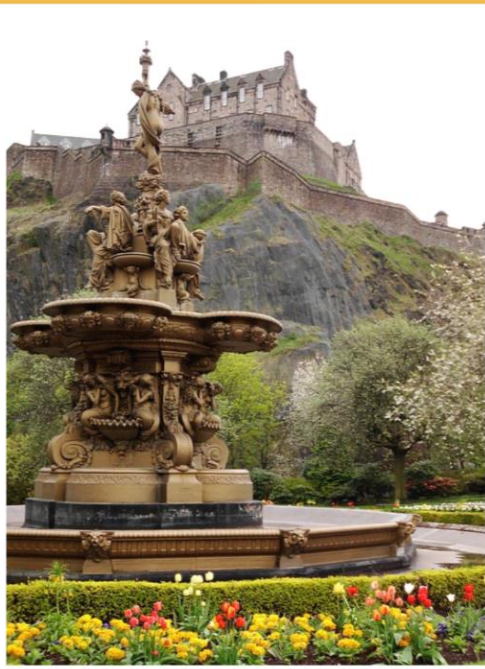


ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Dental Health Journey to Scotland

Glasgow, Oban & Edinburgh

10 days / 8-nights

October 27-November 5, 2020

\$5,299 (based on double occupancy)

\$999 (single supplement)

Enjoy the unique culture and traditions of Scotland while you spend time with the locals and meet fellow dental professionals.

BOOK NOW 888.747.7501

Program Highlights

- ✓ **Interact with dentists and other healthcare professionals** from a variety of facilities.
- ✓ Experience a cruise on **Loch Lomond**, visit to the **Isle of Mull**, as well as scenic stops in a variety of towns throughout your journey including **Glencoe** and **Iona**.
- ✓ **Accompanying guest program** – *alternate activities will be provided for those who do not wish to attend the meetings. This will include a visit to the delightful Kelvingrove Museum and Art Gallery.*
- ✓ Optional post-program **extension to Ireland**.

Professional Connections

- ✓ Meet with a representative from the **NHS National Services Scotland** to learn about their role in the provision of care, especially to the most vulnerable in the population.
- ✓ **Interact with professional counterparts** to discuss issues of specific concern to the population of Scotland, including the influence of diet and other factors in the oral health of the population, the effect of the local diet in dental disease, and efficacy of dental therapy programs.
- ✓ Explore dental education with a visit to a **local university or dental school** and establish meaningful interaction and collaboration with your professional counterparts in the dental health arena.

Cultural Immersion & Giving Back

- ✓ Enjoy a cruise on **Loch Lomond**, visit to the **Isle of Mull**, as well as scenic stops in a variety of towns throughout your journey including **Glencoe** and **Iona**.
- ✓ Give back during an exchange at **Cyrenians**, a group who have worked with the homeless and vulnerable for the last 50 years to transform their lives. Visit and help at one of their sites.

What's Included:

- 4* accommodations in Glasgow & Edinburgh, 3* in Oban (best available)
- All transportation and activities outlined
- International flights to Scotland (gateway city set tentatively out of Newark)
- Local professional guide throughout
- Most tips to local drivers, guest guides and restaurant staff

Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes if applicable





ITINERARY | DAY-BY-DAY

📍 Newark, New Jersey

DAY 1: Tuesday, October 27, 2020

Fly to Glasgow

Depart from a Newark area airport and make your way to Glasgow, Scotland. The stunning beauty and friendly people alone are worth a visit!

📍 Glasgow, Scotland

DAY 2: Wednesday, October 28

Welcome to Glasgow

Upon arrival, the group will be met and transferred to Glasgow city center. Enjoy a **panoramic tour of Glasgow City**. From the magnificent St. Mungo Cathedral, to the People's Palace and Glasgow Green, explore the city's rich past as a religious center and one of the most important industrial cities in Britain. The Victorian architecture offers a striking contrast to the extensive parks of the West End.

