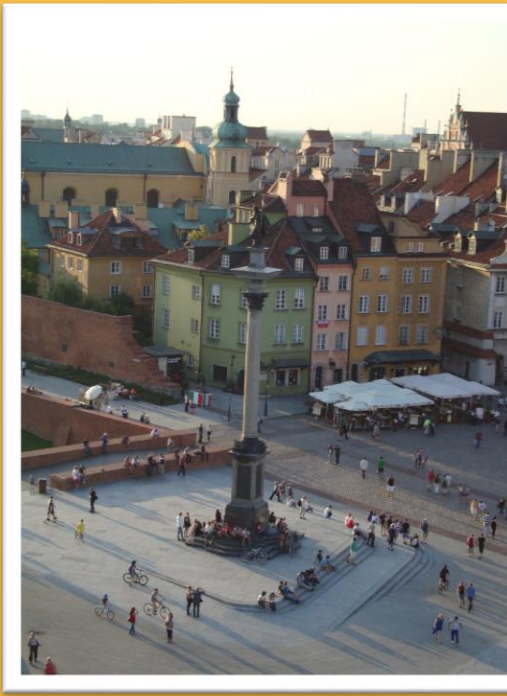




CAREER ENRICHMENT



Nursing Journey to Poland & Hungary

Cities: Warsaw & Budapest

9 days / 7 nights

May 18-26, 2018

\$4,999 (Based on double occupancy)

Enjoy the unique culture and traditions of Eastern Europe while you spend time with the locals. This adventure includes a very special experience visiting local hospitals to engage with your medical counterparts.

BOOK NOW 888.747.7501

Program Highlights

- ✓ **Interact with medical professionals** from a variety of facilities and hospitals in both Warsaw and Budapest.
- ✓ **Accompanying guest program** – *alternate activities will be provided for those who do not wish to attend the meetings.*
- ✓ Nanda Journeys and the University of Pittsburgh School of Nursing are collaborating to develop this educational activity. **8 Continuing nursing education contact hours will be sought for this journey.** The University of Pittsburgh School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC) (PO229).

Professional Connections

- ✓ Meaningful **interaction and collaboration** between travelers and healthcare professionals in both countries will focus on strategies being taken to meet the United Nation's Millennium Development Goals and improve healthcare outcomes worldwide.
- ✓ Discuss **current healthcare challenges** in each country. Healthcare professionals, as global citizens in the 21st century, need to understand universal health care issues such as poverty, hunger, malnutrition, illiteracy, and access to health care before global healthcare goals can be achieved.

Cultural Immersion & Exploration

- ✓ You will have an opportunity to interact with a local non-profit organization or community project.
- ✓ Really get to know the culture of both Poland and Hungary during a cooking lesson in the home of a Polish family.
- ✓ Delve into WWII history as you learn about *Irena Sendler* and her incredible story of saving 2500 Jewish children. Polish nurse, humanitarian, & social worker, Irena served in the Polish Underground during World War II in German-occupied Warsaw.

What's Included:

- 4-5* accommodations throughout
- All transportation and activities outlined in the itinerary
- International flights to Europe (gateway city set tentatively out of New York)
- Local English speaking guide in each country
- Most tips

Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tip for national guides
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable
- Tips to your maid or porters



📍 New York, New York

DAY 1, May 18, 2018

Fly to Hungary today

Depart from New York this evening and make your way to Hungary.

📍 Budapest, Hungary

DAY 2, May 19

Welcome to Hungary!

Upon arrival this morning at the Budapest Ferenc Liszt International Airport, you will be met and greeted by a local representative and transferred to your local hotel for lunch by individual arrangement. **Please note: early check-in has been confirmed for your comfort and convenience.**

Enjoy some free time with lunch on your own today. All travelers will gather late this afternoon with your national guide for an **early afternoon orientation and welcome.**

Carat Boutique Hotel is in the very center of Budapest (VI. District) and a short walk to the Deák Ferenc Square, Budapest's most important transportation hub. The hotel offers unique services and amenities such as free high speed WiFi internet access, soundproof windows, minibar, in-room safe (for laptops), individually adjustable air-conditioning, bathroom amenities and a hair dryer.

Enjoy a welcome dinner this evening at a local restaurant.

Overnight: Carat Boutique Hotel (or similar)
Included meals: Dinner



📍 Budapest Hungary

DAY 3, May 20

Cultural Program

Explore Budapest

This morning the group will explore **St. Stephen's Basilica**, **Matthias Church** and **Fisherman's Bastion**. The Banks of the Danube, together with the Buda Castle Quarter and Andrassy Avenue, have been listed on the UNESCO World Heritage Site and are your first stop today. The Buda Castle Quarter includes the 700-year-old **Matthias Church** with its graceful architecture and delicate turrets. the **Holy Trinity Square** and the domed **Buda Palace** that looms over the city atop Castle Hill as well as the **Fisherman's Bastion** – one of the top Budapest attractions with the best panoramic views of the distinctive building of the House of Parliament. Its seven towers represent the seven Magyar tribes that settled in the Carpathian Basin in 896.

Explore the largest church in Budapest, **St. Stephen's Basilica** that reflects both a neo-classical and neo-renaissance style of architecture. The basilica is named after Saint Stephen who became king of Hungary in 997.

Lunch will be provided at a restaurant near **Central Market Hall**. You will have some time afterward to explore the market. Built at the end of the 19th century, it is the largest indoor market in Budapest and has a wonderful food market that is a must-see, even if you don't buy anything.

