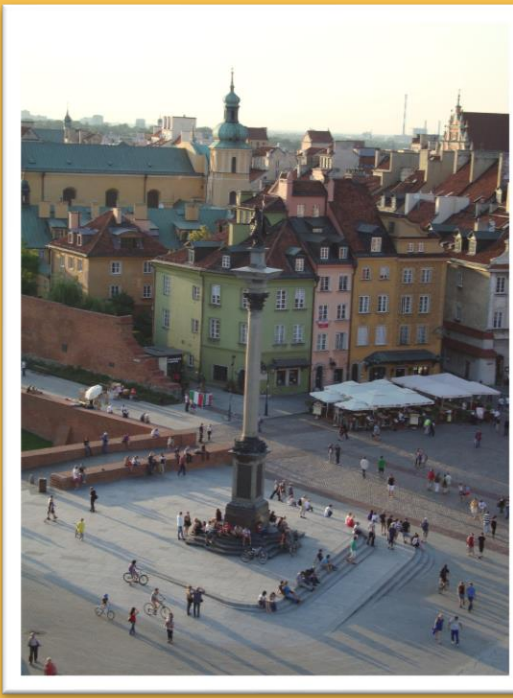


ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Dental Health Journey to Poland

Cities: Warsaw & Kraków

9 days / 7 nights

September 28-October 6, 2019

\$4,999 (Based on double occupancy)

\$799 (Single supplement)

Enjoy the unique culture and traditions of Eastern Europe while you spend time with the locals. This adventure includes a Polish cooking class.

BOOK NOW 888.747.7501

Program Highlights

- ✓ 7 nights / 9-day journey through Poland
- ✓ Interact with **dental professionals** from a variety of facilities and clinics in both cities.
- ✓ **Accompanying guest program** – *alternate activities will be provided for those who do not wish to attend the meetings.*
- ✓ **Optional post-program extension** to Prague, Czech Republic.

Professional Connections

- ✓ Meetings will be requested with the **Polish Dental Society** as well as with representatives from **IndexMedica Dental Clinic** (or similar) to focus on etiology of dental caries and periodontal disease among the population and the cultural habits which may affect oral health in the population.
- ✓ Visit a local university, such as the **Medical University of Warsaw**, to explore training for dentists and allied medical professionals in the region.

Cultural Immersion & Exploration

- ✓ Get to know the culture and local cuisine during a **cooking lesson** as you make traditional Polish dishes such as pierogi, kluski, schabowy, golabki, placki and gulasz.
- ✓ Learn about Poland during Nazi occupation as you **explore wartime landmarks** like the former Jewish Ghetto and the Monument of the Warsaw Uprising of 1944 on a comprehensive guided tour of the Polish capital.
- ✓ Giving back and engaging with the community is an important part of your journey. You will have an opportunity to interact with a **local community center or non-profit**. We are working with local staff in Poland to provide hands-on opportunities to share and give back to the local people.

What's Included:

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

Not Included:

- Personal expenses at the hotels
- Meals not specified
- Tip for national guide
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable





📍 New York, New York

DAY 1: Saturday, September 28, 2019

Fly to Poland today

Depart from New York this evening and make your way to Warsaw, Poland. *Gateway city is subject to change but set tentatively from JFK.*

📍 Warsaw, Poland

DAY 2: Sunday, September 29

Welcome to Poland!

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

Warsaw is the capital and largest city in Poland, with an estimated 1.768 million residents within the city, the greater metropolitan almost doubles that number. The city lies along the Vistula River and has a rich and tumultuous history that includes invasions, devastating fires, and heavy bombing during WWII.

Assuming a morning arrival today, you will have some free time with lunch on your own. All travelers will gather with your national guide for an **early afternoon orientation and welcome briefing.**

The **Hotel Novotel Warszawa Centrum**, situated in the heart of the city, is just a stone's throw away from the main train station. The hotel has free Wi-Fi, a fitness center, onsite dining, business center, 24-hour reception, sauna, coffee & tea making services, hairdryers, blackout curtains, AC, radio and other amenities for a comfortable stay.

Enjoy a welcome dinner this evening at a local restaurant.

Overnight: Novotel Centrum Hotel (or similar)
Included meals: Dinner

📍 Warsaw, Poland

DAY 3: Monday, September 30

Professional Program

Professional members of the program will interact with your professional counterparts this morning to get an overview of the Polish dental health system. A meeting will be requested with a representative from the **Ministry of Health** (or similar).

