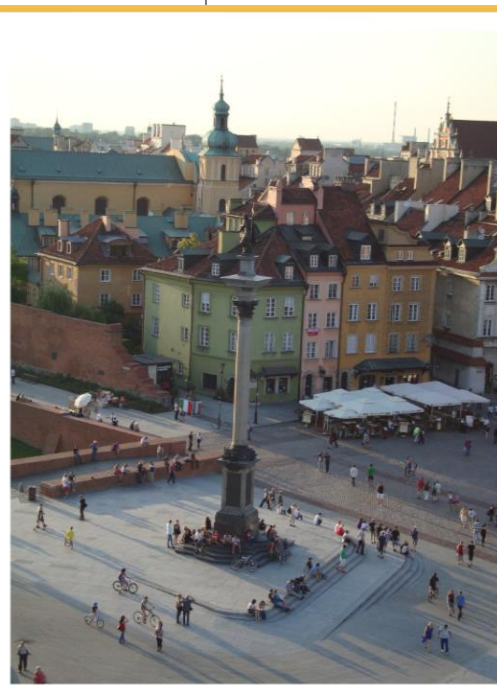


ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Social Work Journey: *Honoring the Past and Forging the Future*

Cities: Warsaw, Poland; Budapest & Debrecen, Hungary

11 days / 9 nights

October 12-22, 2018

\$5,299 (Based on double occupancy)

Enjoy the unique culture and traditions of Eastern Europe while you spend time with the locals. This adventure includes a very special experience visiting health care and related social care facilities to engage with your counterparts.

BOOK NOW 888.747.7501

Program Highlights

- ✓ **Interact with social work professionals** from a variety of facilities and hospitals in all three cities.
- ✓ **Accompanying guest program** – *alternate activities will be provided for those who do not wish to attend the meetings.*

Professional Connections

- ✓ Meaningful **interaction and collaboration** between travelers and social work professionals in both countries will focus on areas of common interest. Across nations, there may be similarities in social problems, but the focus of concern can differ within borders and within cultures. As a result, competency in social work today requires an understanding of the **global context of human rights, social and environmental justice**.
- ✓ Discuss **vulnerable populations** including extreme poverty and its effects on children in each country.
- ✓ Interact with social work counterparts for substantive meetings at a **local hospital, clinic or university** such as **Marie Skłodowska-Curie Memorial Cancer Center** with its focus on cancer control and epidemiology. They also have a Center of Palliative Care.
- ✓ Meet with a community group such as **Rak and Roll—Win Life**. This breast cancer charity will give you a firsthand chance to meet with a non-profit organization to learn about their good works and find out how you can help.

Cultural Immersion & Exploration

- ✓ Delve into WWII history as you learn about **Irena Sendler** and her incredible story of saving 2,500 Jewish children during the war. A Polish nurse, humanitarian, and social worker, Irena served in the Polish Underground during World War II in German-occupied Warsaw.
- ✓ Interact with a local **community project** to see firsthand how vulnerable populations are being assisted.
- ✓ Experience local culture and cuisine during a **cooking lesson in the home of a Polish family**.

What's Included:

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

Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tip for national guides
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable
- Tips to your maid or porters





📍 New York, New York

DAY 1: Friday, October 12, 2018

Fly to Poland today

Depart from New York this evening and make your way to Warsaw. *Gateway city is subject to change.*

📍 Warsaw, Poland

DAY 2: Saturday, October 13

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 for lunch by individual arrangement. **Please note: early check-in has been confirmed for your comfort and convenience.**

Depending on arrival flight timing you will have some free time with lunch on your own today. All travelers will gather late this afternoon with your national guide for an **early afternoon orientation and welcome.**

The Golden Tulip Hotel is centrally located in the business district and offers every comfort including an onsite restaurant and bar, spacious gym and sauna, and rooms equipped with a safety deposit box, LCD television, hairdryer, toiletries and free Wi-Fi.

Enjoy a welcome dinner this evening at a local restaurant.

Overnight: Golden Tulip (or similar)

Included meals: Dinner



📍 Warsaw, Poland

DAY 3: Sunday, October 14

Explorations Dedicated to Irena Sendler

Many people are familiar with **Irena Sendler** and her heroic actions during WWII. A Polish nurse, humanitarian, and social worker, Irena served in the Polish Underground during World War II in German-occupied Warsaw. She was imprisoned for several years, but eventually received Poland's highest honor, the Order of the White Eagle.

