



## **Jamaica Dental Hygiene 2023 Itinerary**

Travel Dates: Saturday, October 21–Monday October 30, 2023

### **DAY 1:**

- Depart Tampa early morning and arrive Montego Bay around lunch.
- A Resort briefing, lunch and some free time around resort.
- Dinner
- Mandatory meeting with Great Shapes

### **DAY 2:**

- Breakfast and meeting/training (whole morning)
- Lunch
- Collect Supplies
- Go set up clinic
- Meeting and dinner at hotel with Great Shapes

### **DAY 3-7:**

- 7:00 AM Breakfast
- Meeting with Breakfast
- Right from breakfast board buses off to clinic sites
- Late Dinner

### **DAY 8:**

- Breakfast
- Day of experiencing Jamaica Culture
  - Tour of local neighborhoods, schools, etc.
  - Hiking at local parks countryside tour
  - Visit the local swimming hole
  - Lunch local Restaurant
- Evening of debriefing Meetings with Great Shape

### **DAY 9:**

- Breakfast
- Day of Jamaica Culture
- Pack up supplies
- Good Bye Event with Great Shapes

### **DAY 10:**

- Depart for Airport –Early morning
- Leave Montego Bay arrive back in Tampa