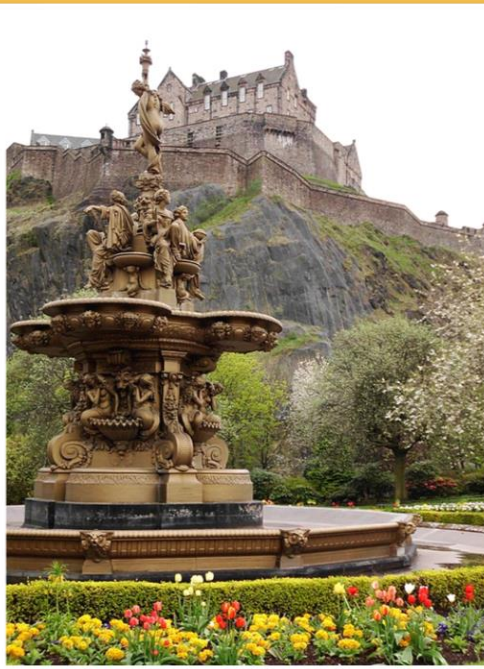


ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Dental Health Journey to Scotland

Glasgow, Aviemore & Edinburgh

10 days / 8-nights

October 25-November 3, 2022

\$5,899 (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.
- ✓ **Accompanying guest program** – *alternate activities will be supplied 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 Belfast, 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 set up meaningful interaction and collaboration with your professional counterparts in the dental health arena.

Cultural Immersion & Giving Back

- ✓ Enjoy a visit to a **local sheep farm** to meet their collie pups, bottle-feed the orphan lambs, or shear a sheep.
- ✓ 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.
- ✓ Take part in a **bagpiping experience** at the National Piping Center to learn about Scotland's national instrument, hear some music and explore the museum.

What's Included:

- 4* accommodations throughout the program
- 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



Scotland | www.nandajourneys.com | 888-747-7501



ITINERARY | DAY-BY-DAY

📍 Newark, New Jersey

DAY 1: Tuesday, October 25, 2022

Fly to Edinburgh

Depart from a Newark area airport and make your way to Glasgow, Scotland (via Edinburgh).

📍 Glasgow, Scotland

DAY 2: Wednesday, October 26

Welcome to Scotland

Upon arrival in Edinburgh, the group will be met and transferred to Glasgow city center (location of the recent UN Climate Change Conference COP26). 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.

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 is one of the few Scottish medieval churches to have survived the Reformation unscathed.

Enjoy a **bagpiping experience** at the National Piping Center. Learn about Scotland's national instrument, hear some music and explore the museum. Amongst this stunning collection is the Iain Dall MacKay Chanter - the oldest piece of bagpipe in the world, as well as a piping relic that belonged to **Robert Burns**.

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 27

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 (approx. \$522).

Lunch will be provided at a local restaurant.

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 the adult local population. See a local practice, the types of equipment they utilize, and the 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



📍 Aviemore, Scotland

DAY 4: Friday, October 28

Travel to Aviemore

Check out of your hotel after breakfast and head to **Aviemore**.

In route, enjoy a **4x4 safari excursion** and a picnic lunch. Your Safari Ranger vehicles will take you on a unique journey into a **secret Scotland**, reaching heights of nearly 3000 feet. Search for rare wildlife including the famous Grouse, the elusive Mountain Hare, the majestic Red Deer, and the soaring Golden Eagle. The Safari Experience explores the magnificent views and untouched wilderness in 250,000 acres of Highland Perthshire Estates.

On arrival in Aviemore, check into your hotel and enjoy free time to relax.

Set in the heart of Aviemore and the Cairngorms National Park, **Macdonald Aviemore Resort** is surrounded by an abundance of breath-taking scenery, outdoor activities, and local attractions. Stunning natural landscapes, wildlife, historical sights, golf courses, ski slopes and family days out - it's the perfect year-round destination in Scotland. *The resort has four properties in the area so closer to travel a specific property will be locked in. All have similar 4* accommodations and amenities. Rooms have free Wi-Fi, fully accessible, onsite dining, private bath, and toiletries.*

Dinner is on your own this evening. Enjoy a choice of restaurants at Macdonald Aviemore Resort or one of their sister resorts nearby.

Overnight: Macdonald Resort Hotels
Included meals: Breakfast & Lunch

📍 Speyside, Scotland

DAY 5: Saturday, October 29

Cultural Immersion Day

The group will depart after breakfast for **Leault Farm**. During a 45-minute demonstration amidst some of the most beautiful scenery in Scotland, you will see up to eight dogs working as a team maneuvering sheep and ducks through various obstacles. Every dog has its own set of commands enabling visitors to see just how each of them responds to their individual whistles and each move by the dogs is explained by their handler, Neil Ross. This truly is an experience not to be missed, giving people the chance to enjoy and participate in the traditional working day of a **Highland Shepherd and his dogs**. Meet the collie pups, bottle-feed the orphan lambs, or take part in shearing a sheep.

Later today visit a **local distillery** like Speyside Distillery which is nestled within the magnificent Cairngorm Mountains. There are several options so depending on availability closer to travel a specific facility will be finalized. Enjoy a tour and tasting this afternoon before returning to the hotel.

Dinner will be provided at the hotel this evening.

