土曜日

日曜日

高校生スペシャル **タンザニアで医療 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
	月曜日	7:00am - 8:00am	朝食	16	月曜日	9:00am - 1:00pm	 Levolosiで活動
		9:00am - 11:00am				1:00pm - 2:00pm	
		11:00am - 1:00pm	オリエンテーション			3:00pm - 5:00pm	
2		1:00pm - 2:00pm				6:00pm - 7:00pm	夕食
		2:00pm - 4:00pm	 	17	火曜日	7:00am - 8:00am	
		5:00pm - 6:00pm				9:00am - 12:00pm	
	火曜日	7:00am - 8:00am	朝食			12:30pm - 1:30pm	
		9:00am - 12:00pm				·	
3		1:00pm - 2:30pm	昼食			3:30pm - 8:00pm	夕食
		3:00pm - 5:00pm		18	水曜日	7:00am - 8:00am	朝食
		6:00pm - 7:00pm	夕食			9:00am - 1:00pm	各診療科見学
5	水曜日	7:00am - 8:00am	朝食			12:30pm - 2:00pm	昼食
		9:00am - 12:00pm	HIV/TBワークショップ			2:00pm - 5:00pm	学校で性教育・衛生指導
		12:30pm - 2:00pm	HIV/TBクリニック訪問			5:00pm - 8:00pm	映画鑑賞
		2:30pm - 3:30pm	昼食			8:00pm - 9:00pm	夕食
		4:00pm - 5:00pm	 	19	木曜日	7:00am - 8:00am	朝食
			夕食・異文化体験:			9:00am - 11:00am	栄養学ワークショップ
		6:00pm - 8:00pm	伝統ダンス・ドラム			11:30am - 1:30pm	昼食
		7:00am - 8:00am	朝食			3:00pm - 5:00pm	栄養アセスメント
		9:00am - 12:00am	国際医療支援活動			6:00pm - 7:00pm	夕食
		12:00pm - 1:00pm	昼食	20	金曜日	7:00am - 8:00am	朝食
		1:00pm - 5:00pm	国際医療支援活動			9:00am - 1:00pm	各診療科見学
		6:00pm - 7:00pm	夕食			1:30pm - 3:00pm	
6	金曜日	7:00am - 8:00am	朝食			3:30pm - 5:00pm	ショッピング
		9:00am - 11:00am	応急処置訓練			6:00pm - 7:00pm	夕食
		11:00am - 1:00pm	衛生指導の準備	21	土曜日	終日	学校でサッカーの試合
		1:00pm - 2:00pm	昼食	22	日曜日	終日	ローカルマーケットへ
		7:00pm - 8:00pm	夕食			7:00am - 8:00am	朝食
7	土曜日	終日	タランギレ国立公園で			10:00am - 12:30pm	 栄養アセスメント
						10.00diii 12.30piii	不良ノビスハノト
	→ F# H	かざ口	サファリ観光	23	月曜日	1:00pm - 2:30pm	昼食
8	日曜日	終日	サファリ観光 マウント・メル滝へ ハイキング	23	月曜日	'	
8			マウント・メル滝へ	23	 月曜日 	1:00pm - 2:30pm	昼食
8		終日	マウント・メル滝へ ハイキング 朝食 マサイスクールで	23	月曜日	1:00pm - 2:30pm 3:00pm - 6:00pm	昼食 栄養学研修
8		終日 7:00am - 8:00am 10:00am - 12:30pm	マウント・メル滝へ ハイキング 朝食 マサイスクールで 衛生指導	23	月曜日	1:00pm - 2:30pm 3:00pm - 6:00pm 6:30pm - 7:30pm	昼食 栄養学研修 夕食
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10	月曜日 八曜日 日 日 日	7:00am - 8:00am 10:00am - 12:30pm 12:30am - 1:30pm 1:30pm - 4:30pm 5:00pm - 6:00pm 7:00am - 8:00am 9:00am - 12:00pm 1:00pm - 4:00pm 1:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 7:00am - 8:00am 9:00am - 12:00pm 12:30pmm - 1:30pm 2:00pm - 5:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm	マウント・メル滝へ ハイキング 朝食 マサイスクールで 衛生指導 昼食 マサイスクールで衛生指導 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 FGMワークショップ 昼食 学校で性教育・衛生指導 夕食 朝食	24	火曜日	1:00pm - 2:30pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:30pm - 2:00pm 3:00pm - 5:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 12:00pm - 1:00pm 1:00pm - 4:00pm 7:00am - 8:00am 9:00am - 12:30pm 1:00pm - 2:00pm 1:00pm - 2:00pm 2:30pm - 5:00pm 5:30pm - 8:00pm	昼食栄養学研修夕食朝食各診療科見学昼食応急処置訓練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栄養学研修お別れ夕食会
