



Sample Itinerary Australia: South and Central
Global Health: The Importance of Sustainable Environments

Please note: This itinerary is a sample of potential program activities, based on previous years' programs. Deviations from this plan may be expected.

Destination	Date	Time	Lecture Topic or Activity	Contact Hours
U.S.	4 weeks pre-departure		Orientation	2 L
U.S.	1 week pre-departure		Culture and Geography Quiz	3 L
U.S.	1 week pre-departure		Reflective Essays	1 L
Sydney	Day 1		Group arrives in Sydney	
		13:00 - 14:00	Orientation	1 L
		14:00 – 15:00	Introduction to program itinerary and modules	1 L
		15:30 – 17:30	Culture and geography quiz due <i>Marked and discussed as a group</i>	2 L
		18:00	Opening dinner	
Sydney	Day 2	9:45 – 10:45	Introduction to Australian History	1 L
		11:00 – 12:00	Urbanization and Public Health	1 L
		13:30 – 14:30	The Rocks Dreaming Tour	1 F
		19:00 – 21:00	Faculty-led reflective exercise	2 L
Sydney	Day 3	10:00 – 11:00	Walking tour of Pyrmont and Sydney Harbor Foreshore Authority	1 F
			Travel to Redfern	
		12:00 – 13:00	Meet with Redfern tenant leader and tenants	1 F
			Ferry to Taronga Park	1 L
		14:00 – 16:00	Bradley Head walk	2 F
		16:30 – 17:30	Impacts of Urbanization and Gentrification on lower SES Communities	1 L
Sydney	Day 4	8:00 – 10:30	Travel to Katoomba tourist centre in the Blue Mountains	
		10:45 – 11:45	Indigenous welcome to Park and introduction to the Blue Mountains	1 L
		11:45 –	Guided bushwalk to scenic railway with discussion of	3 F

		14:40	national park management and natural history	
		15:00 – 16:00	Questions and group discussion at Katoomba Falls Reserve	1 L
		16:30 – 17:30	Blackheath Heritage Centre discussion	1 L
		19:00 - 20:00	Sydney Module (I) discussion	1 L
Sydney	Day 5		Free day Options: bridge climb, Sydney Opera House, Bondi Beach or Manly beach	
Sydney to Adelaide	Day 6	9:45 – 11:25	Fly to Adelaide	
		15:00 – 17:00	Orientation to Adelaide and group discussion	2 L
Adelaide	Day 7		<i>Sydney Module (I) due</i>	
		8:30 - 10:00	Introduction to Aboriginal Culture	1.5 L
		10:30 - 12:00	Indigenous Health Issues	1.5 L
		13:30 - 15:30	Adelaide Walking tour – Aboriginal cultural tour (faculty-led exercise)	1 F, 1 L
		20:00 - 21:00	Faculty-led reflective exercise	1 L
Adelaide	Day 8	9:00 - 10:30	Australian Terrestrial Ecosystems	1.5 L
		11:00 – 12:30	Biodiversity and Global Health	1.5 L
		14:30 – 17:00	Lecture and tour of Aboriginal Community	1.5 L, 1 F
Adelaide	Day 9	9:00 - 12:00	Visit Aboriginal Community	3 F
		13:30 - 15:00	Adelaide Module (II) discussion	1.5 L
		15:30 – 17:30	Group debate: definition of health care	2 L
Adelaide	Day 10		Free day	
Adelaide to Kangaroo Island	Day 11		<i>Adelaide Module (II) due</i>	
		12:00 - 14:00	Lunch and introduction at visitor centre	1 L
		14:30 - 16:00	Local Food Production and Health	1.5 L
Kangaroo Island	Day 12	9:00 –	Kangaroo Island Marine Tour	4 F

		17:00		
		17:00 - 18:00	Natural Resources and Livelihoods	1 L
Kangaroo Island to Adelaide	Day 13		Overnight stay on working sheep station	4 F
Adelaide to Flinders Ranges	Day 14	8:00 -	Travel to Flinders Range	
		17:00 - 18:00	Farmstay debrief	1 L
		20:00 - 21:00	Faculty-led reflective exercise	1 L
Flinders Ranges	Day 15	9:00 - 14:00	Guided tour of Aboriginal rock art	3 F, 1.5 L
		14:30 - 16:00	Rural Outback Subsistence	1.5 L
		17:00 - 18:00	Kangaroo Island Module (III) discussion	1 L
		19:00 - 21:00	Group debate: the environment and indigenous health	2 L
Flinders Ranges to Adelaide	Day 16	9:00	Travel to Adelaide	
Adelaide to Alice Springs	Day 17		<i>Kangaroo Island Module (III) due</i>	
		9:45	Fly to Alice Springs Free afternoon	
Alice Springs	Day 18	9:00 - 10:30	Lecture on Flying Doctor Service and visit museum	1.5 L
		11:00 - 12:00	Guided tour and talk on School of the Air	1 L
		13:30 - 14:30	Desert Ecosystems	1 L
		14:30 - 16:30	Guided tour of Alice Springs Desert Park	2 F
Alice Springs to Uluru	Day 19	8:30 - 13:30	Travel to Uluru	
		20:00 - 21:00	Faculty-led reflective exercise	1 L
Uluru	Day 20	5:00 - 11:00	Sunrise and guided base walk with Aboriginal guide on bush tucker and traditional sacred sites	2 L, 4 F
		14:00 - 16:00	Visit to Cultural Centre and discussion on Aboriginal traditional management	2 L
		18:00	Sunset viewing (optional)	
		19:30 - 21:00	Alice Springs Module (IV) discussion	1.5 L

Uluru	Day 21	7:00 - 10:00	Kjata Tjuta guided walk	3 F
		11:00 - 13:00	Group debate: equalizing health	2 L
		13:00 - 15:00	Wrap-up and final discussion	2 L
		16:00 - 18:00	Exam review	2 L
		20:00 - 21:00	Faculty-led reflective exercise	1 L
		21:00 - 23:00	Night sky viewing: the southern sky	2 F
Uluru to Sydney	Day 22		<i>Alice Springs Module (IV) due</i>	
		13:40 - 17:05	Fly Yulara to Sydney	
Sydney	Day 23	8:30 - 11:30	Exam revision	3 L
		12:30 - 13:30	Program evaluations	1 L
		14:00 - 17:00	Final Exam	3 L
		19:00 - 20:30	Farewell dinner	
Sydney to U.S.	Day 24		Depart for U.S.	
U.S.	1 week post-departure		Reflective Essays	3 L

Contact Hours

Pre-Departure: 6

Post-Departure: 3

Lecture hours: 62

Field hours: 18.25 (using 2 field hours = 1 lecture hour)

Field modules: 12 (n=4 at 3 hours each of independent study)

Total lecture equivalent hours = 101.25