

## ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



### Nursing Journey – Israel, Palestine, Jordan

13 days / 12 nights

June 21-July 3, 2020

\$6,699 (Based on double occupancy)

\$1,699 (Single supplement)

Join us to explore Israel, Palestine & Jordan, a region steeped in history, diversity and local traditions. Examine the range of healthcare services and education provided in each country while experiencing the unique opportunity to connect with families and community members from a broad cross-section of multicultural backgrounds.

**BOOK NOW 888.747.7501**

#### Program Highlights

- ✓ 12 nights / 13-day journey through Israel, Palestine and Jordan.
- ✓ **Optional post-program extension** to Cairo, Egypt.
- ✓ Nanda Journeys and the University of Pittsburgh School of Nursing are collaborating to present the Nursing Journey. Professional Nurses participating in the activity and completing the evaluation tool may receive a maximum of **8.0-10 Nursing Continuing Professional Development** contact hours. The University of Pittsburgh School of Nursing is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

#### Education Interaction

- ✓ Interact with **nursing professionals** from a variety of facilities in both Israel and Jordan such as **Ramban Hospital Haifa** and **King Hussein Medical Center Amman**.
- ✓ Meet with faculty and students at various nursing schools such as Tel Aviv University, **Almakassed College of Nursing**, and the **University of Jordan** to compare the practice and education of nurses in each location.
- ✓ Focus on learning about the health systems in Israel, Palestine and Jordan. Discuss the **prevention of illness** and **management of chronic disease** along with the role of nurses and other medical professionals in providing healthcare.

#### Community and cultural Interaction

- ✓ Giving back and engaging with the local community is an important part of your journey. Visit the **Balqa Governorate Health Directorate** in Salt to learn about their health center, maternity and community activities.
- ✓ Gain authentic cultural insight during an evening spent enjoying a **home-cooked meal with a local family**.

#### What's Included:

- Superior accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air (set tentatively out of Washington, DC/Dulles area)
- Local English-speaking guides
- Meals as mentioned and most tips

#### 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



📍 Washington Dulles

**DAY 1, Sunday, June 21, 2020**

### Depart for Israel today

Depart from Washington Dulles/surrounding area and make your way to Tel Aviv this evening.

📍 Tel Aviv

**DAY 2, Monday, June 22, 2020**

### Arrival in Tel Aviv

Arrive in **Tel Aviv** late this afternoon at the Ben Gurion International Airport. Upon arrival, the group will be met and transferred to your local hotel. Relax this evening and settle into your hotel.

**Shalom & Relax Hotel** is a four-star property steps from the shore's waves and calming white beaches of Tel Aviv. Guests can indulge in their pampering spa or lounge on the rooftop with dazzling ocean views. The hotel has free Wi-Fi, currency exchange, 24-hour front desk, onsite dining and a great location.

All travelers will gather this evening with your national guide and receive further information on the program.

Enjoy a **welcome dinner** this evening at a local restaurant.

**Overnight: Shalom & Relax Hotel (or similar)**

**Included meals: Dinner**

📍 Tel Aviv

**DAY 3, Tuesday, June 23, 2020**

### Introduction to Israel

Set out to visit a local nursing program at an academic facility such as **Tel-Aviv University**. Meet with faculty and enjoy a short tour of the facilities. You will have time to **speak to nursing students** (Jewish and Arab) to learn about their studies and goals for their future. The goal of the professional visits is to develop an appreciation of Israel's response to health challenges through a mutual exchange with representatives of their nursing practice and education systems.

Stop for lunch in the Sarona before heading to the **Old Jaffa Port**. Built 4000 years ago, it is the oldest in the world. In 1954, Jaffa became an integral part of the Tel Aviv municipality. Explore the boutiques and galleries in the **old city** including a stop to see **Clock Tower Square** with buildings dating back to before the Ottoman period. Drive on to the **Old Train Station**, the central hub that once connected the holy land with its neighboring countries. End your tour with a visit to **Neve Tzedek**, founded in 1887 by Aharon Shlush to escape the crowded Jaffa area, 22 years before Tel Aviv was founded.

Return to the hotel where dinner is on your own this evening.

**Overnight: Shalom & Relax Hotel (or similar)**

**Included meals: Breakfast & Lunch**





📍 Nazareth

**DAY 4, Wednesday, June 24, 2020**

### Travel to Haifa and on to Nazareth

Check out of your local hotel and head north to Haifa. Your first stop later this morning is to meet with the head nurse at **Ramban Hospital Haifa**. You will have some time to talk about the public health and health care systems including a short tour of key departments.