Explore **Glasgow Cathedral**, also called St. Mungo's, a superb example of Scottish Gothic architecture. The building is no longer a cathedral but still a place of worship used by a Church of Scotland congregation. The building itself is in the ownership of the Crown, maintained by Historic Scotland, and is one of the few Scottish medieval churches to have survived the Reformation unscathed.

Enjoy afternoon tea with snacks at the delightful **Willow Tea Room** before heading to the hotel to check in this afternoon (around 3:00 pm).

All travelers will gather later this afternoon with your national guide for a late **afternoon orientation and welcome**.

Enjoy a welcome dinner this evening at a local restaurant.

Overnight: Grand Central Hotel (or similar)

Included meals: Tea (with snacks) & Dinner



📍 Glasgow, Scotland

DAY 3: Thursday, October 29

Professional Program

Please Note: Breakfast is included daily at your hotel.

Professional members of the program will spend the morning meeting with Paul Cushley, **Dental Director of NHS National Services Scotland**. He will provide an overview of the dental system in Scotland, specifically focusing on their role and coverage under this system. Learn how good oral health is taught to the children in Scotland, including how they view the importance of good oral health, and explore the influence of diet and other factors in the oral health of the population. An NHS dental exam is free in Scotland for everyone. Following that exam, the dentist will advise patients on any treatments needed and likely cost. For those who don't qualify for free care (18 and under children, pregnant women, nursing mothers, low income) you pay out of pocket pay 80% of the treatment costs (including any X-rays), up to a maximum of £384.

Lunch will be provided at a local restaurant this afternoon.

This afternoon a meeting will be requested with a local **dental clinic**. Continue discussions around the most prevalent types of care needed in Scotland, including periodontitis in adult local population. This will provide an opportunity to see a local practice, the types of equipment they utilize, and etiology of dental development issues in newborns and children in the country. Learn about how home health care influences oral health especially with children.

Guest program: *Today accompanying guests will enjoy a tour of Glasgow with your guide. First stop is Kelvingrove Museum and Art Gallery, one of the most visited attractions in the city, housed in a magnificent building with 22 themed state of the art galleries displaying 8000 objects. Onward you will head to Glasgow Green, the People's Palace. It tells the story of Glasgow and its people from 1750 to the present day. The city's social history can be explored through a wealth of historic artifacts, paintings, prints and photographs, film and interactive computer displays.*

Dinner is by individual arrangement.

Overnight: Grande Central Hotel (or similar)

Included meals: Breakfast & Lunch



ITINERARY | DAY-BY-DAY



📍 Glasgow, Scotland

DAY 4: Friday, October 30

Travel to Oban

Check out of your hotel after breakfast and head for **Oban**. In route you will enjoy a cruise on **Loch Lomond**. Loch Lomond is part of the Trossachs National Park and provides unique views of the surrounding mountains, close-ups of various islands, and a chance to spot local wildlife.

Stop for lunch today at a local pub or café.



Next visit **Inveraray Castle**, the ancestral home of the Duke of Argyll, Chief of the Clan Campbell and the iconic, must-see visitor attraction on the West Coast of Scotland. Most notably, Inveraray Castle featured in the television drama "Downton Abbey". The Castle is a unique piece of architecture and was the first of its size and type to be built on the West Coast of Scotland. Visitors to the castle will be able to explore the many historical rooms available to the public.

On arrival in Oban, check into your hotel and enjoy some free time to relax. Dinner is on your own this evening.

Overnight: Muthu Alexandra Hotel (or similar)

Included meals: Breakfast & Lunch

📍 Oban, Scotland

DAY 5: Saturday, October 31

Isle of Mull & Iona Day Trip

The group will depart after breakfast for Craignure via ferry and cross to the **Isle of Mull** by coach. From there take another ferry from Fionnphort to Iona as a foot passenger.