Overnight: Macdonald Resort Hotels
Included meals: Breakfast & Dinner





ITINERARY | DAY-BY-DAY



📍 Aviemore, Scotland

DAY 6: Sunday, October 30

Depart for Edinburgh

After breakfast, check out of your hotel and depart for **Edinburgh**. In route visit the **Scottish Crannog Center**. Your visit includes a tour of their museum, which houses a fantastic collection of Iron Age artifacts, and a living history area with hands-on demonstrations of ancient crafts and technologies. Throughout your visit, you will find a team of enthusiastic, knowledgeable, and friendly **Iron Age interpreters** to help guide you and ensure the best experience possible.

Lunch will be provided at a **local pub**.

This afternoon, attend a demonstration with a master chocolatier at **Iain Burnett – The Highland Chocolatier**. They are an award-winning chocolatier based in the heart of the Scottish mountains. Iain hand-makes all sorts of luxury spiced pralines and dipped fruits, but it's the world's finest Velvet Truffles® which have brought him to worldwide recognition as a Master Chocolatier and Truffle Specialist.

Continue to Edinburgh where you will check into your hotel. **voco Edinburgh Haymarket** is a modern hotel that guarantees you a stay that is as individual as it is indulgent. Offering distinctive design, cozy bedding, luxury amenities and delicious food, whilst also being ideally located to explore all of Edinburgh's famous attractions!

Dinner is by individual arrangement.

Overnight: voco Haymarket (or similar)
Included meals: Breakfast & Lunch

📍 Edinburgh, Scotland

DAY 7: Monday, October 31

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. Learn about the education of dental 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 give you 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 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: voco Haymarket (or similar)
Included meals: Breakfast & Lunch



ITINERARY | DAY-BY-DAY

📍 Edinburgh, Scotland

DAY 8: Tuesday, November 1

Humanitarian & 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 rare artifacts 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, artifacts, 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 the day-to-day tasks of the farm. *A donation will be made on your behalf for this visit.*

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.

Dinner is on your own this evening.

Overnight: voco Haymarket (or similar)
Included meals: Breakfast & Lunch

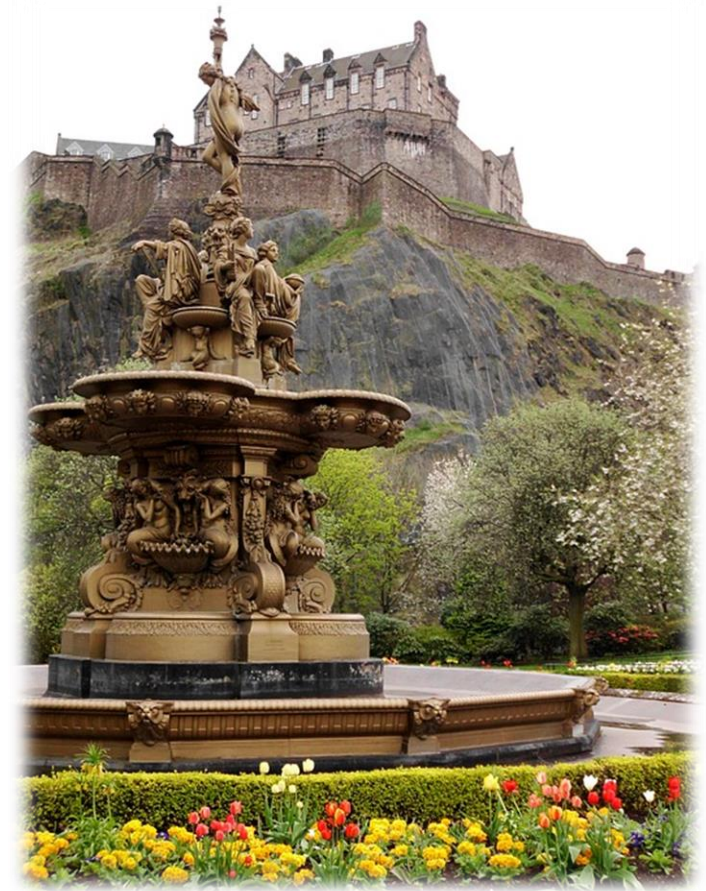
📍 Edinburgh, Scotland

DAY 9: Wednesday, November 2

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.





ITINERARY | DAY-BY-DAY

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 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 *Spirit of Scotland* (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 a taste of haggis accompanies this not to be missed evening of traditional hospitality and entertainment.

Overnight: voco Haymarket (or similar)

Included meals: Breakfast & Dinner

📍 Edinburgh, Scotland

DAY 10: Thursday, November 3

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

The Principal Grand Central Hotel

99 Gordon Street
Glasgow, Scotland G1 3SF

Telephone: 011-44-141-240-3700

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



📍 Aviemore, Scotland

Macdonald Resort Hotels

Highland Resort
Aviemore, Scotland PH22 1PN

Telephone: +44 344 879 9152

<https://www.macdonaldhotels.co.uk/aviemore>



📍 Edinburgh, Scotland

voco Haymarket Hotel

46 Torphichen St
Edinburgh, Scotland EH3 8JB

Telephone: +44 131 378 1999

<https://www.ihg.com/voco/hotels/us/en/edinburgh/edits/hoteldetail>

