



CAREER DEVELOPMENT



## Nursing Journey to Beijing, Xi'an & Shanghai, China

September 15-24, 2018

10 days / 8 nights

\$5,299 (based on double occupancy)

\$999 (Based on double occupancy)

Enjoy the unique culture and traditions of China while you engage with the local people. This adventure includes cooking lessons, museum visits, and shopping at local markets!

**BOOK NOW 888.747.7501**

### China Highlights

- ✓ 8 night / 10-day journey through Southeast Asia
- ✓ Explore the **Forbidden City, Great Wall of China, Terracotta Warriors** in Xi'an, and stroll along the **Bund** in Shanghai to gain a true sense of the country.
- ✓ **Accompanying guest program** available on this program.

### Community Connections

- ✓ Giving back and **engaging with the community** is an important part of your journey. Spend time with staff from a local non-profit organization in the rural countryside outside of Xi'an.
- ✓ **Visit a rural village** outside of Xi'an; included is an opportunity to **visit a village clinic**.
- ✓ Discover the secrets of authentic Chinese cuisine during a **cooking lesson** and delicious dinner.

### Focus on Healthcare & Nursing

- ✓ Meaningful **interaction and collaboration** between travelers and healthcare professionals in China will focus on the greatest challenges facing China today in the equitable delivery of health care.
- ✓ Learn from your colleagues while you share your expertise and **discuss obstacles and successes** with nursing counterparts in Beijing and Xi'an.
- ✓ *Nanda Journeys and the University of Pittsburgh School of Nursing are collaborating to develop this educational activity. Continuing nursing education contact hours are currently being determined. 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). **8-10 CNE credits will be sought.***

#### 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 San Francisco) and flights from Beijing to Xi'an and Xi'an to Shanghai
- English speaking guide and assistance throughout
- Most meals while in China
- Most tips including for the driver and restaurant staff

#### Not Included:

- Personal expenses at the hotel
- Meals not specified
- Obtaining or renewing passport
- Domestic flight to and from the gateway city
- Deviations or special requests
- Tourist visa for travel to China
- Tip to your national guide traveling with the group throughout the journey



📍 San Francisco, California

## September 15, 2018: Day 1

### Depart for China

Depart from San Francisco today on your way to **Beijing**. The stunning beauty and friendly people alone are worth a visit!

**Please note:** Gateway city is subject to change as needed closer to travel and upon finalization of flight bookings with the airline selected for the journey.

Ancient traditions converge with modern life throughout this exotic country. From bustling cities to rural villages to the top of the Great Wall, you will discover a warm and joyful society where family and honor play meaningful roles. This mix of ancient culture and contemporary practices makes visiting China one of the most intriguing adventures you'll ever experience.

**Included meals: N/A**

📍 Beijing, China

## September 16: Day 2

### Arrival & welcome

**Please Note:** Breakfast is included daily in your program.

Arrive in **Beijing** late this afternoon, the city that holds this country's greatest collection of Imperial-era monuments and treasures. Beijing also serves as the political and executive center of the People's Republic of China.

Enjoy the comforts of home in an elegant setting at the four-star **Park Plaza Wangfujing** just minutes away from the Forbidden City and other entertainment and shopping areas of the city. The hotel has several on-site restaurants, a gym, massage center, business center and all the amenities of a first-class hotel. Guest rooms are equipped with a safe, hairdryer, free Wi-Fi, bathroom amenities and 24-hour front desk with money exchange.

Dinner will be provided this evening at a local restaurant.

**Overnight: Park Plaza Hotel (or similar)**

**Included meals: Dinner**

📍 Beijing, China

## September 17: Day 3

### Career Enrichment Program Day

This morning, join the leader and national guide at the hotel for an **orientation and cultural briefing** on China. You will be briefed on the political and cultural diversity of the country and receive further information on the journey.

Lunch will be provided at a local restaurant.

Begin your professional program with a visit to a local hospital such as **Beijing Guang'anmen Traditional Chinese Medicine Hospital**. The primary professional objective is to enhance understanding of China's health systems, both traditional and modern, including health promotion and disease prevention; explore the role of nurses and other healthcare professionals in providing health care; and examine China's culture and community while giving back to local community projects.

**Accompanying guests:**

*This afternoon guests will explore the largest and best-preserved royal garden in China. The **Summer Palace** has been an urban oasis for hundreds of years and was restored to its original splendor in the early 20th century.*

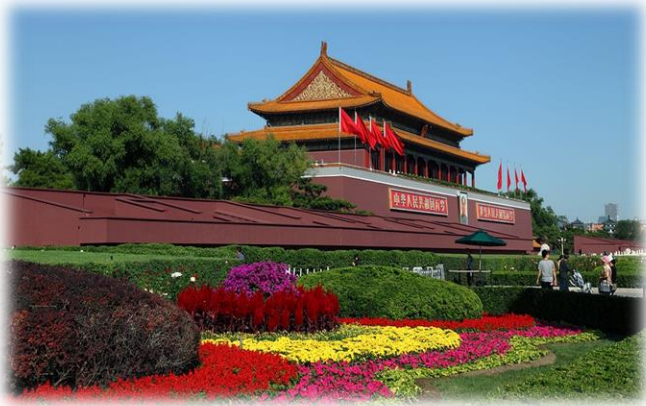
Dinner will be provided at a local restaurant.

