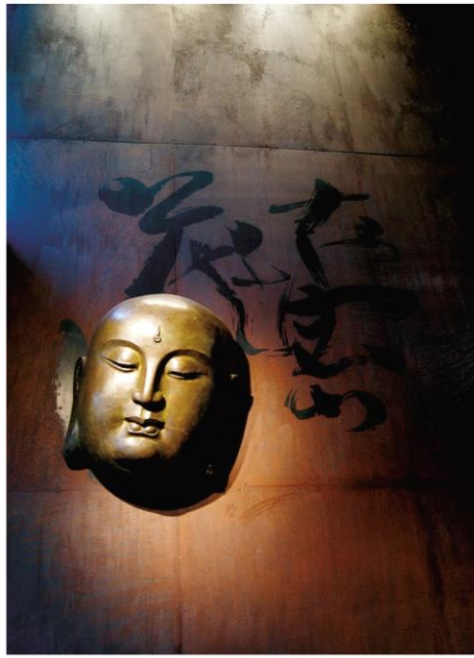


ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Mental Health Journey to Hong Kong SAR of the People's Republic of China & Taiwan, Republic of China (ROC)

9 days / 7 nights

October 27 – November 4, 2017

\$5999 (Based on double occupancy)

Enjoy the unique culture and traditions of the Hong Kong Special Administrative Region of the P.R.C. and the Republic of China while you spend time with the local people in both Hong Kong & Taipei.

BOOK NOW 888.747.7501

Program Highlights

- ✓ 9 days & 7 nights
- ✓ **8.0-10.0 Continuing Medical Education (CME) credits** will be sought for this journey. *** This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Wilderness Medical Society and Nanda Journeys. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians. ***
- ✓ **Accompanying guest program available on this itinerary**
- ✓ An **optional extension** will be available to visit nearby Macau

Community Connections

- ✓ Experience a **cooking class** to learn a few traditional Chinese dishes and enjoy some of the fabulous local flavors.
- ✓ Have the chance to visit a local **community organization** that focuses on donating their time to those with mental health issues in the community.

Educational Interaction

- ✓ Meet with medical professionals and mental health practitioners from a variety of settings in Hong Kong and Taipei including **local hospitals, clinics** and **medical societies**.
- ✓ Learn about **mental health policies, education and training** as well as ongoing communication and collaboration.
- ✓ Focus on the **cultural beliefs and practices** that affect the presentation and treatment of mental health problems; how professional and public opinion about mental health disorders have evolved; and the role of psychoanalytic theory and tradition.

What's Included:

- 4/5* Hotel Accommodations
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air to Taipei and home from Hong Kong. Gateway city set *tentatively* out of San Francisco. Own air credit includes flight from Taipei to Hong Kong.
- Local English speaking guides
- Meals as mentioned and all tips

Not Included:

- Personal expenses at the hotels including room service, mini-bar and internet fees
- Meals not specified
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes if applicable



📍 San Francisco, California

DAY 1

Fly to Taipei, Taiwan

Depart from San Francisco and make your way to Taipei, Taiwan this afternoon. The stunning beauty and friendly people alone are worth a visit!

📍 Taipei, Taiwan

DAY 2

Welcome to Taipei

After you arrive this evening, the group will be met and transferred for check-in at your local hotel. Due to the late arrival, no meals will be provided today.

Overnight: Ambassador Hotel

Included meals: None



📍 Taipei, Taiwan

DAY 3

Cultural Exploration

Please Note: Breakfast is included daily at your local hotel.

All travelers will gather this morning for a **welcome briefing** with your Taiwan guide and receive further information on the program and today's activities.

Begin your explorations of Taipei with a visit this morning to the **Martyrs' Shrine** and the **National Palace Museum**. Built in 1969, the shrine covers a large area and is famous for its grand architectural style, similar to the Taihe Dian of the Imperial Palace in Beijing. The museum dates to 1925 and houses what is reported to be the world's largest collection of priceless Chinese cultural and art treasures spanning China's 5,000-year history.

After lunch at the Yuan Yuan Restaurant, explore the **Confucius Temple**, famous for its southern Fujian-style ceramic adornments. Stop to shop at **Jianguo Holiday Flower and Jade Market** before you finish up your afternoon with a visit to **Chiang Kai-Shek Memorial Hall**. The monument lies in a park at the east end of Liberty Square. The structure is framed on the north and south by the National Theater and National Concert Hall and is a dedication to the former President of the Republic of China.

Enjoy a welcome dinner this evening at **Hsinye Restaurant** (Taiwanese cuisine) in the Taipei 101 Building. Taipei 101, formerly known as the Taipei World Financial Center, is a landmark skyscraper in Xinyi District. The building was officially classified as the world's tallest in 2004, and remained such until the completion of Burj Khalifa in Dubai in 2009.

