

ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Nursing & Healthcare Journey to Ireland

Dublin & Cork

9 days / 7 nights

June 3-11, 2023

\$5,499 (based on double occupancy, incl flights)

\$999 (single supplement)

Visit Ireland on this customized nursing and healthcare journey. You will have a chance to explore the castles, countryside, cooking, music, and the rich Irish culture as well as learning about nursing and access to healthcare in urban and rural settings.

BOOK NOW 888.747.7501

Program Highlights

- ✓ **Accompanying guest program** – *alternate privately guided cultural activities will be provided for those who do not wish to attend the meetings.*
- ✓ Optional post-program **extension to Country Clare & Limerick**

Professional Connections

- ✓ Meaningful interaction and collaboration between program participants and professionals in Ireland will include meetings with **nursing professionals** in Dublin and Cork.
- ✓ Discuss topics of mutual interest including **leading causes of morbidity and mortality** as well as other health outcomes in contemporary Ireland.
- ✓ Learn about the **healthcare infrastructure** in Ireland and the referral system between primary care providers in various settings (village, health centers and regional hospitals).
- ✓ Professional planned visits include: Trinity College Dublin School of Nursing and Midwifery, Windmill Healthcare Centre, Cork ARC Cancer Support Center, local hospital, clinic of health center.

Cultural Immersion & Exploration

- ✓ Explore some iconic sites, including **Guinness Storehouse, Blarney Castle, and Woolen Mills**, as well as the **Ring of Kerry**.
- ✓ Put on your dancing shoes and enjoy a traditional **Irish Dancing class**, plus visit **O'Shea's Merchant Pub** where you can join the local people dancing as well as enjoy their traditional music.
- ✓ Enjoy a guided visit to the **Rock of Cashel**, the high king of Irish monuments and **Blarney Castle**.
- ✓ Discover the many stories of Irish emigration as you explore **EPIC-The Irish Emigration Museum**
- ✓ Learn all about rural family life in the 1900's with a visit to **Muckross Farm**. Take part in a **butter making and scone making demo**.

What's Included:

- 4 star accommodations throughout
- All transportation and activities outlined
- International flights to Ireland (gateway city set tentatively out of New York area)
- Local professional guide throughout
- Most tips to guest guides and restaurant staff

Not Included:

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



Ireland | www.nandajourneys.com | 888-747-7501



ITINERARY | DAY-BY-DAY

📍 New York Area

DAY 1: Saturday, June 3, 2023

Fly to Dublin

Depart from a New York area airport and make your way to Dublin, Ireland. The stunning beauty and friendly people alone are worth a visit!

📍 Dublin, Ireland

DAY 2: Sunday, June 4

Welcome to Dublin

Upon arrival, the group will be met and transferred to Dublin city center. Enjoy a **panoramic tour of Dublin City**. Here you will discover the north and south side of the river Liffey including such iconic sites as O'Connell Street, Phoenix Park, the house of Bram Stoker (the author of *Dracula*), and the medieval district where Dublin Castle and the two Anglican Cathedrals can be found.

Enjoy lunch at a local restaurant before heading to the hotel to check in this afternoon (around 3:00 pm).

All program participants will gather later this afternoon with your national guide for an **early afternoon orientation and welcome**.

The **Camden Court Hotel** is an urban oasis just minutes from Grafton Street. They offer onsite casual dining with a lobby bar and have an onsite gym with indoor pool. Guest rooms have free internet access, flat-panel LED state of the art Smart TV's, in-room safe, & tea / coffee facilities.

Enjoy a welcome dinner this evening at the hotel.

Overnight: Camden Court Hotel (or similar)

Included meals: Lunch & Dinner



📍 Dublin, Ireland

DAY 3: Monday, June 5

Professional Program

Please Note: Breakfast is included daily at your hotel.

Professional members of the program will meet with your nursing counterparts today at a facility such as **Trinity College Dublin School of Nursing and Midwifery**. Discussions with representatives will focus on education and training for nurses and other allied healthcare professionals trained in integrative medicine in Ireland today. If possible, and time permits, visit their adjacent hospital (St. James).

Lunch will be provided at a local restaurant.

The afternoon we will request a visit to another **local hospital** or meet with a representative from the **Department of Health** to discuss healthcare infrastructure and progress in meeting the United Nation's Millennium Development Goals.

