



Jamaica Dental Hygiene 2024 **Itinerary**

Travel Dates: Saturday, October 18 – Monday,
October 27, 2024

DAY 1:

- Depart Tampa/Orlando 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