Program Mission: *Explore dental education in Poland and establish meaningful interaction and collaboration between the group and your Polish counterparts. Exchange ideas about the influence of diet and other factors in the oral health population; visit and explore efficacy of dental therapy programs, focus on learning how good oral health is taught and how they view the importance of this.*

After lunch, visit a local university such as the **Medical University of Warsaw**. Explore training for dentists and allied medical professionals in the region. Discussions will also focus on the dental health program and how they show success in the improvement of oral health among the population.

Accompanying Guests:

After breakfast, accompanying guests will depart for a guided daytrip to Zelazowa Wola. Just 55 km west is the birthplace of famous Polish composer Fryderyk Chopin. He was born in 1810 in Zelazowa Wola and in 1949 the first museum was officially opened in his family home. Admire the beautiful exhibitions in its interiors dedicated to memory of this great composer. After time exploring the museum, enjoy a visit to the sprawling gardens and grounds surrounding the house. Lunch will be included today.

Enjoy dinner on your own this evening.

Overnight: Novotel Centrum Hotel (or similar)
Included meals: Breakfast & Lunch



📍 Warsaw, Poland

DAY 4: Tuesday, October 1

Cultural Program & Cooking Class

Get acquainted with the history and major sights of Warsaw. Hear stories from the capital's long and dramatic past as you visit the UNESCO-listed **Old Town, Royal Castle, St. John's Archcathedral**, and the **Praga district**. Old Town is the historical center of Warsaw, dates to the 13th century, and is situated in the middle of a beautiful market square. Much of Old Town was destroyed during the Second World War and was later reconstructed. The reconstruction efforts were honored by UNESCO adding it to its list of World Heritage Sites in 1980. Learn about Warsaw during Nazi occupation as you visit wartime landmarks like the former **Jewish Ghetto** and the **Monument of the Warsaw Uprising** of 1944 on this comprehensive introduction to the Polish capital.

Lunch will be provided at a local restaurant.

This afternoon the group will visit the **Warsaw Rising Museum**, which is a tribute to Warsaw's residents who fought and died for Polish independence. With more than 800 exhibition items ranging from weapons to love letters, approximately 1500 photographs, films and sound recordings, the history of the days preceding the Rising is told throughout multiple floors of the museum. You will be guided through the stages of the Rising from the German occupation of Warsaw, to the uprising itself, and finally through the aftermath when the insurgents finally left Warsaw.

A **Polish cooking class** is a unique experience in cooking the most delicious and well-known Polish specialties. In this class, you will be offered a Polish delicacies buffet, a short lesson of the Polish cuisine's history, and you will also cook traditional Polish dishes such as pierogi, kluski, schabowy, golabki, placki and gulasz. Enjoy your creations for dinner.

Overnight: Novotel Centrum Hotel (or similar)
Included meals: Breakfast, Lunch & Dinner



Warsaw Ghetto



Old Town



📍 Warsaw, Poland

DAY 5: Wednesday, October 2

Professional Program & Community Visit

This morning professional members will continue meetings with a **local dentist office**, with the **WHO** or **National Health Fund** (or similar). Discuss adult life span and how it is affected by cultural habits among other topics of mutual interest.

Accompanying Guests:

After breakfast, accompanying guests will visit the Palace of Culture and Science. Constructed in 1955, the Palace of Culture and Science stands triumphantly as the tallest building in Poland and the eighth tallest building in the European Union. This 'gift of the Soviet people to the Polish nation', offered by Joseph Stalin himself, has become one of the city's most widely recognized symbols. The Palace houses a cinema, a swimming pool, four museums, four theaters, four universities and numerous cafes and bars. Visitors can also take advantage of the terrace located on the 30th floor, offering an outstanding view.

Lunch will be provided at a local restaurant followed by an afternoon at a **local community center** or non-profit. This will provide hands-on opportunities to share and give back to the local people. *We are working with the local team to finalize a suitable location like a refugee center.*

Dinner is on your own this evening.

Overnight: Novotel Centrum Hotel (or similar)

Included meals: Breakfast & Lunch



📍 Kraków, Poland

DAY 6: Thursday, October 3

Drive to Kraków

Check out of your local hotel and head via motor coach to Kraków. *The drive takes approximately 3.5 hours.* In route stop for lunch at a local restaurant.

