

ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



AONL Healthcare Journey

London, England & Dublin, Ireland

10 days / 8 nights

September 13-22, 2024

\$5,999 (based on double occupancy, incl. flights)

\$1,499 Single Supplement

Enjoy the unique culture and traditions of England and Ireland while you spend time with the locals and meet nurse, nurse executive and other allied healthcare professionals.

BOOK NOW 888.747.7501

Program & Professional Highlights

- ✓ Meet with medical professionals from a variety of settings in London and Dublin including **local hospitals, clinics, and professional organizations.**
- ✓ Learn about the public healthcare system in the UK called the **National Health Service** and the **Health Service Executive (HSE)** in Ireland. Discuss their structures as compared to the healthcare system in the U.S.
- ✓ Spend a few days in London exploring the history of nursing and medicine with a focus on learning about **Florence Nightingale.** Walk in the footsteps of the 'mother of nursing' and discover her life through the places where she lived and worked.
- ✓ Travel on this program will provide an opportunity to learn about the history of medicine in England with visits to the **Wellcome Collection.**
- ✓ **Accompanying guest program** – alternate activities will be provided for those not going to meetings.

Cultural Immersion & Exploration

- ✓ Visit a **traditional English Pub** for lunch.
- ✓ **Take public transport** in London one day and travel like a local.
- ✓ Enjoy **panoramic tours of London and Dublin** driving by iconic sites like Big Ben, and the House of Parliament in London and Trinity College campus, Oscar Wilde's House, and the house of Bram Stoker in Dublin.
- ✓ Explore some of the most iconic sites of London including the **Tower of London, Buckingham Palace, and Westminster Abbey.** His Majesty's Royal Palace and Fortress of the Tower of London is a historic castle on the north bank of the river Thames.
- ✓ Visit Trinity College in Dublin to see the **Book of Kells**, a treasure dating to the 8th century and one of the most striking manuscripts produced in the Western world.
- ✓ Stop for a pint at the **Guinness Brewery** and learn more about its history in Dublin dating back to the 1700s.

What's Included:

- 4* accommodations throughout your travels.
- All transportation and activities outline including group airport transfers.
- International flights to London and home from Dublin (gateway city set tentatively out of New York or Washington DC area)
- Local professional guide throughout.

Not Included:

- Personal expenses at the hotels.
- Meals not specified.
- Tips for national guide & drivers.
- Passport renewal or issuance (*valid 6 months beyond return date required*)
- Domestic flight to & from designated gateway city in the U.S.



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



📍 East Coast USA

DAY 1: Friday, September 13, 2024

Fly to London

Depart from a New York or DC area this evening and make your way to **London, England**. The stunning beauty in the autumn is a delightful time to explore.

📍 London, England

DAY 2: Saturday, September 14

Welcome to England!

Upon arrival, the group flight will be met by a local representative for the transfer to central London.

Lunch is on your own today (depending on flight arrival time).

Discover the iconic landmarks, architectural and cultural diversity, and fascinating history that makes London the most visited city in the world during a **panoramic city tour**. Discover the iconic landmarks, architectural and cultural diversity, and fascinating history that makes London the most visited city in the world. Your London sightseeing tour will take you on a non-stop procession of recognizable landmarks, including The Houses of Parliament, Big Ben, Westminster Abbey, Buckingham Palace, Trafalgar Square, Nelson's Column, the Marble Arch and much more.

Head onward to the hotel. All travelers will gather with your guide for an **afternoon orientation and welcome**.

Check into your hotel late this afternoon (around 4 pm). The London hotel will be confirmed closer to travel but will be a 4* hotel with a good location like the Bailey's Hotel London or Athenaeum Hotel.

Inspiring British heritage, Bailey's Hotel London Kensington is a charming spot in the heart of fashionable South Kensington. You'll feel at home in the Victorian grandeur of their redbrick townhouse, just moments away from highly regarded museums and Knightsbridge.

Enjoy a welcome dinner this evening at the hotel.

