



Antigua Dental Hygiene 2026 Itinerary

Travel Dates: January 16- 25, 2026

DAY 1: Fri, Jan 16 Travel Day & Orientation

- Depart Tampa early morning
- Arrive in Antigua around lunchtime
- Welcome lunch & resort orientation
- Unpack and settle in
- Collect clinical supplies
- Free time at resort (*must stay on property, in pairs*)
- Group dinner with SPC group
- Mandatory meeting with Great Shape! Inc
- Go to the room for the evening to rest and prepare for the following day's activities.

DAY 2: Sat, Jan 17 Supplies, Great Shape Meetings and Clinic Set up

- Breakfast + morning training session
- Lunch
- Gather and organize supplies
- Travel to clinic site & complete setup
- Excursion Day – The group will select two out of the following options:
 - Island Shopping
 - Visit the local markets and buy some souvenirs.
 - St. Johns – Snorkeling with the Turtles and Electric Aqua Scooters
 - Enjoy a guided snorkeling experience from the shore and explore the natural harbor known for its wild sea turtles.
 - The Excellence Power Catamaran Boat Tour
 - Spend a full day exploring the beautiful Caribbean Sea on this tour from St. John's.
 - The Antigua Island Tour
 - Visit key landmarks such as Nelson's Dock Yard, Shirley's Heights, Devil's Bridge, and more as you travel around in an air-conditioned minivan.
- Dinner and team meeting with Great Shape! Inc.
- Relax in the room for the evening to rest and prepare for the following day's activities

DAY 3-7: Sun, Jan 18 to Thurs, Jan 22: Clinic Days

- Breakfast (7am) & morning briefing- have everything you need with you at breakfast meeting
- Depart for clinic sites immediately following breakfast (cannot go back to room)
- Provide dental hygiene care at assigned clinical site until early evening (5-6 pm)
- Return to resort via Sandals Foundation /Great Shape! Inc. transportation.
- Shower & reconnect with SPC group for dinner

- Late dinner together
- Relax in the room for the evening to rest and prepare for the following day's activities

DAY 8: Friday, Jan 23: Cultural Immersion

- Breakfast
- Cultural experiences:
 - Neighborhood tours & school visits
 - Countryside hike & swimming hole visit
- Lunch at a local restaurant
- Evening reflection and activity with Great Shape!
- Relax in the room for the evening to rest and prepare for the following day's activities.

DAY 9: Saturday, Jan 24: Closing Day

- Breakfast
- Free time at resort
- Pack up clinic supplies
- Lunch with SPC group
- Afternoon wrap-up with Great Shape! Inc.
- Farewell dinner & celebration

DAY 10: Sunday, Jan 25: Travel Day back to Tampa

- Early morning transfer to airport (provided by Sandals/Great Shape)
- Flight back to Tampa
- Arrive, clear customs, and return home