Kraków lies in southern Poland near the border of the Czech Republic. The city is centered around the expansive Rynek Główny (market square) dating back to the 14th century. The population is just over 765,000 and is one of the oldest cities in Poland, dating back to the 7th century.

Upon arrival in Kraków, tour the former medieval capital of Poland, and the country's second largest city, with stops at the **Old Town**, **Wawel Castle**, the **Church of Saint Mary**, **Florian's Gate**, the **Dragon's Lair** and the **Kazimierz District**. Spend your first hours in Kraków wandering the city, perhaps sampling delicious local Polish delicacies and time permitting shopping at the world famous **Sukiennice** (Kraków Cloth Hall) where they sell everything from Polish pottery and jewelry to religious icons.

Later head to check into **Hotel Unicus**. The hotel combines modernity with the atmosphere of an old Krakow tenement. The location in the very center of the Old Town makes it a great place for travelers. All rooms have free Wi-Fi, hairdryer, minibar, safe and coffee & tea maker for your comfort.

Dinner is by individual arrangement (own expense).

Overnight: Hotel Unicus (or similar)

Included meals: Breakfast & Lunch



📍 Kraków, Poland

DAY 7: Friday, October 4

Professional Exchange

Today, professional members of the group will continue their professional exchange. Meetings will be requested with the **Polish Dental Society** as well as with representatives from **IndexMedica Dental Clinic** (or similar) to focus on the etiology of dental caries and periodontal disease among the population and the cultural habits which may affect oral health in the population.

Lunch will be provided at a local restaurant today.

Guest program:

After breakfast, accompanying guests will visit three branches of the Historical Museum of the City of Kraków which include Ulica Pomorska (Pomorska Street), Apteka pod Orlem (Eagle Pharmacy) and Fabryka Schindlera (Oskar Schindler’s Factory). The permanent exhibition of Pomorska Street is a story about the similarities between the two totalitarian systems: Nazi and Communist. During the war, Pomorska Street was the headquarters of the Gestapo, with just the words ‘Pomorska Street’ striking terror and fear in the citizens of the city. The exhibition in the Eagle Pharmacy is dedicated to the annihilation of the Kraków Jews. The Eagle Pharmacy was the only pharmacy, functioning in the Ghetto during World War II, and its owner was the only non-Jewish Pole, who had the right for permanent residence within the Ghetto. Explore the exhibitions and enjoy the remainder of the day free to explore independently.

Dinner will be on your own arrangement.

Overnight: Hotel Unicus (or similar)

Included meals: Breakfast & Lunch



📍 Kraków, Poland

DAY 8: Saturday, October 5

Day Trip to Auschwitz-Birkenau

Depart after breakfast for your 40-mile drive west to the concentration camps in Oświęcim. Your exploration of **Auschwitz-Birkenau** will take you through some of the 13 surviving prison blocks that now feature museum exhibitions, many dedicated to victims and displaying documentary photographs and historical artifacts. In addition to the main camp, a much larger camp called Birkenau (or Auschwitz II) sits about 1.25 miles (2 kilometers) to the west. This site has been left almost exactly as it was when the Nazis abandoned it at the end of the war, complete with gas chamber ruins, and is also considered a part of the UNESCO-listed Auschwitz-Birkenau Memorial and Museum. An official visitor’s center can be found at the entrance to Auschwitz I.

Lunch will be provided at a local restaurant.

Return to Kraków late today to change for dinner. Share your memories and experiences with other travelers during your last **farewell dinner** in Poland.

Overnight: Hotel Unicus (or similar)

Included meals: Breakfast, Lunch & Dinner

📍 Kraków, Poland

DAY 11: Sunday, October 6

Departure for the U.S.

Today say goodbye to Poland, departing for the airport early this afternoon for your flight back to New York.



📍 Warsaw, Poland

Novotel Centrum Hotel

Marszałkowska 94

Warsaw, Poland 00-510

Telephone: +48 22 596-0000

<https://www.accorhotels.com/gb/warszawa-centrum>



📍 Kraków, Poland

Hotel Unicus Krakow

Ul. Sw. Marka 20

Kraków, Poland

Telephone: +48 12 433-7111

<http://unicus.krakowhotels.net/en/>

