

Goa Program 2 weeks

	Day	Volunteer Program	Volunteer + Travel Program	Meal Plan
Week 1: Arrival and Orientation	Monday	Arrival at Goa airport and transfer to accommodation for an overnight stay. <i>(Please note that no activities will be organized during this day – or any of the previous days – unless a specific program has been asked for and promised)</i>		B,L, D
	Tuesday	<ul style="list-style-type: none"> • Morning after breakfast, the day starts with welcome meeting. • Orientation on these following topics: <ul style="list-style-type: none"> ▪ India & its culture ▪ Accommodation facilities ▪ How to do volunteer work ▪ Project activities ▪ Cultural responsibility ▪ Personal safety & Code of Conduct ▪ Hindi tutorial ▪ After lunch you start preparing for your first day at your designated project – learn how to do your work, go through records of your project, and preparation meeting with your project executive. 		B,L, D
	Wednesday	<ul style="list-style-type: none"> • Morning Yoga session #1 • First day of your volunteer project – getting introduced to the project and starting work. • Local food preparation demonstration and food tasting. 		B, L, D
	Thursday	<ul style="list-style-type: none"> • Morning Yoga session #2 • Volunteer work during the day as per the indicative schedule. • Local traditional dressing and Henna workshop • Local host family dinner to get an experience of the local day to day to life. 		B, L, D
	Friday	<ul style="list-style-type: none"> • Volunteer work during the day as per the indicative schedule. 		B, L, D
	Saturday	<ul style="list-style-type: none"> • Free weekend 	Visit to Palolem Beach South Goa	B,L,D
	Sunday	<ul style="list-style-type: none"> • Free weekend 	Late evening return from Palolem beach to volunteer house	B,D
Week 2 : volunteering +travel	Monday to Friday	Volunteer work of around 05 hours per day as per the daily schedule.		B,L,D
	Saturday	Free weekend	Visit to North Goa and overnight.	B,L,D
	Sunday	Transfer to Goa airport for journey back home – departure transfer is given from 20:00 hours until 10:00 hours next day.	Return from North Goa in the afternoon and later transfer to Goa airport for journey back home – departure transfer is given from 20:00 hours until 10:00 hours next day.	B,D

A typical day of the volunteer (Mon-Fri)*⁺:

The schedule of the day depends on the type of project but below mentioned is a brief outline of a normal day:

Timings	Activities
7:30-8:30hrs	Breakfast at accommodation
9:00-12:30hrs	Project work
12:30-13:30hrs	Packed lunch at the project location
13:30-14:00hrs	Free time/relax
14:00-16:00hrs	Project work
16:00-17:00hrs	Preparation meeting/lesson planning for next day
17:00-17:30hrs	Tea/coffee at accommodation
19:00-20:00hrs	Dinner at accommodation

* Please note that there is a full day schedule of going out to the project with morning work sessions, short rest, afternoon work session and preparing for the next day all being done in the same trip.

⁺ The scheduled time table mentioned above may change due to the need of the project or any other circumstances.