



CAREER ENRICHMENT

Mental Health Journey to England



ENGLAND: Cambridge, Oxford & London

October 2-10, 2021 (7 nights / 9 days)

\$6,399 (based on double occupancy)

\$1,399 (single supplement)

BOOK NOW 888.747.7501

Located off the northwestern coast of the European mainland in Western Europe, you will have a chance to explore London, Cambridge and Oxford on the main island of Great Britain. A constitutional monarch with a parliamentary democracy, the Queen has reigned since 1952, making her the longest-service current head of state. With London as its capital, it has a population of over 10 million.

Program Highlights

- Enjoy **afternoon tea** in a country house in Cambridge.
- Enjoy a visit to **Kings College Chapel** to attend an Evensong performance.
- 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)
- **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 Interaction

- 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 in comparison to the healthcare system in the U.S.

Focus on Community & Culture

- 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 will include a stop to tour **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.
- Enjoy a visit to **Kings College Chapel** to attend an Evensong performance.

Journey Leader: **Dr. Nada Stotland**

Dr. Nada Stotland is a former president of the American Psychiatric Association and the author or editor of seven books and more than 75 articles on women's health and medical ethics. She has won numerous awards, including the Francis Braceland and Alexandra Symonds awards from the American Psychiatric Association (APA) and the Lila Wallis Award from the American Medical Women's Association. As an invited speaker, she has addressed audiences in France, Colombia, Montreal, India, Germany, England, and Australia, and is an Honorary Fellow of the Royal College of Psychiatrists.



Why Nanda Journeys?

*Travel for people with purpose and passion.
See for yourself what a difference travel makes.*

Ready to go?

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