Lunch will be provided in the **German Colony** which has been beautifully restored in recent years, and is now lined with trendy cafes, restaurants, and boutiques.

Continue onward to **Nazareth**, one of the largest Arab cities in the country. Visit the old city of Nazareth stopping by a very old and special coffee mill owned by one of the local families, named **El-Babor**, to meet the owner to hear from him about the process of making the best cup of freshly ground coffee.

Check into **Marys Well Hotel** later today, which is situated in the picturesque old city not far from the Nazareth's main spring and other nearby attractions. Guest rooms have a safe, AC, free Wi-Fi, hairdryer, bathroom amenities and onsite dining.

This evening you will have dinner with a **local family** to enjoy delicious homemade Middle Eastern dishes and their warm hospitality.

**Overnight: Marys Well Hotel (or similar)**

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



📍 Bethlehem

**DAY 5, Thursday June 25, 2020**

### Depart for Bethlehem

This morning head out for the drive to **Bethlehem**. Visit the **Church of Nativity** and shepherd's fields. Located in Palestine, the basilica is in the West Bank. The grotto is of great religious significance to Christians as the birthplace of Jesus. It is the oldest site used as a place of worship in the faith and is the oldest major church in the Holy Land.

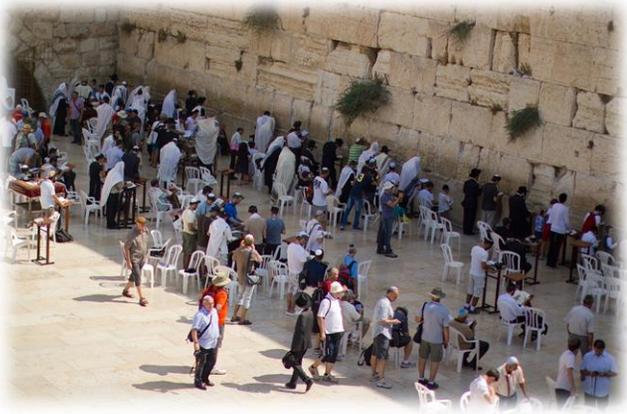
After lunch a visit has been requested to the **Dyar Dance Theater** to meet some of their students. If permitted, you will have time to watch the students perform a dance routine. The group is composed of talented, enthusiastic and committed dancers. Their mission is to bring life to Bethlehem's rich history and culture through dance. It is a place where young adults can celebrate their Palestinian heritage through traditional folk dance and modern theatre.

Head onward to check in at your hotel in Jerusalem with dinner on your own.

**Arthur Hotel** is in the newly revived Ben Yehuda district. Guest rooms are meticulously designed to capture the charm of this era. The hotel has free Wi-Fi, 24-hour front desk, onsite dining and currency exchange.

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

**Included meals: Breakfast & Lunch**



📍 Jerusalem

**DAY 6, Friday, June 26, 2020**

### Professional Meeting & City Tour

After breakfast drive to **Almakassed College of Nursing** located at the Almakassed Hospital in Jerusalem. Meet the head of the college and some of the graduates to hear about their nursing program as well as challenges of their lives in Jerusalem.

Drive to the **Mount of Olives** for a panoramic view of the city. Stop at Mount Zion to visit **King David's Tomb, Room of the Last Supper** and the **Dormition Abbey**.

After lunch enter the **Old City** and walk through the Armenian and Jewish quarters to the recently excavated and restored Cardo, the Roman Road. See the **Jewish Wailing Wall** and the Kotel. The Western Wall is a place of pilgrimage and sacred to the Jewish people as the only remains of the Second Temple.

Continue to the Christian Quarter to walk along the **Via Dolorosa** to follow in the footsteps of Jesus before his crucifixion. Head onward to tour the **Church of the Holy Sepulchre**, the location of the crucifixion and tomb of Jesus of Nazareth. It is a site of great religious significance and pilgrimage.

This evening the group will enjoy an early farewell dinner followed by a night spectacular show at the **Tower of David**.

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

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





📍 Amman

### DAY 7, Saturday June 27, 2020

#### Drive to Amman, Jordan

Check out of your Jerusalem hotel and make your way to Jordan. Cross the border where local representatives will assist in the visa formalities.

Your vehicle will continue onward to check into your local hotel. Lunch is on your own this afternoon.