**Overnight: Park Plaza Hotel (or similar)**

**Included meals: Breakfast, Lunch & Dinner**







📍 Beijing, China

### September 18: Day 4

#### Professional Program Day

Today, the professional members of the group will meet with staff and faculty from a local **nursing school** as well as visit the **Beijing Massage Hospital**.

Established in 1958, the hospital is a training center for Chinese and international students offering courses to doctors, physical therapists, and amateurs from different countries to get training on Chinese massage both through theoretical study and clinical observation. Some of the available classes include: Basic Theory of Chinese Traditional Medicine, Channels and Acupuncture Points, Chinese Massage Theoretical Study and Clinical Observation. During a tour of the hospital, **see how modern TCM is performed** in a traditional Chinese environment.

Enjoy lunch at a local restaurant today.

#### *Accompanying guests:*

*This morning the accompanying guests will visit the **Temple of Heaven**. Emperors of the Ming and Qing dynasties visited these impressive structures to offer annual prayers to heaven for plentiful harvests. This afternoon guests will visit the **798 Art Zone** to meander through the exhibits and enjoy art from local artists.*

Enjoy a traditional **Peking duck dinner** this evening at the Qianmen Quanjude Beijing Roast Duck Restaurant.

**Overnight: Park Plaza Hotel (or similar)**

**Included meals: Breakfast, Lunch & Dinner**

📍 Beijing, China

### September 19: Day 5

#### Iconic Cultural Sites of Beijing

Start your morning by entering the **Forbidden City** (Imperial Palace), whose massive stone walls and 9,999 rooms were once the residence of Ming and Qing emperors, and visit **Tiananmen Square**, the large plaza that has been the site of several key events in Chinese history.

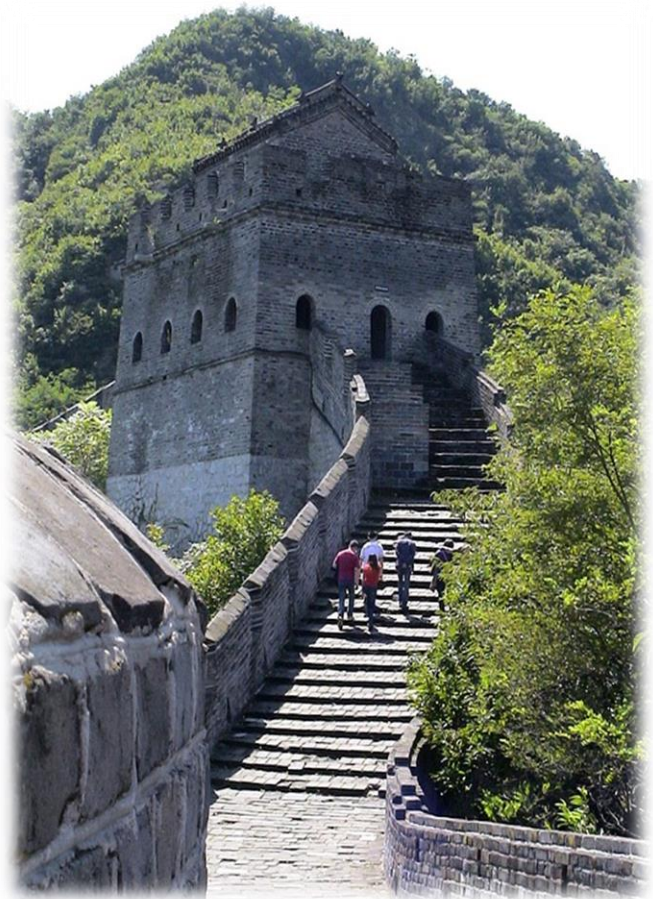
Lunch will be provided at the Badaling Restaurant.

Later, consider the mysteries of construction and conquest that have drawn people to the **Great Wall of China** for nearly 2,000 years. Enjoy breathtaking views from the wall's high vantage points, and meander along a section set in a rugged, mountainous landscape.

You will have some time to relax this evening with dinner on your own arrangement.

**Overnight: Park Plaza Hotel (or similar)**

**Included meals: Breakfast & Lunch**





📍 Xi'an, China

### September 20: Day 6

#### Fly to Xi'an & Cooking Lesson

Depart Beijing for **Xi'an**. As one of the six ancient capitals of China, Xi'an served as an imperial seat for 1,120 years and is a world-famous treasure house of cultural relics. The renowned Silk Road, which connected East with West in ages past, started in Xi'an.

A light lunch service will be provided on your flight.

Transfer to the **Mercure Hotel** later today for check-in and some time to relax. The Mercure Hotel on Renmin Square is a four-star hotel and offers every convenience of a business hotel. Hotel rooms have free Wi-Fi, safe, hairdryer, bathroom amenities and every comfort you will need for your stay.

