

## ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



### Mental Health Journey to England: Oxford, Cambridge & London

England

9 days / 7 nights

October 3-11, 2020

\$6,399 (based on double occupancy)

\$1,399 Single Supplement

Enjoy the unique culture and traditions of England while you spend time with the locals and meet fellow mental health professionals.

**BOOK NOW 888.747.7501**

#### Program Highlights

- ✓ Optional *post-program extension* to **Belfast, N. Ireland & Dublin, Ireland** & *pre-program extension* to **London** (affording time to explore independently and perhaps take in a show)
- ✓ Enjoy a visit to **Kings College Chapel** to attend an Evensong performance & **afternoon tea** in a country house.
- ✓ **6.0-8.0 Continuing Medical Education (CME) credits** will be sought for this journey. *\*\*This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Wilderness Medical Society and Nanda Journeys. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.\*\**

#### Professional Connections

- ✓ Meet with medical professionals and mental health practitioners from a variety of settings in England including **local hospitals, clinics** and the prestigious **Royal College of Psychiatrists**. Unlike the system in the U.S., the college is responsible for setting specialty training standards, examining candidates for specialty certification, and advocating for psychiatrists and patients—all under a single-payer government system.
- ✓ Learn about **mental health policies, education and training** as well as ongoing communication and collaboration.
- ✓ Learn about the public healthcare system in the UK called the **National Health Service**. Discuss its structure as compared to the healthcare system in the U.S.

#### Cultural Immersion & Exploration

- ✓ Visit a traditional **English Pub** for lunch and enjoy the variety of other local restaurants throughout your journey.
- ✓ Some of the sites you will explore during your explorations of England include a stop at **Windsor Castle**, a scenic drive through the **Cotswolds**, a daytrip to **Ely** to see the 900-year old cathedral, and a walking tour in the historic **St. Albans** historic city center.

#### What's Included:

- 4\* accommodations throughout your travels
- All transportation and activities outlined
- International flights to London (gateway city set tentatively out of New York area)
- Local professional guide throughout
- Most tips to local drivers, guest guides and restaurant staff

#### Not Included:

- Personal expenses at the hotels
- Meals not specified
- Tips for national guide
- Passport renewal or issuance (*valid 6 months beyond return date required*)
- Domestic flight to & from gateway city in the U.S.



England | [www.nandajourneys.com](http://www.nandajourneys.com) | 888-747-7501



📍 New York, New York

### DAY 1: Saturday, October 3, 2020

#### Fly to London

Depart from a New York area airport this evening and make your way to **London, England**. The stunning beauty in the autumn is a delightful time to explore.

📍 London, England

### DAY 2: Sunday, October 4

#### Welcome to England

Upon arrival, the group will be met by your local guide and head onward to Windsor. Your first stop today is to explore **Windsor Castle**. The Castle is the largest inhabited castle in the world and has been the home to over 40 British Kings and Queens since 1236. The opulent State Apartments, furnished by some of the finest works of art from the Royal Collection, include paintings from Rembrandt, Rubens and Canaletto. It is also home to St. George's Chapel, the spiritual home of the Order of the Garter – the oldest order of chivalry in the world with members including the Queen, Prince Charles and 24 other Knights.

Lunch is on your own in Windsor this afternoon, either before or after the castle tour, depending on group flight arrival time into London.

Head onward to the hotel in Oxford. All travelers will gather with your guide for an **afternoon orientation and welcome**.

The **voco® Hotel Oxford Spires** was built from local Cotswolds' stone, surrounded by beautiful parkland alongside the Thames, a wonderful retreat from which to explore Oxford the City of Spires, a 10-minute walk away.

Enjoy a welcome dinner this evening at a local restaurant.

**Overnight: voco® Hotel Oxford Spires (or similar)**

**Included meals: Dinner**



📍 Oxford, England

### DAY 3: Monday, October 5

#### Cultural & Afternoon Meeting

*Please Note: Breakfast is included daily at your hotel.*

After breakfast, the group will depart for a scenic drive in the **Cotswolds**. They are famous for their honey-colored limestone houses, historical market towns and rolling green hills framed by drystone walls represent an unspoiled idyll of quintessential England. Dotted amongst the picturesque rural scenery, Bourton-on-the-Water, Chipping Camden and Laycock are only a few examples of a huge selection of postcard-pretty towns and villages offering independent cafes, pubs and shops, and bustling market squares. Then there are elegant stately homes like Chastleton House and Corsham Court, the national arboretum at Westonbirt and beautiful driving routes of the Romantic Road.