9	月曜日	7:00am - 8:00am 10:00am - 12:30pm 12:30am - 1:30pm 1:30pm - 4:30pm 5:00pm - 6:00pm 7:00am - 8:00am 9:00am - 12:00pm 12:00pm - 1:00pm 1:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 12:30pmm - 1:30pm 2:00pm - 5:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm	マウント・メル滝へ ハイキング 朝食 マサイスクールで 衛生指導 昼食 マサイスクールで衛生指導 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 FGMワークショップ 昼食 学校で性教育・衛生指導 夕食 朝食	24	火曜日	1:00pm - 2:30pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:30pm - 2:00pm 3:00pm - 5:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 12:00pm - 1:00pm 1:00pm - 4:00pm 7:00am - 8:00am 9:00am - 12:30pm 1:00pm - 2:00pm 1:00pm - 2:00pm 2:30pm - 5:00pm 5:30pm - 8:00am 7:00am - 8:00am	昼食栄養学研修夕食朝食名診療科見学昼食応急処置訓練夕食朝食国際医療支援活動昼食朝食栄養学研修お別れ夕食会朝食
10	月曜日 八曜日 日 日 日	7:00am - 8:00am 10:00am - 12:30pm 12:30am - 1:30pm 1:30pm - 4:30pm 5:00pm - 6:00pm 7:00am - 8:00am 9:00am - 12:00pm 12:00pm - 1:00pm 1:00pm - 4:00pm 7:00am - 8:00am 9:00am - 12:00pm 12:30pmm - 1:30pm 2:00pm - 5:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 12:30pm - 1:30pm 2:00pm - 5:30pm 7:00am - 8:00am	マウント・メル滝へ ハイキング 朝食 マサイスクールで 衛生指導 昼食 マサイスクールで衛生指導 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 FGMワークショップ 昼食 学校で性教育・衛生指導 夕食 朝食	24	火曜日	1:00pm - 2:30pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:30pm - 2:00pm 3:00pm - 5:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 12:00pm - 1:00pm 1:00pm - 4:00pm 7:00am - 8:00am 9:00am - 12:30pm 1:00pm - 2:00pm 2:30pm - 5:00pm 5:30pm - 8:00am 9:00am - 8:00am 9:00am - 12:00pm	昼食栄養学研修夕食朝食名診療科見学昼食応急処置訓練夕食朝食国際医療支援活動昼食朝食栄養学研修お別れ夕食会朝食各診療科見学
10	月曜日 八曜日 日 日 日	7:00am - 8:00am 10:00am - 12:30pm 12:30am - 1:30pm 1:30pm - 4:30pm 5:00pm - 6:00pm 7:00am - 8:00am 9:00am - 12:00pm 1:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 12:30pmm - 1:30pm 2:00pm - 5:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 2:00pm - 5:30pm 6:00pm - 7:00pm	マウント・メル滝へ ハイキング 朝食 マサイスクールで 衛生指導 昼食 マサイスクールで衛生指導 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 FGMワークショップ 昼食 学校で性教育・衛生指導 夕食 朝食	25	火曜日	1:00pm - 2:30pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:30pm - 2:00pm 3:00pm - 5:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 1:00pm - 4:00pm 7:00am - 8:00am 9:00am - 12:30pm 1:00pm - 2:00pm 1:00pm - 2:00pm 2:30pm - 5:00pm 5:30pm - 8:00am 9:00am - 12:00pm	昼食 栄養学研修 夕食 朝食 名診療科見学 昼食 応急処置訓練 夕食 朝食 国際医療支援活動 昼極 国際医療支援活動 夕食 朝食 事等支援活動 夕食 朝食 等を養学研修 日本 日本 日本 日本 日本 日本 日本 日本 日本 日本 日本 日本 日本