Overnight: Baileys Hotel London (or similar)
Included meals: Dinner



📍 London, England

DAY 3: Sunday, September 15

Cultural Program

Please Note: Breakfast is included daily at your hotel.

The group will depart after breakfast for a guided walking tour of London dedicated to the life of **Florence Nightingale**. Walk in the footsteps of the 'mother of nursing' and discover the life of Florence Nightingale through the places where she lived and worked. This walk lasts approximately 2.5 hours and will be conducted at a reasonable walking pace so please wear appropriate footwear. End your tour back at the Florence Nightingale Museum, which celebrates the life and work of the world's most famous nurse.

Enjoy lunch this afternoon in a local pub or restaurant.

After lunch, the group will depart for a visit to the **Tower of London**. Learn about 1,000 years of history at this World Heritage Site where they house the Crown Jewels and the famous ravens. Explore the tower and learn about the many infamous prisoners they used to house in the cells and dungeons.

Dinner is by individual arrangement (own expense).

Overnight: Baileys Hotel London (or similar)
Included meals: Breakfast & Lunch



📍 London, England

DAY 4: Monday, September 16

Professional Program

This morning, take part in a meeting with a **representative from the National Health Service (NHS)**. The primary objective is to gain mutual understanding of the challenges and opportunities facing nurse leaders in the United States and England today. Learn about their health system and discuss the structure and how it differs from the U.S.

Lunch will be provided this afternoon.

After lunch, continue your professional exchange with a visit to a **local clinic or hospital representatives** (*permission pending to access a facility*). Learn about the role of nursing in the health care team, discuss nursing workforce challenges facing each country and learn about the quality and safety issues nurses confront in their day-to-day practice.

GUEST PROGRAM: *From your hotel meet a local guide to go on a walking tour of London's West End including Covent Garden, Soho, Leicester Square and lastly to explore the famous British Museum. You will explore today via public transport. This museum is one of the world's most well-known museums and a landmark in London dedicated to human history and culture.*

Dinner is on your own this evening.

Overnight: Baileys Hotel London (or similar)

Included meals: Breakfast & Lunch



📍 London, England

DAY 5: Tuesday, September 17

Cultural Explorations of London

This morning the group will head out to visit **Westminster Abbey**. Your guide will teach you how to expertly navigate the world's oldest underground trains system, the tube as you explore today via public transport! Westminster Abbey is a royal church with daily services. Most famous to visitors as the location for coronations, royal weddings and more.

Next stop is **Buckingham Palace** in Westminster. Official residence of the King, the palace is the location for many national and royal celebrations, and backdrop to the regular Changing of the Guard. Explore the magnificent State Rooms open to the public as you explore this magnificent residence with your guide this morning.

Enjoy afternoon tea at a local restaurant around Borough Market.

Last stop of the day is a visit to the **Wellcome Collection**, a museum and library that "aims to challenge how we all think and feel about health". Through exhibitions, collections, live programming, digital, broadcast and publishing, they create opportunities for people to think deeply about the connections between science, medicine, life, and art. Sir Henry Solomon Wellcome (1853-1936) was a pharmacist, entrepreneur, philanthropist, and collector during his life.

Dinner will be provided this evening.

Overnight: Baileys Hotel London (or similar)

Included meals: Breakfast, Lunch & Dinner



📍 Dublin, Ireland

DAY 6: Wednesday, September 18

Travel to Dublin

This morning the group will say goodbye to England and head to Ireland. Check out of the hotel and head to the airport for your flight to **Dublin**. Upon arrival you will be met by your local driver.

Lunch will be provided at a local restaurant or pub.

Enjoy a **panoramic tour of Dublin City**. Here you will discover the north and south side of the river Liffey. This area offers great striking monuments such as the GPO (General Post Office) on the city main thoroughfare, O'Connell Street, or the Custom House along the quays, as well as the Phoenix Park, the largest public park in Europe. The south side appears more sophisticated with its vast Georgian squares, such as Merrion Square, where Oscar Wilde's House can still be found (today owned by an American College), its colorful doors, along with Grafton Street and its quality shops. Not so far from St. Stephen's Green, in Kildare St., you will see the house of Bram Stoker, the author of Dracula. This part of the city is also dominated by the students at Trinity College, where the famous book of Kells is permanently exhibited in its library. The university is facing the medieval district where Dublin Castle and the two Anglican Cathedrals can be found.