Return to Oxford and head to the **Oxford Covered Market** to explore. The market offers local crafts, food and drink of many independent businesses going back generations. Lunch will be provided in the area this afternoon.





This afternoon professionals will have time for a meeting with your local counterparts at a facility such as the **University of Oxford** or a **local clinic**.

### **Accompanying guests:**

*Guests will depart with your guide after lunch to explore the city. Pass some of the oldest colleges such as the 13th Exeter College, the impressive Bodleian Library and Baliol College, which is something of an assembly line for British Prime Ministers. Other highlights include the Bridge of Sighs, which connects two parts of Herford College, the Eagle and Child Pub, where famous authors JRR Tolkien and CS Lewis would regularly meet. For those interested, the guide can point out some of the sites used for the Harry Potter films.*

Dinner is by individual arrangement (own expense).

**Overnight: voco® Hotel Oxford Spires (or similar)**  
**Included meals: Breakfast & Lunch**

📍 Cambridge, England

## **DAY 4: Tuesday, October 6**

### **Drive to Cambridge**

Check out of your Oxford hotel and head to **Cambridge** (2.5-hour drive approximately).

Enjoy lunch at a local pub or restaurant this afternoon.



Today you will enjoy a **punting tour** and a **student/alumnus led orientation walking tour**.

The university city of Cambridge is an attractive collection of grand college buildings and vast green urban parks. The students of the prestigious university buzz around the streets on bikes whilst tourists may take to the picturesque River Cam on the local gondola-like punts. Highlights include the beautiful gothic chapel of Kings College, and the Bridge of Sighs and ornate 16th century Great Gate of St John's College. During your tour of Cambridge, you will also hear about the history of the university and about famous former students like Darwin, Newton and Hawking.

The punt station incorporates seven individually licensed boat owners. Two of these boat owners have worked together for the last ten years under the umbrella of The Cambridge Punt Company providing a bespoke, original and personalized service.

Check into your local hotel late this afternoon. **Tamburlaine Hotel's** enchanting décor meets absolute luxury with each charming room being full of character, with a base palette of Cambridge blue highlighting dark wood paneling, polished concrete, gleaming brass and richly patterned fabrics.

This evening the group will attend an Evensong performance at **Kings College Chapel**. Founded in 1441, the highlight of Kings College is unarguably the late-gothic King's Chapel - an ornate masterwork of English craftsmanship. When gazing upwards at the breathtaking fan-vault ceiling, beautiful stained-glass windows and famous baroque painter Ruben's Adoration of the Magi masterpiece, it's easy to see why it took over a century to build.

Dinner will be provided at a local restaurant.

**Overnight: Tamburlaine Hotel (or similar)**  
**Included meals: Breakfast, Lunch & Dinner**



📍 Cambridge, England

### DAY 5: Wednesday, October 7

#### Professional Program & Afternoon Tour

This morning professionals will have a meeting with **local counterparts**. Continue focusing on enriching your understanding of the mental health practice through short but intense immersion into the rich mental health traditions and practices with your professional colleagues.

##### *Accompanying guests:*

*This morning guests will visit Cambridge University Botanic Gardens. Discover plants from all over the world in 40 acres of beautiful gardens and glass houses. The Garden is a treasure trove of over 8,000 plant species, including nine National Collections and a wonderful arboretum.*

Lunch will be provided this afternoon.

After lunch, the group will drive to **Ely** (one hour drive each way). With a population of just 20,000, Ely is home to the magnificent, 900-year-old **Ely Cathedral**. It dominates the skyline of the small but historically important city and began as a monastery set up by Queen Etheldreda in the 7th century and over the centuries was a pilgrimage site to the Queen despite being destroyed and rebuilt as an abbey and eventually a cathedral in the 11th century. It has a unique 14th century octagonal lantern tower – a real medieval marvel – but the 13th century quire and a 14th century Lady Chapel are also to be admired. On site is also **the Stained-Glass Museum** where over 125 glass panels tell the story over 800 years of this precious craft.

Delight in **afternoon tea** in a quintessentially English country house surrounded by delightful gardens and meadow parkland. As you partake in this very British practice, look out onto the wonderful garden and enjoy abundant English flowers and sweeping lawns.

Return to Cambridge, where dinner is on your own.

**Overnight: Tamburlaine Hotel (or similar)**

**Included meals: Breakfast & Lunch**



📍 London, England

### DAY 6: Thursday, October 8

#### Travel to London with stop in St. Albans

This morning the group will say goodbye to Cambridge and head to London. En-route visit **St Albans Museum and Gallery**. Opened to the public in 2018, it has become a leading center for arts and culture at the heart of one of Britain's most historic cities. Set over three floors, the newly created state-of-the-art gallery showcases over 2,000 years of priceless heritage and displays contemporary artworks – sharing local, national and world treasures with all.