Guest program: *Today accompanying guests will enjoy a visit to County Kilkenny with Kilkenny Castle and Jerpoint Park. The town of Kilkenny is often referred to as "the Marble City" and is the most interesting and best preserved of the medieval Irish cities. It owes its immense charm to the various impressive historical monuments. Kilkenny Castle has been an important site since it was built by the Anglo-Normans in the 12th century. The castle has been remodeled in Victorian times and set in extensive parklands which was the principal seat of the Butler family, Marquesses and Dukes of Ormonde. Due to major restoration works, the central block now includes a library, drawing room, and bedrooms decorated in 1830's splendor, as well as the beautiful Long Gallery. A warm Irish welcome is guaranteed at Jerpoint Park, a period family home and working sheep farm. A sheep dog demonstration with a collie dog is a sight to behold!*

Dinner will be provided at a local restaurant or pub.

After dinner, head to **O'Shea's Merchant Pub** for a night of traditional Irish music and dancing (optional). The pub has a long history of traditional music, with many of the greats in Irish music playing here over the years. Monday nights they offer a set dancing night with a chance to join in!

Overnight: Camden Court Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner



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📍 Dublin, Ireland

DAY 4: Tuesday, June 6

Cultural Program

This morning the group will explore **EPIC-The Irish Emigration Museum**. This state-of-the-art interactive experience, located in the beautiful vaults of the 1820 Custom House Quarter building in Dublin's Docklands, is the original departure point for so many of Ireland's emigrants. It will inspire and guide you on a journey to discover the stories of Irish emigration around the world, from early times to the modern day. Immerse yourself in the stories of some of the most remarkable tales of sacrifice, endurance, adventure, and discovery the world has ever known. EPIC brings these amazing stories to life in a unique and spectacular way.

Enjoy lunch at a local restaurant.

This afternoon the group will visit the world-famous **Guinness Brewery** to discover the secrets of both creating and pouring the perfect pint. Guinness, an Irish dry stout, lovingly referred to as "The Black Stuff" by locals, has been brewed in Ireland since 1759. Your visit today will include a tour of the brewing area, talks about advertising and the Arthur Guinness Story, transport, bar, gallery, and the store.

Enjoy some free time this afternoon to explore independently. Dinner is by individual arrangement.

Overnight: Camden Court Hotel (or similar)
Included meals: Breakfast & Lunch

📍 Dublin, Ireland

DAY 5: Wednesday, June 7

Drive to Cork & visit Rock of Cashel

The group will depart after breakfast for **Cork** in southwest Ireland.

In route visit the **Rock of Cashel** which towers over the town of Cashel from its perch on a 200-foot outcrop of limestone. Probably the most photographed site in Ireland, it was the seat of the Kings of Munster. St. Patrick visited the rock in 450AD, while Brian Boru was crowned the first high King of Ireland here in the tenth century. Today the impressive stone walls enclose a round tower, a cathedral, a twelfth century Romanesque chapel and high crosses.

Put on your dancing shoes and enjoy an **Irish dancing workshop** at the Bru Boru Center today at the foot of the Rock of Cashel. This cultural and interpretative village is designed around a village green and is home to the study and celebration of Irish music, song, dance, storytelling, theatre, and Celtic studies. The Teach Ceoil (house of music) comes alive with the sound of Irish traditions; from singing a song, to dancing a step, playing an air, or telling a story.

Stop for lunch in route to Cork at a local pub.

Head to the hotel this evening to check in and to have dinner at the Market Lane Restaurant and Bar (or similar).

Overnight: Imperial Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner





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📍 Cork, Ireland

DAY 6: Thursday, June 8

Professional Program Day

Wrap up your professional exchange today with a morning visit to **Windmill Healthcare Centre in Mallow** or similar, to continue discussions around how at the local level they are working to improve the health and wellbeing of service users, staff and the wider population of Cork and Kerry. Key areas of improvement include chronic diseases, staff health and system reform. A meeting will also be requested with the **Cork ARC, Cancer Support House** to learn about the free services provided to patients and their families during this difficult journey.

Lunch will be provided at a local restaurant today.

