各診療科見学	23	月曜日	9:00am – 1:00pm 1:00pm – 2:00pm 2:00pm – 5:00pm 6:00pm – 7:00pm	各診療科見学 昼食 各診療科見学 夕食
9	月曜日	1:00pm - 2:00pm 2:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm	昼食 各診療科見学 夕食 朝食 各診療科見学 昼食			9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am	各診療科見学 昼食 各診療科見学 夕食 朝食
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		1:00pm - 2:00pm 2:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 4:00pm 4:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am	昼食各診療科見学夕食朝食各診療科見学昼食各診療科見学交流イベント:ダンス大会夕食朝食			9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 3:00pm 3:00pm - 6:00pm	各診療科見学 昼食 各診療科見学 夕食 朝食 保育園で栄養評価 昼食 各診療科見学 子供たちとスポーツ大会
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10	火曜日	1:00pm - 2:00pm 2:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 4:00pm 4:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 7:00am - 8:00am 8:00am - 1:00pm	昼食名診療科見学夕食朝食各診療科見学昼食各診療科見学交流イベント:ダンス大会夕食朝食国際医療支援活動昼食国際医療支援活動夕食朝食	24	火曜日	9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 3:00pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 7:00am - 8:00am 9:00am - 1:00pm	各診療科見学 昼食 名診療科見学 夕食 朝食 保育園で栄養評価 昼食 各診療科見学 子供たちとスポーツ大会 夕食 朝食 国際医療支援活動 昼食 国際医療支援活動 夕食 朝食
10	火曜日	1:00pm - 2:00pm 2:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 4:00pm 4:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 7:00am - 8:00am 9:00am - 1:00pm	昼食名診療科見学夕食朝食各診療科見学昼食各診療科見学交流イベント:ダンス大会夕食朝食国際医療支援活動昼食国際医療支援活動夕食朝食各診療科見学	24	火曜日	9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 3:00pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm	各診療科見学 昼食 各診療科見学 夕食 朝食 保育園で栄養評価 昼食 各診療科見学 子供たちとスポーツ大会 夕食 朝食 国際医療支援活動 昼 国際医療支援活動 夕食 朝食 国際医療支援活動 夕食 朝食
10	火曜日	1:00pm - 2:00pm 2:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 4:00pm 4:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 7:00am - 8:00am	昼食名診療科見学夕食朝食名診療科見学昼食交流イベント:ダンス大会夕食朝食国際医療支援活動昼食国際医療支援活動夕食朝食各診療科見学昼食各診療科見学異文化体験:	24	火曜日	9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 3:00pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm	各診療科見学 昼食 名診療科見学 夕食 朝食 保育園で栄養評価 昼食 各診療科見学 子供たちとスポーツ大会 夕食 朝食 国際医療支援活動 昼食 国際医療支援活動 夕食 朝食 国際医療支援活動 夕食 朝食 名診療科見学
10	火曜日	1:00pm - 2:00pm 2:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 4:00pm 4:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 2:00pm - 3:30pm 2:00pm - 3:30pm 3:30pm-5:00pm	昼食各診療科見学夕食朝食各診療科見学昼食各診療科見学交流イベンス大会夕食朝食国際医療支援活動昼食国際医療支援活動夕食朝食各診療科見学異文レット製作	24	火曜日	9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 3:00pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 6:00pm - 7:00pm 7:00am - 8:00am	各診療科見学 昼食 名診療科見学 夕食 朝食 保育園で栄養評価 昼食 各診療科見学 子供たちとスポーツ大会 夕食 朝食 国際医療支援活動 昼食 国際医療支援活動 昼食 国際医療支援活動 を会 対験を表診療科見学 を会 をおからない。
10	火曜日	1:00pm - 2:00pm 2:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 4:00pm 4:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 3:30pm - 3:30pm 3:30pm - 5:00pm	昼食名診療科見学夕食朝食名診療科見学昼食交流イベンス大会夕食朝食国際医療支援活動昼食国際医療支援活動夕食朝食各診療科見学異文化レットプレスレータ食	24	火曜日	9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 3:00pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 7:00am - 8:00am 9:00am - 1:00pm 7:00am - 8:00am 9:00am - 1:00pm 7:00am - 8:00am	各診療科見学 昼食 名診療科見学 夕食 朝食 保育園で栄養評価 昼食 各診療科見学 子供たちとスポーツ大会 夕食 朝食 国際医療支援活動 昼(国際医療支援活動) 昼(会) 国際医療支援活動 を会 対の会 対の会 対の会 対の会 対の会 対の会 対の会 対の会 対の会 対の