Iona is a holy isle, an enduring symbol of Christianity in Scotland. St. Columba and his followers came here from Ireland in AD 563 and founded a monastery that became the heart of the early Scottish Church. As a celebrated focus for Christian pilgrimage, Iona retains its spiritual atmosphere and remains an enduring symbol of worship.

Iona Abbey church was restored at the beginning of the 20th century, whilst work on restoring the living accommodation began in 1938, following the foundation of the Iona Community. Today, the Iona Community continues the tradition of worship first established by St Columba 1450 years ago. Iona Abbey is one of Scotland's most historic and sacred sites.

Enjoy a packed lunch today before returning to the mainland and back to your hotel.

Dinner will be provided at a local restaurant.

Overnight: Muthu Alexandra Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner





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📍 Oban, Scotland

DAY 6: Sunday, November 1

Depart for Edinburgh

After breakfast, check out of your Oban hotel and depart for **Edinburgh**. In route you will have a photo stop at **Glencoe**. Glencoe really does merit the description ‘spectacular’. The best approach is from the south on A82, one of the major routes through the Highlands. The road climbs over the bleak expanse of Rannoch Moor and drops down between the steep scree-strewn sides of Glencoe. Awesome mountains, such as Buachaille Etive Mor and the Three Sisters, loom on either side with riverine scenery at the bottom of the glen. The name Glencoe means ‘Valley of Weeping,’ and has a melancholy air thanks to it being the site of the Massacre of Glencoe in 1692. Continue through Fort William.



Enjoy lunch at a local restaurant this afternoon.

Stop for a visit at **Stirling Castle**, one of the largest and most important in Scotland. Explore the castle and grounds with your guide. Many Scottish Kings and Queens were crowned at Stirling, including Mary, Queen of Scots, in 1542. A palace and fortress, the impressive architecture and grand history are a delightful place to explore for the afternoon.

Continue to Edinburgh where you will check into your local hotel. **Principal Edinburgh Charlotte Square** is perched on the edge of a picturesque private garden in the New Town. It blends traditional glamour with Scotland of today. The hotel has a fitness center, free Wi-Fi, spa, business center, onsite dining and an indoor pool.

Dinner is by individual arrangement.

Overnight: Principal Charlotte Square (or similar)
Included meals: Breakfast & Lunch

📍 Edinburgh, Scotland

DAY 7: Monday, November 2

Professional Program

This morning professional members of the group will meet with staff from a local university such as **Open University in Edinburgh**. The attached *Edinburgh Dental Institute* has programs for undergraduate, post-graduate and online learning students. Their modern clinical and teaching facilities, along with guidance of experienced specialist staff, enable the students to make the most of their studies. They place emphasis on individual teaching and learning and because of the relatively small number of student places, their teaching ratios, guidance and research supervision give them an advantage over larger institutes where learning can't be tailored to the student. Learn about the education of dental professionals and allied health professionals within the school.

After lunch continue onward to meet with staff from a local **dental clinic** or **hospital** that provides dental care. This will provide a chance to learn about the experience of dental patients in the hospital setting or requiring emergency care due to trauma.

Guest program: *Today accompanying guests will visit the Royal Yacht Britannia. This magnificent ship has played host to some of the most famous people in the world. But, above all, she was home to Her Majesty the Queen and the Royal Family. Now in Edinburgh you are welcome on board to discover the heart and soul of this most special of royal residences. Highlights include the State Dining Room, the Sun Lounge, The Queen's Bedroom, the Crew's Quarters and the Engine Room.*

After lunch visit Holyroodhouse for a tour and afternoon tea. Founded as a monastery in 1128, the Palace is The Queen's official residence in Scotland and is closely associated with Scotland's turbulent past. Mary, Queen of Scots lived here between 1561 and 1567. Visitors can explore the 14 historic State Apartments and the ruins of Holyrood Abbey. The Queen's Gallery at the Palace of Holyroodhouse hosts a program of changing exhibitions from the Royal Collection.

Dinner is on your own this evening.