Guest program: *Today accompanying guests will depart for a trip to Mizen Peninsula. Mizen Head Irish Lights Signal Station is located at Ireland's most southwesterly point, at the end of the Mizen Peninsula, where the currents meet from the west and south coasts and where waves from the mid-Atlantic crash into the land. Mizen Head Fog Signal Station was sanctioned in 1906 by the Irish Lights Board to combat the high loss of life and shipping on the rocks. Visitors can dare to cross the iconic bridge high above the gorge; watch for seals and their pups in the swell below; experience the solitude of the keepers' lives and the elemental power of the restless Atlantic where the ocean currents swirl; laugh with exhilaration into the fresh salt-laden sea air. Tour the visitor center and gift shop before heading back to Cork.*

Dinner is by individual arrangement.

Overnight: Imperial Hotel (or similar)

Included meals: Breakfast & Lunch



📍 Cork, Ireland

DAY 7: Friday, June 9

Ring of Kerry & Muckross Farms

This morning head out for a full day trip that includes highlights of the **Ring of Kerry**. This will include **Moll's Gap** and **Ladies View**. Moll's Gap provides magnificent views of Macgillycuddy's Reeks Mountains. The rocks at Moll's Gap are formed of old red sandstone and a great scenic vantage point. Ladies View is another scenic vantage point whose name stems from the admiration of the view given by Queen Victoria's ladies-in-waiting during their 1861 visit.

After lunch at a local pub or café, the group will head to **Muckross Traditional Farms**. Greeted upon arrival by a schoolmaster, proceed into a classroom for a short background on school life in the early 1900s and learn some Irish words. Then take part in a butter making and scone making demo. The *Bean an Tis* (women of the house) will explain the importance of butter to the Irish farmer's wife, how it was transported throughout the world, and why Irish butter is ranked so high both at home and abroad. Sample the wares and have some tea or coffee afterwards.

Return to Cork where dinner is by individual arrangement (own expense).

Overnight: Imperial Hotel (or similar)

Included meals: Breakfast & Lunch





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📍 Cork, Ireland

DAY 8: Saturday, June 10

Cultural Exploration

Today head out to explore **Blarney Castle**, situated in Blarney Village just outside Cork. An ancient stronghold of the McCarthy's, Lords of Muskerry, it is one of Ireland's oldest and most historic castles and one of the strongest fortresses in Munster. Built in 1446, Blarney Castle is famous for its Blarney stone, the Stone of Eloquence, which is traditionally believed to have the power to bestow the gift of eloquence on all those who kiss it.

You will have some time for shopping at **Blarney Woollen Mills**, established in 1823. It now houses a large selection of Irish products including a wide selection of sweaters, crystal and china, gifts, and souvenirs. Stop for lunch before continuing your explorations this afternoon.

Finish the afternoon visiting the pretty town of **Kinsale** for a **harbor cruise**. Enjoy the different view of Kinsale and its beautiful natural harbor. Your guide's commentary provides a brief history with anecdotal legends and an insight into how the town has developed over the centuries. Leaving the quay, the boat passes the yacht marina and on by the picturesque former fishing village of Scilly.

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

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

📍 Cork, Ireland

DAY 9: Sunday, June 11

Depart for home today

Drive to the Shannon Airport (two-hour journey) for check in for your flight home. Depending on the flight time, lunch is by individual arrangement.

Included meals: Breakfast





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📍 Dublin, Ireland

4 Star Camden Court Hotel

Camden Street Lower Dublin D02 W086

Telephone: +353 1 475-9666

www.camdencourthotel.com

The 4 Star Camden Court Hotel boasts an enviable location in the heart of Dublin's City Centre. We're walking distance from some of the city's top landmarks such as Trinity College, The National Concert Hall, St Stephen's Green, and shopper's paradise Grafton Street. The hotel also offers an opportunity for guests to revive or unwind in Camden Court Fitness, a fully facilitated leisure centre that includes a gym, 16 metre swimming pool, jacuzzi, sauna and steam room.



📍 Cork, Ireland

4 Star Imperial Hotel

76 South Mall Cork T12 A2YT County Cork

Telephone: +353 21 427-4040

www.imperialhotelcork.com

The luxury Cork City hotel offers spacious modern boutique rooms in Cork City Centre as well as a luxury spa, the vibrant Sketch cocktail bar, Cork City's finest afternoon tea and more delicious on site dining options including Lafayettes and Thyme at Seventy-Six on the Mall.