The **Landmark Hotel** is in the heart of the city and a lovely five-star property. With great panoramic views of the historic capital, the hotel has six restaurants and lounges. Guest rooms have all the amenities of a luxury hotel including lots of space, mini-bar, safe and free broadband internet.

Dinner will be provided this evening.

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

**Included meals: Breakfast & Dinner**

📍 Amman

### DAY 8, Sunday, June 28, 2020

#### Morning Meeting & Afternoon Tour

This morning the group will visit the **University of Jordan** to learn about nursing education in Jordan as well as chat with faculty about how nursing practice is changing in the future.

After a light lunch visit the **Citadel, Archeological Museum, Roman Amphitheatre, and Folklore Museum**. The Citadel is an historical site in the center of downtown, dating back to the Neolithic period. The Roman Theater is a 6,000 seat 2nd century landmark, dating to the Roman period. The Folklore Museum is next to the theater and showcases the city's cultural heritage.

Enjoy a welcome dinner tonight at a local restaurant.

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

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

📍 Amman & Jerash

### DAY 9, Monday, June 29, 2020

#### Morning Meeting & Cultural Exploration

After breakfast head to the **King Hussein Medical Center** complex to discuss the most challenging health care conditions in Jordan. The center is affiliated with the major Jordanian royal medical services hospitals, also known as JRMS. Examine the major health challenges faced by medical professionals in Jordan including rural health challenges.

After lunch in **Jerash** begin your afternoon tour of the city.

A close second to Petra on the list of favorite destinations in Jordan, the ancient city of Jerash boasts an unbroken chain of human occupation dating back more than 6,500 years. Conquered by General Pompey in 63 BC, it came under Roman rule and was one of the ten great Roman cities. Known at that time as *Gerasa*, the site is now generally acknowledged to be one of the best preserved Roman provincial towns in the world. Hidden for centuries in sand before being excavated and restored over the past 70 years, Jerash reveals a fine example of the grand, formal provincial Roman urbanism that is found throughout the Middle East.

Return to Amman for dinner and overnight.

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

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





📍 As-Salt & Amman

**DAY 10, Tuesday, June 30, 2020**

### Day Trip to Salt

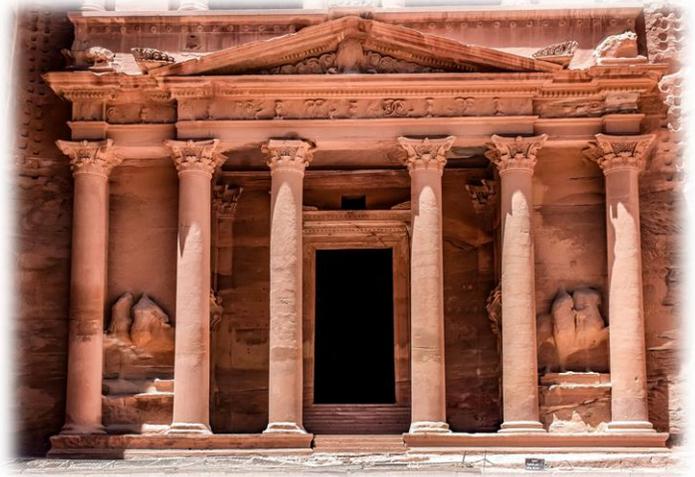
After breakfast, depart to As-Salt city visiting **Balqa Governorate Health Directorate**. It is the fourth largest city in the Hashemite Kingdom of Jordan in terms of population. The Directorate provides preventive and curative health services directly or through its health centers and maternity and childhood services. Discuss the role of nursing in community health centers and access to care issues facing those outside the urban area.

After a local lunch, explore the city. The town of **Salt** was of great importance in the 19th and early 20th century, during the time of Turkish rule in Jordan. It was the chief administrative center for the surrounding area and, in the 1920s, it seemed the likely choice for the capital of the newly independent state of Transjordan. However, Salt was bypassed in favor of the more centrally located village of Amman. The result is that Amman has been transformed into a thriving modern city, while Salt has retained its small-town charm. Salt is filled with wonderful **Ottoman architecture** in the classical style. An array of tall **Ottoman minarets** tower over the village, along with church steeples, as Salt is also known for its Christian community.

Return to Amman for dinner and overnight.