Your explorations today will highlight her accomplishments and heroism during a visit to the **Warsaw Ghetto** and tour of the **POLIN Museum of the History of Polish Jews**. The ghetto was the largest of all the Jewish ghettos in Nazi-occupied Europe during World War II. It was established by the Nazi German authorities in the Muranów neighborhood of the Polish capital in 1940 in German-occupied Poland.

Enjoy lunch at a local restaurant before continuing your exploration of **Old Town**. This 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.

Enjoy dinner on your own this evening.

Overnight: Golden Tulip (or similar)

Included meals: Breakfast & Lunch



Old Town



📍 Warsaw, Poland

DAY 4: Monday, October 15

Redefining Polish Health Care

Professional members of the program will interact with social work counterparts this morning and afternoon for substantive meetings at a **local hospital, clinic or university** such as **Marie Skłodowska-Curie Memorial Cancer Center** that focuses on cancer control and epidemiology and has an onsite Center of Palliative Care.

Program Mission: From its inception, social work has been a human rights profession, and regardless of geography, national borders, cultures, social structures, or stage of economic development, the principles of equality, human dignity, and social justice remain fundamental to our work. The group will have the opportunity to better understand the history, the progress, and the current problems social workers face in Eastern Europe to compare and contrast these with the "Grand Challenges of Social Work" initiative in the United States.

After a local lunch, visit a higher education facility such as the **University of Warsaw** to meet with social work faculty and learn about social work education in Poland with a focus on research and social health/public health issues like homelessness.

Later meet with a group like **Rak and Roll—Win Life** (*Rak* means cancer). This breast cancer charity will give you a firsthand chance to meet with a non-profit organization to learn about their good works.



Wilanow Palace

Accompanying Guests:

After breakfast, accompanying guests will depart for a guided orientation of Warsaw's local flea markets to get a sense of everyday life in Poland. Spend time this afternoon in the Wilanów Palace, which serves as a branch of the National Museum. Wilanów Palace, a splendid example of Baroque architecture, was built in the 17th century as a summer residence for King Jan III Sobieski, prominent Polish sovereign and victor over the Turks in the Relief of Vienna in 1683.

Enjoy dinner in the home of a **local Polish family** including a chance to share in the cooking duties.

Overnight: Golden Tulip (or similar)

Included meals: Breakfast, Lunch & Dinner



Warsaw Ghetto



📍 Budapest, Hungary

DAY 5: Tuesday, October 16

Travel to Hungary

This morning, make your way back to the airport for your short flight to **Budapest, Hungary**. *Say goodbye to your local guide as you will be met upon arrival by a new guide in Hungary.*

Lunch will be provided on arrival before making your way to the local hotel for check-in at 3:00 pm this afternoon.

The **Hotel President Budapest** is in the business and historical area of town and has numerous nearby restaurants and shops. They have free high-speed Wi-Fi internet access, bathroom amenities, hairdryers, an in-room safe as well as onsite business center, fitness facilities and onsite dining.

Enjoy a dinner cruise sailing along the **Danube River** to take in the gorgeous scenery.

Overnight: President Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner



📍 Budapest, Hungary

DAY 6: Wednesday, October 17

Professional Program

Professional members of the program will interact with **social workers and other allied medical counterparts** this morning and early afternoon for substantive meetings focusing on health care social work including cancer, hospice and palliative care as compared to that of Poland.

Visit a hospital such as **Szent Lazlo Hospital** to learn how the hospital and local hospice facilities are helping patients with end of life care and the role of the social worker within the overall healthcare system. Later, visit a local hospice such as the **Budapest Hospice House**, started in 1991.

Continued discussions on:

- Current advances and successes of social work practice in both countries.
- Compare and contrast contemporary issues and problems such as adequate health care.
- Understand educational preparation and expansion of social work educational programs.
- Review epidemiology and social policy related to diseases like cancer and alcoholism.

Guest program:

Today the guests will explore the Hungarian National Museum with the local guide. Founded 200 years ago, the museum is dedicated to the history of Hungary and has a permanent exhibition that includes furniture, textiles, weapons, metalwork and ceramics.

Late this afternoon, the group will visit the **Central Market Hall** for some time to explore the market independently. Built at the end of the 19th century, it is the largest indoor market in Budapest and has a wonderful food market that is a must-see, even if you don't buy anything. **Lunch will be provided today.**

Dinner is by individual arrangement (own expense).