Enjoy some free time and dinner on your own this evening.

Overnight: Carat Boutique Hotel (or similar)
Included meals: Breakfast & Lunch

📍 Budapest, Hungary

DAY 4, May 21

Professional Program

Professional members of the program will interact with nursing counterparts this morning and afternoon for substantive meetings at a **local hospital, clinic or university** like *Semmelweis University's Nursing Department*. Founded in 1769, the Faculty of Medicine is Semmelweis University's oldest and largest faculty.

Lunch will be provided today.



Guest program

After breakfast, accompanying guests will explore the Great Synagogue including the Emanuel Trees. The Synagogue is the largest in Europe and the second largest in the world. It was built in Moorish Revival or Neo-Moorish style, in the wake of Romanticism. Visit the Hungarian National Museum with your local guide. Founded 200 years ago, the museum is dedicated to the history of Hungary and has permanent exhibition includes furniture, textiles, weapons, metalwork and ceramics.

Enjoy a dinner cruise sailing along the **Danube River** to take in the gorgeous scenery.

Overnight: Carat Boutique Hotel (or similar)

Included meals: Breakfast. Lunch & Dinner

📍 Warsaw, Poland

DAY 5, May 22

Travel to Poland

This morning the group will make your way back to the airport for your short flight to Warsaw, Poland. Say goodbye to your local guide as you will be met upon arrival by a new guide in Poland.

Enjoy an afternoon **foodie tour including lunch**. Learn about the local cuisine as well as discover history of the dishes and cultural influences.

The centrally located **Polonia Palace Hotel** also offers free high-speed Wi-Fi internet access, complimentary water in the room, bathroom amenities, hairdryers, an in-room safe as well as onsite business center, restaurant and bar.

Dinner is by individual arrangement this evening (own expense).

Overnight: Polonia Palace Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner



📍 Warsaw, Poland

DAY 6, May 23

Professional Program

Professional members of the program will interact with nursing and allied medical counterparts this morning and afternoon for substantive meetings at a **local hospital, clinic or university**.

Meetings will be requested with facilities such as the **Medical University of Warsaw** and the **Department of Nurses and Midwives of the Ministry of Health** (or similar).

Lunch will be provided today.

Guest program

After breakfast, accompanying guests will depart for a guided orientation of Warsaw's local flea markets to get a sense of everyday life in Poland. Spend time this afternoon in the Wilanów Palace, which serves as a branch of the National Museum. Wilanów Palace, a splendid example of Baroque architecture, was built in the 17th century as a summer residence for King Jan III Sobieski, prominent Polish sovereign and victor over the Turks in the Relief of Vienna in 1683. Take a day trip to the palace, which serves as a branch of the National Museum. Żelazowa Wola, the 1810 birthplace of Polish composer and virtuoso, Frederic Chopin, is a charming village on the River Utrata, bordering the Kampinos National Park.

Enjoy dinner in the home of a local Polish family including a chance to share in the cooking duties.

Overnight: Polonia Palace Hotel (or similar)

Included meals: Breakfast & Lunch





📍 Warsaw, Poland

DAY 7, May 24

Cultural Exploration

The group will discover the beauty of Warsaw during visits to **Old Town and Castle Square**, the house of Madame Curie, St. John Cathedral and Market Square.

Enjoy a nice lunch break at a local restaurant this afternoon.

See the **Royal Castle**, where in 1791 the first European constitution was signed; visit the Ghetto Memorial, the monument of the Warsaw uprising and the Tomb of the Unknown Soldier; and walk through **Royal Lazienki Park**, Chopin's monument and Belvedere Palace.

Dinner will be provided this evening. Immediately following, the group will enjoy the **private Chopin piano concert**, a highlight of your stay in Warsaw, at the historical building of the Royal Lazienki Park.

Overnight: Polonia Palace Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner



📍 Warsaw, Poland

DAY 8, May 25

Cultural Exploration

This morning visit **Brochow** and other local villages bordering the **Kampinos National Park** to enjoy the scenery of the Masovian countryside. Brochow lies near Zelazowa Wola in an area with the idyllic country atmosphere and numerous winding streams surrounded by willows and hillocks. The Brochow commune's most prized monument is the **St. Roch and John the Baptist Parish Church** - a unique gothic- renaissance style structure that connects sacral and defensive functions. It is here that Frederic Chopin's parents were joined in marriage and the composer himself baptized.

After lunch, the group will delve into WWII history as you learn about **Irena Sendler** and her incredible story. Polish nurse, humanitarian, and social worker, Irena served in the Polish Underground during World War II in German-occupied Warsaw. Learn about her important role during visits to the **Warsaw Ghetto** and a walking tour of **Old Town**.

Share your memories and experiences with other delegates during your last dinner in Poland.

Overnight: Polonia Palace Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner

📍 Warsaw, Poland

DAY 9, May 26

Depart Poland

Today say goodbye to Poland, departing for the airport early this afternoon for your flight back to New York. ***An optional extension opportunity will be provided. Details to follow***

Note: Extension travelers will have some free time to explore independently with lunch on your own arrangements. Your guide can assist with baggage storage.

Overnight: Polonia Palace Hotel (or similar)

Included meals: Breakfast



NURSING | DAY-BY-DAY

📍 Budapest, Hungary

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📍 Warsaw, Poland

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