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

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



📍 Petra

**DAY 11, Wednesday, July 1, 2020**

### Depart for Petra

After breakfast, check out of your hotel and head to Petra via the desert highway. Perhaps the words of Dean Burgon's famous poem: 'Match me such a marvel save in Eastern clime / A rose-red city half as old as time...' reflect some truth about Petra. Yet words can hardly do justice to the true magnificence that is **Petra**. Some archaeologists have ranked ancient Petra as the eighth wonder of the ancient world – a truly justifiable claim. This remote dead city is one of the great archaeological treasures in the world, undoubtedly; it is the most important and famous attraction of Jordan. Much of Petra's appeal comes from its awesome, multicolored sandstone high mountains; it is a secluded site of steep rocky slopes, towering craggy mountain tops and high cliffs, into which most of the celebrated tombs, facades, theatres and stairways are carved. Nature and architecture combine to give a mythical aura to the site.

Lunch and dinner will be provided today.

Check into the **Hyatt Zaman** later today and overnight. Rooms have a minibar, hairdryer, safe, coffee/tea maker, AC, desk, bathrobe & onsite dining. The hotel has an onsite pool and health center.

**Overnight: Hyatt Zaman (or similar)**

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



📍 Wadi Rum & Dead Sea

**DAY 12, Thursday, July 2, 2020**

### Depart to Wadi Rum & Dead Sea

After breakfast, depart to **Wadi Rum**, a stupendous, timeless place, virtually untouched by humanity and its destructive forces. Here, it is the weather and winds that have carved the imposing, towering skyscrapers, so elegantly described by T.E. Lawrence as “vast, echoing and god-like”. A maze of monolithic rock-scapes rise from the desert floor to heights of 1,750 meters creating a natural challenge for serious mountaineers. Hikers can enjoy the tranquility of the boundless empty spaces; explore the canyons and water holes to discover 4000-year-old rock drawings and the many other spectacular treasures this vast wilderness holds in store. Enjoy a 1.5-hour Jeep touring by a local Bedouin Jeep.

Lunch will be provided at Wadi Rum.

Proceed to the **Dead Sea**. At 410 meters below sea level, the Dead Sea is the lowest place on earth. Jordan’s Dead Sea coast is one of the most spectacular natural and spiritual landscapes in the world and it remains as enticing to international visitors today as it was to kings, emperors, traders, and prophets in antiquity. The main attraction of the Dead Sea is of course the soothing, abnormally salty water itself. The salt content of the water is 31.5% making the water so buoyant that it is impossible for visitors to sink. The water also contains 21 minerals including high levels of magnesium, sodium, potassium, and bromine and 12 of these minerals are found in no other body of water in the world.

Dinner will be provided at the hotel this evening.

Enjoy some free time to explore the beautiful grounds this evening. The **Hilton** is located at the lowest point on earth, over 1,312 feet below sea level. Time permitting use the spa or other amenities like the infinity pools, mud baths or wander to the beach.

**Overnight: Hilton Dead Sea (or similar)**

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



📍 Amman

**DAY 13, Friday, July 3, 2020**

### Depart for the U.S.

After breakfast say farewell to Jordan and fly back to the U.S., with arrival the same day.





📍 Tel Aviv, Israel

### **Shalom & Relax Hotel**

HaYarkon St 216, Tel Aviv-Yafo, Israel

Telephone: +972 3-762-5400

<https://www.atlas.co.il/shalom-hotel-tel-aviv>



📍 Nazareth, Israel

### **Mary's Well Nazareth**

HaGalil St. 6026, Nazareth, Israel

Telephone: +972 4-650-0000

<https://www.danhotels.com/NorthHotels/MarysWellNazarethHotel>



📍 Jerusalem, Israel

### **Arthur Hotel**

13, Dorot Rishonim Street, Jerusalem, Israel

Telephone: +972-2-6239999

<https://www.atlas.co.il/arthur-jerusalem>





 Amman, Jordan

### **Landmark Hotel**

Al Shareef Hussein St. Amman, Jordan

**Telephone:** +962 6 560 7100

<https://www.landmarkamman.com/>



 Petra, Jordan

### **Hyatt Zaman Petra**

Hyatt Zaman Hotel, P.O BOX 2  
Petra, Jordan

**Telephone:** +962 3 2150111

<http://www.hayatzaman.com/en/>



 Dead Sea, Jordan

### **Hilton Dead Sea**

Dead Sea Road  
Sweimeh 11953, Jordan

**Telephone:** +962 5 349 3000

<https://www3.hilton.com/en/hotels/jordan/hilton-dead-sea-resort-and-spa-AMMDSHI/index.html>