Overnight: Principal Charlotte Square (or similar)
Included meals: Breakfast & Lunch



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📍 Edinburgh, Scotland

DAY 8: Tuesday, November 3

Cultural Program

This morning the group will have a guided tour of **Surgeons' Hall Museum** including time to independently explore the *Dental Collection*. The Dental Collection is one of the finest in the UK and demonstrates the development of dentistry from its earliest days to modern times. It includes many rare artefacts from world cultures and has especially important domestic instruments and items. The core of the collection was bequeathed to the College by John Menzies Campbell, a Glasgow dentist and significant dental historian. The collection includes dental instruments, artefacts, prints, paintings, engravings and models. With the redisplay of the Dental Collection, you can now learn about the history of dentistry through careful reinterpretation of their displayed objects. Visitors are also able to see a 19th century dentist's office, complete with 19th century instruments.

Guest program: *Today accompanying guests will have the morning free to explore independently if they don't want to go to the museum with the others.*

Lunch will be provided at a local restaurant.

This afternoon the group will volunteer with staff from **Cyrenians**. You will get involved in some of the day-to-day tasks of the farm.

Farm info: For nearly 50 years, Cyrenians has served those on the edge, working with the homeless and vulnerable to transform their lives by beginning with their story, helping them believe that they can change their lives, and walking with them as they lead their own transformation. Spend time learning about their organization while you **engage in hands-on activities giving back** at one of the area projects like *The Farm* (a social enterprise located just outside the city). This working farm produces fruit, vegetables and eggs and is also home to a community of vulnerable young people, many with experience of homelessness. They help the community to grow people, providing a range of opportunities for individuals to develop skills and confidence as a step towards a settled lifestyle.

Dinner is on your own this evening.

Overnight: Principal Charlotte Square (or similar)

Included meals: Breakfast & Lunch

📍 Edinburgh, Scotland

DAY 9: Wednesday, November 4

Cultural Program

Head out on a walking tour of the **Royal Mile**. Start with a visit to **Edinburgh Castle**, a stronghold for over 3,000 years. In its dominating position overlooking the capital city, the grandeur and historical significance of Edinburgh Castle has made it a globally famous icon of Scotland and part of the Old and New Towns of Edinburgh World Heritage Site. Situated on top of an extinct volcano, gaining stunning views across the City of Edinburgh, the castle has witnessed many of the defining events of Scottish history and has dominated its surroundings with majesty for centuries.

Lunch is by individual arrangement this afternoon.





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After lunch visit **Rosslyn Chapel**. Founded in 1446, as the Collegiate Church of St Matthew, Rosslyn Chapel is a unique building with its mysterious carvings and the beauty of its setting. The chapel took some 40 years to complete, its ornate stonework and symbolism have inspired - and intrigued – artists and visitors ever since it has been completed. Today, there are countless theories, myths and legends associated with the Chapel, many of which are impossible to prove or disprove conclusively. Rosslyn has survived turbulent times and has recently been undergoing an extensive program of conservation to ensure its long-term future.



Say goodbye as you reflect and share memories over a **farewell dinner** at the *Prestonfield House* (or similar). Featuring a nightly performance by acclaimed Three Scottish Tenors, Scotland's most famous evening of traditional Scottish music, bagpipes, fiddles and dance with wine and dinner is not to be missed! Moments from the bustle of the Royal Mile, enjoy a memorable evening of emotive song and spirited dance. A delicious 4-course dinner of Angus beef and Orkney salmon with wine and taste of haggis accompanies this not to be missed evening of traditional hospitality and entertainment.

Included meals: Breakfast & Dinner

Overnight: Principal Charlotte Square (or similar)

📍 Edinburgh, Scotland

DAY 10: Thursday, November 5

Depart for home today

Return to the local airport for check-in for your flight home. Depending on the flight time, lunch is by individual arrangement.

Included meals: Breakfast





ITINERARY | DAY-BY-DAY

📍 Glasgow, Scotland

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<https://www.phcompany.com/principal/glasgow-grand-central-hotel/>



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