

ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



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Mental Health Journey to Austria

9 days / 7 nights

October 14-22, 2022

\$5,999 (Based on double occupancy)

Enjoy the unique culture and traditions of Austria while you spend time with the locals. This adventure includes a variety of the arts and educationally based interactions.

BOOK NOW 888.747.7501

Program Highlights

- ✓ Privately guided tours of Salzburg, Vienna, and Melk via private transport.
- ✓ **Accompanying guest program** – alternate activities will be provided for those who do not wish to attend the meetings.
- ✓ Optional post extension to **Prague** will be offered.
- ✓ Enjoy a traditional Viennese pastry and coffee at a delightful local café.

Educational Highlights

- ✓ The primary professional objective of this journey is meaningful interaction and collaboration with a focus on **mental health policies, education, and training** as well as ongoing communication and collaboration.
- ✓ Visit the **Sigmund Freud Museum** to be joined by a local mental health expert to share details about Freud with the group.
- ✓ Connect with a **local child psychologist** in Vienna who will share information related to access to care and services for children in the country.
- ✓ Visit to **Steinhof**, an area in Vienna's 16th district, location of the Otto Wagner-Spital. Visit to the "Kirche am Steinhof" an Art Nouveau Church designed by Otto Wagner and the exhibition about mental health medicine in Vienna and Austria during National Socialism.

Cultural & Community Connections

- ✓ Enjoy a guided tour of the colossal and stunning **Melk Abbey**, possibly with the local abbot or other representative.
- ✓ Have a leisurely farewell dinner in Vienna at a "**Heurigen**" (wine tavern), a Viennese locals favorite.
- ✓ In Salzburg **follow in the footsteps of the famous Von Trapp family** exploring Nonnberg Abbey, the gazebo at Hellbrunn Castle and Mondsee Basilica.
- ✓ Enjoy a visit to a **local winery** with a tasting and lunch.

What's Included:

- 4* accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airports
- International air (gateway city set tentatively out of NYC)
- Local English-speaking guides throughout
- Meals as mentioned and most tips (including guides)

Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for maids and porters
- Passport renewal or issuance
- Domestic flight to gateway city
- Covid tests where applicable



📍 New York

DAY 1, Friday, October 14, 2022

Fly to Vienna

Depart from New York and make your way to Vienna, Austria. Austria is famous for their food, classical music, jewelry, and landscapes. The capital city, Vienna has a rich history which is traced back to 500 BC when it was inhabited by the Celts.

📍 Vienna

DAY 2: Saturday, October 15

Welcome to Vienna

Upon arrival, the group will be met and transferred for check-in at your lovely local hotel or bag drop depending on flight time.

Lunch will be provided this afternoon.

Enjoy an afternoon **orientation talk and tour** with your national guide to learn the most important facts about the city as you take a first walk through town.

Gather as a group for a welcome briefing back at the hotel this afternoon.

Enjoy a welcome dinner this evening at a local restaurant.

Overnight: Hotel Altstadt Vienna (or similar)
Included meals: Lunch & Dinner



📍 Vienna

DAY 3: Sunday, October 16

Cultural Program

Please Note: Breakfast is included daily at your hotel.

Set out this morning for a guided city tour of Vienna passing **Ringstrasse Avenue, Hofburg**, walking through the city center to see **St. Stephens Cathedral**. A quick visit of St. Stevens will give you a view of the front of the nave and part of the northern side before heading onward to Hofburg. The Hofburg is the former principal imperial palace of the Habsburg dynasty. Built in the 13th century the palace was expanded several times and served as the imperial winter residence. Since 1946 it has been the official residence and workplace of the president.

Spend some time exploring **Schönbrunn Palace** for a self-guided tour of the palace. During the reign of Maria Theresa, as an imperial summer residence, Schönbrunn Palace became the glittering focus of court life. From this time on, it played host to the leading statesmen of Europe.

Lunch will be provided this afternoon.