Immediately following, the group will go on a **walking tour** of the area. Be transported back to the medieval period as you walk around the historic marketplace with a specialized guide. You will hear tales about the life and times of the people who visited, lived and worked here. Life was far from easy in those turbulent times. Follow the pilgrims' route to the Abbey church and beyond.

Lunch will be provided at a local fish and chip shop before heading onward to your hotel in London. **The Mandeville Hotel's** Marylebone location is at the doorstep of Bond Street, Marylebone High Street and Selfridges, surrounded by the best of London's shopping, The West End and London's iconic attractions, arts & culture, food & drink.

Enjoy a **dinner cruise** on the River Thames. The cruise combines fine dining, sight-seeing and live entertainment creating an outstanding cruise experience. Sit back, relax and watch the lights from the banks of the Thames dance on the water as day slips into night.

**Overnight: Mandeville Hotel (or similar)**

**Included meals: Breakfast, Lunch & Dinner**





📍 London, England

## DAY 7: Friday, October 9

### Professional Program

Continue your professional exchange today during a meeting with professionals from the **Royal College of Psychiatrists**. They are the professional medical body responsible for supporting psychiatrists throughout their careers from training through to retirement, and in setting and raising standards of psychiatry in the United Kingdom. Discuss topics of mutual interest and hear from a representative about the role of the college in supporting local mental health professionals.

After lunch, wrap up your meetings with a visit to a **local hospital or clinic** (permission pending).

#### Accompanying guests:

*Guests will explore the V & A Museum this morning. The Victoria and Albert Museum in London is the world's largest museum of decorative arts and design, housing a permanent collection of over 4.5 million objects. Then enjoy a tour of the Royal Albert Hall on the northern edge of South Kensington. It was founded in 1852 and named after Queen Victoria and Prince Albert. You'll discover how the building was funded, the royal love story that nearly stopped it from being built, and how they solved one of the UK's most enduring engineering challenges – the Royal Albert Hall echo. You might even be lucky enough to hear a legendary artist in soundcheck! The remainder of the day is yours to explore or relax.*

Dinner will be on your own this evening.

**Overnight: Mandeville Hotel (or similar)**

**Included meals: Breakfast & Lunch**



📍 London, England

## DAY 8: Saturday, October 10

### Cultural Exploration

Today head out to explore the **National Gallery**. It houses some of the most famous paintings from the 13-20<sup>th</sup> centuries and has a revolving collection as well as special exhibits. You might see van Eyck's *Arnolfini Portrait*, Velázquez's *Rokeby Venus*, Turner's *Fighting Temeraire* or Van Gogh's *Sunflowers*. The Gallery's aim is to care for the collection, to enhance it for future generations, primarily by acquisition, and to study it, while encouraging access to the pictures for the education and enjoyment of the widest possible public now and in the future.

Lunch will be on your own this afternoon.

The afternoon is dedicated to exploring the **Churchill War Rooms** of the **Imperial War Museum**. These underground bunkers protected the British leadership from the German bombing raids as they plotted the survival and eventual victory of Britain and the Allied Forces during World War II. Today you can navigate the winding corridors of the bunker and discover how life was for Winston Churchill and his staff who lived and worked around the clock under the streets of London. Explore fascinating spaces like the Map Room, which has been left untouched since 1945, and the Cabinet Room.

Wrap up your explorations with a **Blitz walking tour** (90 minute) that explores how the City of London was devastated during the Blitz of 1940/41 before the modern city arose from the flames.

Say goodbye as you reflect and share memories over a **farewell dinner** at a local restaurant.

**Overnight: Mandeville Hotel (or similar)**

**Included meals: Breakfast & Dinner**

📍 London, England

## DAY 9: Sunday, October 11

### Depart for home today

Enjoy some time this morning to relax before heading to the airport to check in for your flight home. Depending on the flight time, lunch is by individual arrangement.

**Included meals: Breakfast**



📍 Oxford, England

### **voco® Hotel Oxford Spires**

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<https://www.ihg.com/voco/hotels/gb/en/oxford/oxfar/hoteldetail>



📍 Cambridge, England

### **Tamburlaine Hotel**

27-29, Station Rd  
Cambridge CB1 2FB, United Kingdom

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<https://www.thetamburlaine.co.uk/>



📍 London, England

### **Mandeville Hotel**

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