

Sweden & Estonia

October 5-13, 2020

\$5,999 (based on double occupancy)

\$999 (single supplement)

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Career Enrichment
Nursing Journey

Explore the gorgeous cities of both Tallinn, Estonia & Stockholm, Sweden on this professional journey. Explore northern Europe as you learn about the culture, history and people of the region. Both countries border the Baltic Sea and have a long history dating back to the last glacial era 10,000-12,000 years ago. Learn about the influence of the rulers and conquerors in each country as well as modern society.

Program Highlights

- 7 nights / 9-day journey to Stockholm & Tallinn
- Interact with **nurses and healthcare professionals** from a variety of facilities and hospitals in both Tallinn and Stockholm.
- **Accompanying guest program** – alternate activities will be provided for those who do not wish to attend the meetings.
- Nanda Journeys and the University of Pittsburgh School of Nursing are collaborating to develop this educational activity. **8.0 Continuing Nursing Education contact hours will be sought for this journey.** The University of Pittsburgh School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC) (PO229).

Focus on Professional Interaction

- Meaningful **interaction and collaboration** between delegates and healthcare professionals in Sweden and Estonia will focus on strategies for the improvement of global healthcare outcomes.
- Discuss **current healthcare challenges** in each country including the organization and financing of healthcare and models for healthcare provider education.
- Examine the role nurses and healthcare professionals play in the Swedish and Estonian healthcare system as well as the challenges of educating and sustaining an adequate healthcare workforce.

Focus on the community & culture

- Enjoy the hands-on experience of a local **cooking class**.
- Explore some of the most iconic sites of Tallinn including the **Alexander Nevsky Cathedral** and **Kadriorg Palace**, built for Catherine I of Russia by Peter the Great.
- The **Vasa Museum** is one of Scandinavia's most visited museums with the unique and well-preserved warship Vasa from 1628, embellished with hundreds of wooden sculptures.

Program Leader: Dr. Carol Huston

Dr. Carol Huston served as president of Sigma Theta Tau, the International Honor Society of Nursing, from 2007-2009. She retired as director of the School of Nursing at California State University-Chico (CSUC) in 2015. She is the author/co-author of *Leadership Roles and Management Functions in Nursing*, *Professional Issues in Nursing*, *The Road to Leadership*, *The Road to Positive Work Cultures*, and *When Little Girls Dream*.



Why Nanda Journeys?
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