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10	火 曜 日 日 日 日 日 日 日 日 日 日 日 日 日 日 日 日 日 日	1:00pm - 2:00pm 2:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 4:00pm 4:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 7:00pm 1:00pm - 2:00pm 2:00pm - 3:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm	昼食名診療科見学夕食朝食名診療科見学昼食交流イベンノ大会夕食朝食国際医療支援活動夕食朝食国際医療支援活動夕食朝食各診療科見学異レスレタ食朝食地域奉仕活動	24	火曜日	9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 3:00pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 7:00am - 8:00am 9:00am - 1:00pm 7:00am - 8:00am 9:00am - 1:00pm 7:00am - 8:00am	各診療科見学 昼食 名診療科見学 夕食 朝食 保育園で栄養評価 昼食 名診療科見学 子供たちとスポーツ大会 夕食 朝食 国際医療支援活動 昼食 国際医療支援活動 昼食 お別れ身食 も診療科見学 よ別れ夕食会 朝食 各診療科見学 よ別れ夕食会 朝食
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10	火 曜 日 日 日 日 日 日 日 日 日 日 日 日 日 日 日 日 日 日	1:00pm - 2:00pm 2:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 4:00pm 4:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 7:00pm 1:00pm - 2:00pm 2:00pm - 3:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm	昼食名診療科見学夕食朝食名診療科見学昼食交流イベンノ大会夕食朝食国際医療支援活動夕食朝食国際医療支援活動夕食朝食各診療科見学異レスレタ食朝食地域奉仕活動	25	火曜 日 日 日	9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 3:00pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 1:00pm - 2:00pm 1:00pm - 2:00pm	各診療科見学 昼食 名診療科見学 夕食 朝食 保育園で栄養評価 昼食 名診療科見学 子供たちとスポーツ大会 夕食 朝食 国際医療支援活動 昼 国際医療支援活動 昼 国際医療支援活動
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10	火 曜 日 日 日 日 日 日 日 日 日 日 日 日 日 日 日 日 日 日	1:00pm - 2:00pm 2:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 4:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 3:30pm - 3:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 1:00pm - 2:00pm 7:00am - 8:00am 9:00am - 1:00pm	昼食各診療科見学夕食朝食名診療科見学昼極各診療交流イベンク食朝食国際医療国際医療昼療女朝食国際医療各診療月学基本月学月期月期日本 <td>25</td> <td>火 水 木 金曜日 日 日</td> <td>9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 3:00pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 7:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 1:00pm - 5:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm</td> <td>各診療科見学 昼食 名診療科見学 夕食 朝食 保育園で栄養評価 昼食 名診療科見学 子供たちとスポーツ大会 夕食 朝食 国際医療 支援活動 昼験医療 支援活動 夕食 朝食 国際医療 支援活動 クけれた クを 対明を表して、おります。 のは、おいいのでは、おいいのでは、い</td>	25	火 水 木 金曜日 日 日	9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 3:00pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 7:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 1:00pm - 5:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm	各診療科見学 昼食 名診療科見学 夕食 朝食 保育園で栄養評価 昼食 名診療科見学 子供たちとスポーツ大会 夕食 朝食 国際医療 支援活動 昼験医療 支援活動 夕食 朝食 国際医療 支援活動 クけれた クを 対明を表して、おります。 のは、おいいのでは、おいいのでは、い
10 11 13	火 水 木 金曜日 日	1:00pm - 2:00pm 2:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 4:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 7:00am - 8:00am 9:00am - 1:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 1:00pm - 2:00pm 2:00pm - 3:30pm 3:30pm-5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 2:00pm - 7:00pm 7:00am - 8:00am	昼食各診療科見学夕食朝食名診療科見学昼療科見学交流イベント会夕館食国際医療 昼 援活動昼 国際医療 夕館国際医療 夕館各診療科見学昼春月学月期月期日本	25	火 水 木 金曜日 日 日	9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 3:00pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm 7:00am - 8:00am 9:00am - 1:00pm 1:00pm - 7:00pm 1:00pm - 2:00pm 2:00pm - 5:00pm 1:00pm - 5:00pm 2:00pm - 5:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 1:00pm	各診療科見学 昼 各診療科見学 夕 食 朝 で 食 保育園 で 食 名診療 科見学 子供たちと 夕 食 朝 変 養評価 昼 各診療 スポーツ大会 夕 朝 食 支援活動 昼 極 大 変 後 国際医療 夕 食 朝 を 表診療科見学 名診療 科見学 を お別れ 食 会 お別れ 食 会 お別れ 食 会 な おり また。 カットング ク 食