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10	月曜日 八曜日 日 日 日	7:00am - 8:00am 10:00am - 12:30pm 12:30am - 1:30pm 1:30pm - 4:30pm 5:00pm - 6:00pm 7:00am - 8:00am 9:00am - 12:00pm 1:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 12:30pmm - 1:30pm 2:00pm - 5:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 2:00pm - 5:30pm 6:00pm - 7:00pm	マウント・メル滝へ ハイキング 朝食 マサイスクールで 衛生指導 昼食 マサイスクールで衛生指導 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 FGMワークショップ 昼食 学校で性教育・衛生指導 夕食 朝食	25 26	火曜日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日	1:00pm - 2:30pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:30pm - 2:00pm 3:00pm - 5:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 1:00pm - 4:00pm 1:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:30pm 1:00pm - 2:00pm 2:30pm - 5:00pm 5:30pm - 8:00pm 7:00am - 8:00am 9:00am - 12:00pm 2:30pm - 5:00pm 3:30pm - 6:00pm 1:00pm - 3:00pm 3:30pm - 6:00pm	昼食 栄養学研修 夕食 朝食 名診療科見学 昼息 心急処置訓練 夕食 朝食 国際医療支援活動 昼 国際医療 夕 朝食 以養活動 夕 朝食 当際医療 夕 朝食 が養身食 が養身の があれる お別れる お別れる お別れる 会 もいっし、シャピシーシーシーシーク を を なり、シャリーでグ ク食
10	月曜日 八曜日 日 日 日	7:00am - 8:00am 10:00am - 12:30pm 12:30am - 1:30pm 1:30pm - 4:30pm 5:00pm - 6:00pm 7:00am - 8:00am 9:00am - 12:00pm 1:00pm - 4:00pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 12:30pmm - 1:30pm 2:00pm - 5:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm	マウント・メル滝へ ハイキング 朝食 マサイスクールで 衛生指導 昼食 マサイスクールで衛生指導 夕食 朝食 国際医療支援活動 夕食 朝食 FGMワークショップ 昼食 学校で性教育・衛生指導 夕食 朝食 マサイワークショップ 夕食 朝食	25	火曜日	1:00pm - 2:30pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:30pm - 2:00pm 3:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 12:00pm - 1:00pm 1:00pm - 4:00pm 7:00am - 8:00am 9:00am - 12:30pm 1:00pm - 2:00pm 1:00pm - 2:00pm 2:30pm - 5:00pm 5:30pm - 8:00am 9:00am - 12:00pm 2:30pm - 3:00pm 12:00pm - 1:30pm 12:00pm - 1:30pm 12:00pm - 3:00pm	昼食 栄養学研修 夕食 朝食 名診療科見学 昼を 個別練 夕食 朝食 国際医療支援活動 昼 国際医療支援活動 夕 朝食 半養学研修 昼食 ・ 栄養学研修 お別れ夕食会 朝食 お別れ夕食っ すかりまかっして、シャング
10	日曜日 人 水曜日 日 日 日 日	7:00am - 8:00am 10:00am - 12:30pm 12:30am - 1:30pm 1:30pm - 4:30pm 5:00pm - 6:00pm 7:00am - 8:00am 9:00am - 12:00pm 1:00pm - 1:00pm 1:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 12:30pmm - 1:30pm 2:00pm - 5:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 7:00am - 8:00am 9:00am - 12:00pm	マウント・メル滝へ ハイキング 朝食 マサイスクールで 衛生指導 昼食 マサイスクールで衛生指導 夕食 朝食 国際医療支援活動 夕食 朝食 FGMワークショップ 昼食 学校で性教育・衛生指導 夕食 朝食 マサイワークショップ 夕食 朝食 スサイワークショップ 夕食 朝食	25 26	火曜日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日日	1:00pm - 2:30pm 3:00pm - 6:00pm 6:30pm - 7:30pm 7:00am - 8:00am 9:00am - 1:00pm 1:30pm - 2:00pm 3:00pm - 5:30pm 6:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:00pm 1:00pm - 4:00pm 1:00pm - 7:00pm 7:00am - 8:00am 9:00am - 12:30pm 1:00pm - 2:00pm 2:30pm - 5:00pm 5:30pm - 8:00pm 7:00am - 8:00am 9:00am - 12:00pm 2:30pm - 5:00pm 3:30pm - 6:00pm 1:00pm - 3:00pm 3:30pm - 6:00pm	昼食 栄養学研修 夕食 朝食 名診療科見学 昼息 心急処置訓練 夕食 朝食 国際医療支援活動 昼 国際医療 夕 朝食 以養活動 夕 朝食 当際医療 夕 朝食 が養身食 が養身の があれる お別れる お別れる お別れる 会 もいっし、シャピシーシーシーシーク を を なり、シャリーでグ ク食
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