Head onward to the hotel for check-in and time to get settled.

The **Iveagh Garden Hotel** is a modern take on traditional luxury in an urban oasis just steps from Grafton Street. They offer onsite casual dining with a bar and bistro and access to a nearby health club for a small fee. Guest rooms have flat-screen TV, laptop safe, luxury amenities, free Wi-Fi, USB charging station and coffee & tea maker.

Dinner will be provided this evening.

For those interested perhaps join a local guide for a night of Irish music at a local pub or two.

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



📍 Dublin, Ireland

DAY 7: Thursday, September 19

Professional Program

This morning professional members will **local clinic or hospital representatives** (*permission pending to access a facility*). Learn about the role of nursing in the health care team, discuss nursing workforce challenges facing Ireland and learn about the quality and safety issues nurses confront in their day-to-day practice.

Lunch will be provided this afternoon.

Enjoy a visit to a **local university or similar**. Discussion education and training for nurse and nurse executives in Ireland. Learn about the structure of nursing education and licensure and how nursing education prepares students for changes in the health care environment. Discuss topics of mutual interest including whether nurses are involved in national health care policy development and if so, how?

GUEST PROGRAM: *From your hotel meet a local guide, enjoy a walking tour of south Dublin city center including the 22-acre St Stephens Green (a public park today) and tour the National Museum of Ireland – Archaeology. This delightful museum will transport you back in time to see some famous Celtic artifacts including St. Patrick's Bell, Tara Brooch, the Ardagh Chalice and many other ancient pieces dating to Viking and the Medieval times including bog bodies.*

Dinner is on your own this evening.

Overnight: Iveagh Garden Hotel (or similar)
Included meals: Breakfast & Lunch



📍 Dublin, Ireland

DAY 8: Friday, September 20

Professional Program & Book of Kells

Wrap up your professional exchange this morning with a visit with a **local nursing association or society**. Learn about their organization and their role in supporting nursing professionals in Ireland. Discuss how to advance and promote value-informed health care, how to unite nurses to achieve health equity and leading through influence and how they support the healthcare workforce.

GUEST PROGRAM: *Enjoy some free time this morning.*

Lunch will be provided at a local restaurant.

The group will visit **Saint Patrick's Cathedral**. Many of Dublin's church buildings originate in the medieval period and this church is one of the most important in the city. Founded in 1191 as a Roman Catholic cathedral is it currently the national cathedral of the Church of Ireland. The organ is one of the largest in Ireland with over 4,000 pipes.

Last stop of the day is a visit to see the **Book of Kells** at Trinity College. Trinity College Library houses Ireland's largest collection of books and manuscripts, and its principal treasure is the 8th century hand illuminated Book of Kells. It is the most striking manuscript ever produced in the Western world, and one of the greatest masterpieces of early Christian art.

Dinner is on your own this evening.

Overnight: Iveagh Garden Hotel (or similar)

Included meals: Breakfast & Lunch



📍 Dublin, Ireland

DAY 9: Saturday, September 21

Cultural Exploration

Enjoy some **free time** this morning to explore independently with lunch on your own arrangement.

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.

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

Overnight: Iveagh Garden Hotel (or similar)

Included meals: Breakfast & Dinner

📍 Dublin, Ireland

DAY 10: Sunday, September 22

Depart for U.S.

Enjoy some time this morning to relax before heading to the airport to check in for your flight home. Depending on the flight time, lunch is by individual arrangement.

Included meals: Breakfast



AONL | DAY-BY-DAY

📍 London, England

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<https://www.millenniumhotels.com/en/london/the-baileys-hotel-london/?cid=gplaces-the-baileys-hotel-london>



📍 Dublin, Ireland

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Dublin, Ireland

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