Overnight: Ambassador Hotel

Included meals: Breakfast, Lunch & Dinner



📍 Taipei

DAY 4

Professional Exchange

Professional members of the program will interact with **local mental health professionals** today. Meetings will be requested with a variety of representatives in your field such as the **Department of Mental Health, Psychiatric Center, MOHW** or the **National Taiwan University Hospital**. Lunch will be provided this afternoon.

Journey Mission: *The primary objective for this journey is to enrich your mental health understanding and practice by a short, but intense, immersion in the rich mental health traditions and practices of your professional colleagues and neighbors to the east.*

Begin a dialogue around:

- How did the psychoanalytic tradition come to, and grow in, Taiwan?
- What cultural beliefs and practices affect the presentation and treatment of mental health problems?
- What are the community mental health care policies and resources?

Guest program

Today accompanying guests will visit Yehliu Geopark's unique geological formations including the iconic "Queen's Head" before heading to the famous Jiufen market to enjoy its wonderful street food. After a light lunch visit the Pingxi District, best known for its natural beauty and must-see events, such as the famous annual Sky Lantern Festival.

This evening the group will take part in a private **cooking lesson** at a local restaurant. You will also have the chance for dinner after your four-course class on the Chinese dishes.

Overnight: Ambassador Hotel

Included meals: Breakfast, Lunch & Dinner



📍 Taipei

DAY 5

Continue your professional meetings

This morning, continue your professional exchange with a visit to a **local hospital or clinic** to continue your discussions with their psychiatric staff.

Guest program

Accompanying guests will visit the Lungshan Temple this morning. Lungshan is a Buddhist temple and was built in 1738 by settlers from Fujian in honor of Guanyin. It served as a place of worship and a gathering place for the Chinese settlers.

After lunch at a local restaurant, the group will take part in a **community activity**. Arrangements will be made to visit a local non-profit or similar organization for the chance to give back. *More details will be provided closer to travel regarding this opportunity.*

Dinner will be provided this evening as you say farewell to Taiwan.

Overnight: Ambassador Hotel

Included meals: Breakfast, Lunch & Dinner





📍 Hong Kong

DAY 6

Fly to Hong Kong

Enjoy some free time in Taipei this morning. After hotel checkout, make your way to the Taoyuan International Airport for your short flight to Hong Kong. You will be met in Hong Kong by your local guide and transferred this afternoon to your local hotel for some free time to relax.

Lunch is by individual arrangement this afternoon.

Dinner will be provided in Hong Kong at a local restaurant.

Overnight: InterContinental Grand Stanford
Included meals: Breakfast & Dinner

📍 Hong Kong

DAY 7

Professional Program

Today, finish your professional exchange with **mental health colleagues** to wrap up your interaction with the local mental health staff. Lunch will be provided at a local restaurant.

Guest program

Accompanying guests will visit Tung Chung of Lantau Island. You will have the chance to see the Big Buddha via Ngong Ping Cable Car. This is the largest statue of sitting Buddha in Hong Kong. Later you will visit Po Lin Monastery and Tai O Village to have lunch at the Buddhist monastery with the monks. The monastery was founded in 1906 by three monks visiting from the Chinese mainland and was initially known simply as "The Big Hut". It was renamed to its present name in 1924. Tai O Village is home to the Tanka people, a community of fisher folk who've built their houses on stilts above the tidal flats of Lantau Island for generations. Head back to Tung Chung by cable car and to visit the City Gate Outlet.

Dinner will be by individual arrangement (own expense). Perhaps venture out to explore a local night market.

Overnight: InterContinental Grand Stanford
Included meals: Breakfast & Lunch





📍 Hong Kong

DAY 8

Cultural Exploration

Depart the hotel in the morning and explore **Victoria Peak** (one way by Peak Tram). The highest point on Hong Kong Island, this has been the city's most exclusive neighborhood since colonial times – back then it was the cooler air that attracted the rich and famous. Now it just affords remarkable views!

Next visit **Stanley Market**, an open-air market for bargain shopping, before making your way to lunch at the famous Jumbo Kingdom Floating Restaurant. Stanley Market is one of the must-go places for visitors when they are in Hong Kong. You will find an interesting array of little shops selling silk garments, sportswear, art, Chinese costume jewelry and souvenirs.

This afternoon the group will enjoy an **Aqualuna (junk) cruise** to sail along Victoria Harbor before disembarking in Tsimshatsui. From here you will visit the **Promenade, Ancient Clock Tower, 1881 Heritage Complex** and **Nathan Road**, the main thoroughfare in Kowloon.

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

May we recommend you take in a performance at the **Hong Kong Cultural Center** (own expense). They offer world-class concerts, operas, dance, drama, theatre and musical productions.

Overnight: InterContinental Grand Stanford
Included meals: Breakfast, Lunch & Dinner

📍 Hong Kong

DAY 9

Depart for home today

Depart for the airport today for your flight home. Depending on the flight time, lunch is by individual arrangement with free time to explore.

Included meals: Breakfast





📍 Taipei, Taiwan

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<https://www.ambassador-hotels.com/tc/taipei>



📍 Hong Kong, SAR

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