The afternoon the group will visit the **Sigmund Freud Museum**. A local mental health expert will be invited to join you to show you around the highlights of the museum and continue discussions relevant to mental health in Austria.

Dinner is on your own this evening.

Overnight: Hotel Altstadt Vienna (or similar)
Included meals: Breakfast & Lunch



📍 Vienna

DAY 4: Monday, October 17

Professional Exchange

This morning the group will begin your professional exchanges during a visit with a **local child psychologist at a mental health center**. A connection of your leader, she will spend time with the group this morning to share information about the Austria medical system with a focus on care for children.

Lunch will be provided this afternoon.

This afternoon is open to meet with another **local mental health expert** from the government or an education facility like Sigmund Freud University or similar. Get an overview of the healthcare system in the Austria with the opportunity to ask questions of professional interest such as the role of the psychiatrist in treatment in their mental health system, training for mental health practitioners and other topics of mutual interest.

Accompanying guests:

Guests will enjoy privately guided cultural activities this afternoon while professional members of the group are in meetings. Dinner is by individual arrangement (own expense). Overnight: Hotel Altstadt Vienna (or similar)

Overnight: Hotel Altstadt (or similar)

Included meals: Breakfast & Lunch



📍 Vienna

DAY 5: Tuesday, October 18

Explore Vienna

This morning the group will visit Steinhof, an area in Vienna's 14th district, location of the Otto Wagner-Spital. Visit the **"Kirche am Steinhof"** an Art Nouveau Church designed by Otto Wagner and the exhibition about mental health medicine in Vienna and Austria during National Socialism.

Lunch will be provided this afternoon at a **local winery**. Enjoy a sampling of their various offerings before sitting down to a lovely meal.

Enjoy some **free time** this afternoon in Vienna to explore independently.

Dinner is on your own this evening.

Overnight: Hotel Altstadt Vienna (or similar)

Included meals: Breakfast & Lunch





📍 Salzburg

DAY 6: Wednesday, October 19

Travel to Salzburg

After breakfast and hotel check-out, make your way via motorcoach to Vienna (4-hours).

In route stop at “**Melk Abbey**” for a guided tour. During your tour learn about Melk abbey's history, past and present. Explore the Prelate's Courtyard, imperial staircase, and the imperial corridor into the Baroque Marble Hall, a former dining hall for imperial guests and onward to the balcony and its excellent view of the Danube valley, the town below. The Baroque library leaves a lasting impression because of its architecture, manuscripts, and incunabula. End with a stop at the abbey church, generally a highlight for most visitors.

Lunch will be provided in the area today.

After lunch spend time learning more about one of their local social programs. Meet with staff to discuss their good works. *Alternatively, perhaps head to nearby **Krems**. This University town in the Wachau region will give you the opportunity to meet with an expert on mental health at a local university.*

Head onward to Salzburg to check into your hotel.

Dinner will be provided at a local restaurant.

Overnight: Hotel am Mirabellplatz (or similar)

Included meals: Breakfast, Lunch & Dinner

📍 Salzburg

DAY 7: Thursday, October 20

Morning Meeting & Afternoon Tour

After breakfast, have some time for another exchange with a local **mental health professional** in Salzburg. Continue discussions around the stigma of mental health issues as well as treatment protocols.

Accompanying guests:

Guests will have some free time this morning.

Lunch is on your own today.

Enjoy a guided walking tour of **Salzburg city center** this afternoon. Walk through the famous **Getreidegasse**, see **Mirabell Gardens** (with their lovely flowers), with a view to the Hohensalzburg fortress on the hill and the impressive **Salzburg Dom**. Getreidegasse is a busy shopping street and was designated as a UNESCO World Heritage Site. Known for the birthplace of Wolfgang Amadeus Mozart at No. 9, you can see where he lived until he turned 17. Fun Fact: Mirabell Gardens is where the children in the Sound of Music danced around the statue of Pegasus singing “Do Re Mi”.

