

# Example Itinerary

## PLASTIC EDUCATION & RECYCLING IN SRI LANKA



*\*The following is an example itinerary. Please note arrangements change from year to year and session to session based on the goals of the programme, need of the community, and size of the groups. Please use this itinerary as a general guide to the structure of the Ethical Consumerism Projects.*

DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Sunday	ALL DAY	ARRIVAL
2	Monday	8:00am – 9:00am	BREAKFAST
		9:00am – 12:00pm	Country induction and local tour
		12:00pm – 1:00pm	WELCOME LUNCH
		1:00pm – 5:00pm	Plastic collection initiative
		6:00pm – 7:00pm	DINNER
3	Tuesday	8:00am – 9:00am	BREAKFAST
		9:00am – 12:00pm	Plastic collection initiative
		12:00pm – 1:00pm	LUNCH
		1:00pm – 5:00pm	Plastic collection initiative
		5:00pm – 8:00pm	COOKING CLASS AND DINNER
4	Wednesday	8:00am – 9:00am	BREAKFAST
		9:00am – 12:00pm	Assist at recycling centre
		12:00pm – 1:00pm	LUNCH
		1:00pm – 4:00pm	Assist at recycling centre
		4:00pm – 7:00pm	Visit the Night Market
		7:00pm – 8:00pm	DINNER
5	Thursday	5:00am – 6:00am	BREAKFAST
		6:00am – 10:00am	Travel to Kandy
		10:00am – 11:30am	Visit the Temple of Truth
		11:30am – 1:00pm	Visit botanical gardens
		1:00pm – 2:00pm	LUNCH
		2:00pm – 5:00pm	Visit ethical elephant orphanage
		5:00pm – 7:00pm	DINNER AND CUTURAL DANCE SHOW
		7:00pm – 11:00pm	Travel back to Colombo
6	Friday	8:00am – 9:00am	BREAKFAST
		9:00am – 12:00pm	Plastic upcycling projects
		12:00pm – 1:00pm	LUNCH
		1:00pm – 5:00pm	Plastic upcycling projects
		6:00pm – 8:00pm	FAREWELL DINNER
7	Saturday	ALL DAY	DEPARTURE