Early this evening take part in a local **cooking lesson**. Learn how to make traditional local foods and enjoy sampling your dishes for dinner this evening. *For those who wish to eat later this evening, a more formal dinner is by individual arrangement.*

**Overnight: Mercure Hotel (or similar)**

**Included meals: Breakfast & Lunch**

📍 Xi'an, China

### September 21: Day 7

#### Professional Exchange & Humanitarian Visit

This morning, the professional members of the group will enjoy a visit to a **local hospital**.

Lunch will be provided at a local restaurant.

Head outside of the city to visit a **village clinic**. Spend time interacting with the staff in this unique setting while learning about the challenges of access to care facing the rural population.

This afternoon, the group will visit a **local community or non-profit organization** dedicated to giving back to the local people. Spend time learning about their organization and assist with a small project as needed.

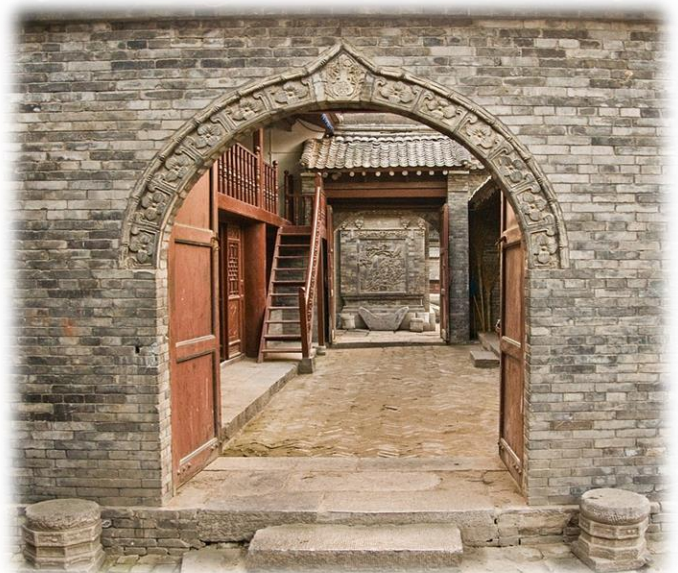
#### *Accompanying guests:*

*This morning guests will explore the **Xi'an City Wall**. This massive walled fortification was built back in the Ming Dynasty (14<sup>th</sup> century). Explore the battlements, towers and walk along the portions still existing in old town still today. After lunch you will visit the rural village with the rest of the group and take part in the humanitarian activity.*

Dinner will be provided at a local restaurant.

**Overnight: Mercure Hotel (or similar)**

**Included meals: Breakfast, Lunch & Dinner**







📍 Xi'an, China

## September 22: Day 8

### Cultural Exploration of Xi'an

Join your fellow travelers to come face-to-face with the **Terracotta Warriors**—8,000 life-sized figures of soldiers and horses standing guard over the tomb of Qin Shi Huangdi, the first emperor of a united China.

Lunch will be provided this afternoon.

Later today you will visit the **Grand Mosque**, one of the oldest, largest and best-preserved Islamic mosques in China.

Afterward visit a **local market** for a chance to meander independently and engage with the local people and perhaps pick up a few fun souvenirs.

Enjoy dinner tonight at a Dim Sum restaurant.

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

📍 Shanghai China

## September 23: Day 9

### Fly to Shanghai

This morning, say goodbye to Xi'an and make your way to the airport for your flight to **Shanghai**. Upon arrival, transfer to the Yu Garden area for lunch. After lunch, explore the **Yu Garden** bordering Old Town, filled with stone dragons, tea houses, pavilions, and goldfish ponds.

**Narada Boutique Hotel** is in the bustling core area of Huangpu District, close to Metro Line 8 & 10 stations and just a five-minute walk away from the Yu Garden and Huaihai Road. All rooms are well appointed and feature high-quality mattresses. The south-east style on-site restaurant specializes in Cantonese and local cuisines.

This evening, gather with fellow travelers to share your memories of China at a **farewell dinner**.

On your way back to the hotel, experience Shanghai's unique flavor during a visit to the Bund. The former Wall Street of the foreign powers, **the Bund** forms a park-like promenade between the Huangpu River and the Old Town.

**Overnight: Narada Boutique Hotel (or similar)**  
**Included meals: Breakfast & Dinner**



📍 Shanghai, China

## September 24: Day 10

### Fly back to San Francisco

Depart China today with arrival back in San Francisco the same day.



📍 Beijing

### Park Plaza Hotel

97 Jinbao Street, Dongcheng District  
Beijing 100005, P. R. China

International number: +86-10-8522-1999

[www.parkplaza.com/beijingen](http://www.parkplaza.com/beijingen)



📍 Xi'an

### Mercure Hotel Renmin Square

319 Dongxin Street, Shaanxi Province  
Xi'an 710004, P. R. China

International number: +86-29-8792-8888

<https://www.accorhotels.com/gb/hotel-5975-mercure-on-renmin-square-xian/index.shtml#>



📍 Shanghai

### Narada Boutique Hotel

839 Renmin Road (Renmin Lu)  
Shanghai, P. R. China

International number: ++86-21-6326-5666

<http://www.naradaboutiquehotel.com>