Dinner will be provided this evening before taking in a **local concert** (to be determined).

Overnight: Hotel Altstadt Vienna (or similar)

Included meals: Breakfast, Lunch & Dinner





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📍 Salzburg

DAY 8: Friday, October 21

Sound of Music Tour & Free Time

Set out this morning for a tour of the footsteps of the famous Trapp family including **Nonnberg Abbey**, the gazebo at **Hellbrunn Castle** and **Mondsee Basilica**.

Benedictine Nonnberg Abbey lies a little above the city at the foot of the Festungsberg, famous, in addition to its Gothic architectural elements, for its murals and smaller works of art. It is also here that the story told in the Hollywood production of "The Sound of Music" begins.

The basilica Mondsee reached international fame because the wedding scene in the movie was filmed inside. Pope John Paul II upgraded the church to a basilica in 2005.

Next visit Hellbrunn Castle to see some of its 60 hectares of green spaces. Aside from artistically landscaped gardens, you will discover meadows, ponds, and a big playground for children. Located on the grounds is the gazebo in which Liesl and Franz sang to each other in the movie.

During your tour today the group will stop for coffee/pastry at a traditional coffee house. A must during your visit to this beautiful country.

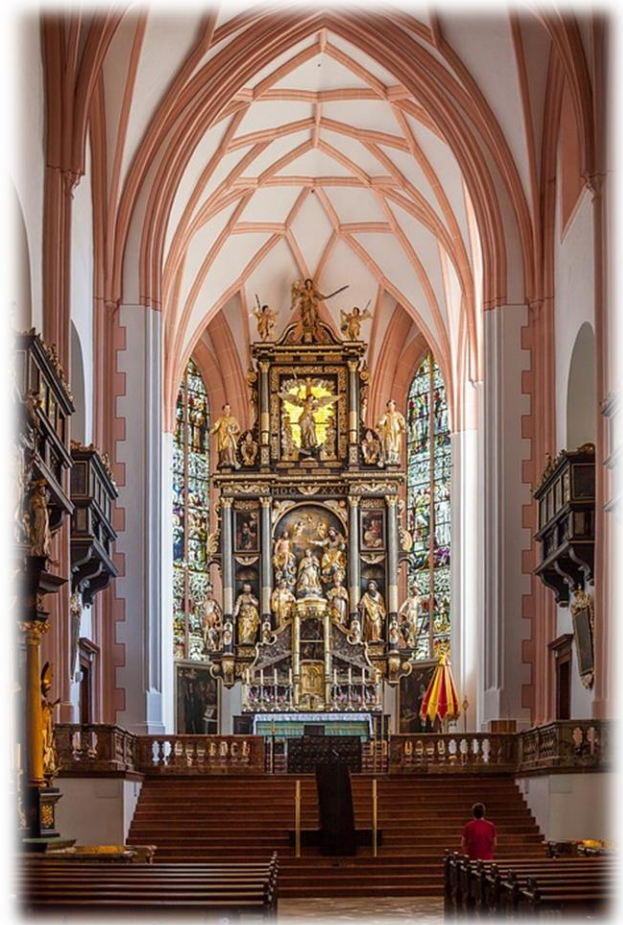
Lunch is on your own today (individual expense).

Enjoy some **free time** this afternoon to explore independently or rest back at the hotel.

Say goodbye as you reflect and share memories over a farewell dinner. Have a leisurely meal at a **"Heurigen" (wine tavern)** often frequented by the local people.

Overnight: Hotel Altstadt Vienna (or similar)

Included meals: Breakfast & Dinner



📍 Depart

DAY 9: Saturday, October 22

After breakfast depart for the airport today for your flight home from Munich. Depending on the flight time, lunch is by individual arrangement with free time to explore.

Alternatively, those extending to visit Prague will depart as a group and make your way to the Czech Republic this morning.



📍 Vienna, Austria

Hotel Altstadt Vienna

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<https://www.altstadt.at/>



📍 Salzburg, Austria

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