Overnight: President Hotel (or similar)

Included meals: Breakfast & Lunch



📍 Budapest, Hungary

DAY 7: Thursday, October 18

Professional Exchange & Cultural Exploration

This morning, meet with a professional association such as the **Hungarian Hospice Foundation** or **Hungarian Hospice-Palliative Association**. Hospice care was introduced to Hungary with the establishment of the Hungarian Hospice Foundation by Alaine Polcz, in 1991. The Foundation has been providing humane hospice care for patients in Budapest for more than 20 years. The Hungarian Hospice-Palliative Association (HHPA), a national association, was established by 19 hospices in 1995.

The focus for this visit will be to learn more about the role of social workers in meeting the physical and emotional needs of those with life-limiting illnesses such as advanced cancer. Exchange best practices and lay the groundwork for future international collaboration.

Guest program (morning):

After breakfast, accompanying guests will explore the Great Synagogue including the Emanuel Trees. The Synagogue is the largest in Europe and the second largest in the world. It was built in Moorish Revival or Neo-Moorish style, in the wake of Romanticism. The remainder of the day will be spent exploring Budapest with the rest of the group.

Lunch will be provided at a local restaurant.

This afternoon the group will explore **St. Stephen's Basilica and Synagogue**, the largest church in Budapest. It reflects both a neo-classical and neo-renaissance style of architecture and is named after St. Stephen, the king of Hungary in 997. Enjoy a brief stop along the shores of the **Danube** and observe the WWII memorial "Shoes on the Danube."

Dinner will be provided at a local restaurant such as Trófea Grill.

Overnight: President Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner



📍 Debrecen, Hungary

DAY 8: Friday, October 19

Drive to Debrecen & Afternoon Meeting

Depart this morning for the drive to **Debrecen**. The capital of Hungary's Northern Great Plain region, Debrecen has been one of the cultural and social centers of Hungary for almost half a century. Since 1538, the most marvelous minds of Hungarian culture and science learned in the famous Reformed College.

Lunch will be provided in route today.

This afternoon, a meeting has been requested to visit the **University of Debrecen** which has a *Master's in Health Social Work* program. Meet with faculty and students to compare social work curriculum and training. Focus on research and social health/public health issues such as homelessness and the role of social workers in providing assistance and guidance. Explore specialty areas such as school social work and gerontology social work as available.

Guest program:

Enjoy some free time to settle into your local hotel this afternoon or visit the University with the professional members of the group.

Check into your hotel and have dinner at a local restaurant.

Overnight: Hotel Lycium (or similar)

Included meals: Breakfast, Lunch & Dinner



📍 Debrecen, Hungary

DAY 9: Saturday, October 20

Cultural Exploration of Debrecen

This morning, the group will explore the lovely city of **Debrecen**. All great cities can be identified by famous parks. In the case of Debrecen, this is called **Nagyerdei Park Forest**, the nation's first conservation area. Only a ten-minute ride from downtown, the park offers total peace and quiet in the shade of hundred-year-old trees as well as countless entertainment options. Enjoy exploring some of Debrecen's other cultural highlights during a driving tour as you make your way to lunch.

Enjoy lunch at a local restaurant.

Giving back and engaging with the **local community** is an important part of your journey. This afternoon, the group will spend time with a local community program or non-profit organization dedicated to providing a valuable service to the local people.

Dinner is by individual arrangement (own expense).

Overnight: Hotel Lycium (or similar)

Included meals: Breakfast & Lunch



Debrecen Park Gardens

📍 Budapest, Hungary

DAY 10: Sunday, October 21

Drive back to Budapest this morning with lunch provided in route.

Stop to explore the **SISSI Castle at Gödöllő**. Count Antal Grassalkovich I (1694–1771), one of the most notable aristocrats of the 18th century, began construction of the largest Baroque palace in Hungary around 1735. The double U-shaped, 8-winged building was flanked by a church, orangery and bath house to the north, and stables and a riding hall to the south. The unique architecture of the Palace served as an exemplary model for other Hungarian palaces of the Baroque period. Historical traditions, a variety of cultural events and its wonderfully restored, uniquely impressive complex and surroundings make the palace one of the most attractive and exciting buildings and institutions in Hungary.



Continue via motor coach to Budapest and check back into your local hotel this afternoon for some time to relax and freshen up before dinner.

Share your memories and experiences with other travelers during your last dinner in Hungary.

Overnight: President Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner

📍 Budapest, Hungary

DAY 11: Monday, October 22

Depart Hungary

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



📍 Warsaw, Poland

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