

ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Nursing Journey to Tallinn & Stockholm

Estonia & Sweden

9 days / 7-nights

October 5-13, 2020

\$5,999 (based on double occupancy)

\$999 Single Supplement

Enjoy the unique culture and traditions of Tallinn and Stockholm while you spend time interacting with the locals and your fellow nursing colleagues in both countries.

BOOK NOW 888.747.7501

Program Highlights

- ✓ 7 nights / 9-day journey to Stockholm & Tallinn
- ✓ **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).

Professional Connections

- ✓ **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.

Cultural Immersion & Exploration

- ✓ 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. Also visit the **Royal Palace** in Stockholm.

What's Included:

- 4-5* accommodations throughout
- All transportation and activities outlined
- International flights (gateway city set tentatively out of Newark)
- Local professional guide throughout
- Most tips to local drivers, guest guides and restaurant staff

Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guides
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable



📍 Newark

DAY 1: Monday, October 5, 2020

Fly to Tallinn

Depart from a Newark area airport today and make your way to Tallinn, Estonia. The stunning beauty and friendly people alone are worth a visit!

📍 Tallinn, Estonia

DAY 2: Tuesday, October 6

Welcome to Tallinn

Upon arrival, the group will be met by your local guide and transferred to your area hotel for check-in late this afternoon.

The Hotel Telegraaf's exclusive location and grand atmosphere offers a combination of Old Town charm, luxurious amenities, one of city's top restaurants as well as a relaxing spa. Each room incorporates air-conditioning, safe, ironing board and free Wi-Fi high speed internet. The hotel has an onsite restaurant, fitness center and pool as well as 24-hour room service. The building dates to 1878 and was originally a four-story house, the two topmost floors added later. In 1918 the Telegraaf House came into its own! It became the main center of communications – a post office until 1992. Hotel Telegraaf opened its doors officially in 2007.

All travelers will gather with your guide for an **evening orientation and welcome** (time permitting).

Enjoy a welcome dinner this evening at a local restaurant.

Overnight: Hotel Telegraaf (or similar)

Included meals: Dinner



Kadriorg Palace



📍 Tallinn, Estonia

DAY 3: Wednesday, October 7

Cultural Introduction to Tallinn

Please Note: Breakfast is included daily at your hotel.

After breakfast, the group will depart for your exploratory tour of the city. First stop is **Toompea Castle** which was erected on the foundations of the crumbling eastern wing of the fortress built on this site in the 13th and 14th centuries. The castle with its late Baroque façade was built between 1767 and 1773. **Hellemann Tower** dates to the 14th-century tower and its 200m stretch of Town Wall offers fantastic views of Tallinn's medieval defenses.

The **Alexander Nevsky Cathedral** is an orthodox cathedral in Old Town. It was built to a design by Mikhail Preobrazhensky in a typical Russian Revival style between 1894 and 1900, during the period when the country was part of the Russian Empire. The Cathedral is Tallinn's largest and grandest orthodox cupola cathedral.

Lunch will be provided at a local restaurant today.

Kadriorg Palace is a Petrine Baroque palace built for Catherine I of Russia by Peter the Great in Tallinn, Estonia. Both the Estonian and the German name for the palace means "Catherine's valley". It was built after the Great Northern War for Nicola Michetti's designs by Gaetano Chiaveri and Mikhail Zemtsov.

Last stop is to see **Tallinn Town Hall**. Built next to the Town Hall Square it is the oldest town hall in the Baltic region including Scandinavia. The building is in the south side of the ancient market square.

Dinner is by individual arrangement (own expense).

Overnight: Hotel Telegraaf (or similar)

Included meals: Breakfast & Lunch



📍 Tallinn Estonia

DAY 4: Thursday, October 8

Professional Program

Professional members of the program will interact with nursing counterparts this morning and afternoon for substantive meetings at a **local hospital, clinic or university**.

Mission: The primary professional objective of this journey is meaningful interaction and collaboration between U.S. healthcare providers and healthcare providers in Sweden and Estonia regarding strategies for the improvement of global healthcare outcomes. You will explore historical and contemporary challenges these two countries have faced in providing health care to their citizens. In addition, the organization and financing of healthcare and models for healthcare provider education will be examined in both countries.

Lunch will be provided today at a local restaurant.

Guest program

After a leisurely breakfast, accompanying guests will meet with their guest guide and head out on public transport to visit Tallinn Legends. This attraction in a combination of a theater and interactive museum. The museum recreates historical events and legends that have contributed to the folklore of medieval Tallinn. They have brought together storytelling, interactive shows, special effects and history to create an unforgettable experience.

Return to the hotel where dinner will be provided nearby.

Overnight: Hotel Telegraaf (or similar)

Included meals: Breakfast, Lunch & Dinner

📍 Tallinn, Estonia

DAY 5: Friday, October 9

Cultural Exploration

The group will depart this morning for a **private cooking class**. Traditional Estonian cuisine is based mostly on meat and potatoes but includes seafood especially for those living in coastal areas or near a river/lake. Learn to make a local dish or two and enjoy your creations for lunch today. *This session usually takes about three hours.*

Depart onward to visit the **Estonia Open-Air Museum**. Founded in 1957, they didn't open for visitors until August 1964. Currently they showcase 74 buildings on 72 hectares of land. Many of the buildings were moved to the museum property so showcase buildings from throughout the country. This includes farmhouses, a chapel, watermill, school, village shop, fire station and an inn. Brought from Kolu village, the inn and its stable was built in the 1840s. Brought to the museum in 1968, it's a perfect place to rest one's feet while you explore the grounds. *This is an outside walking tour so subject to weather conditions; some buildings may be closed.*

This evening dinner will be provided at a local family run restaurant or other local favorite.

Overnight: Hotel Telegraaf (or similar)

Included meals: Breakfast, Lunch & Dinner





📍 Stockholm, Sweden

DAY 6: Saturday, October 10

Free Time & Travel Day

This morning the group will have free time to prepare for check-out. You might opt to settle your expenses and explore the local markets dependent on the flight time to Sweden.

Lunch is on your own this afternoon before you head to the airport for your short flight to **Stockholm**, Sweden. Upon arrival, you will be met by your local guide and transferred directly to **Drottningholm Palace**. Visit one of the most beautiful palaces in all of Scandinavia, a UNESCO World Heritage site. It is the most well-preserved royal castle built in the 1600s in Sweden and at the same time is representative of all European architecture for the period.

Continue onward to check into your local hotel. The **Clarion Hotel Signs** is in central Stockholm, close to shopping, theatres, restaurants, clubs and bars for your convenience. You'll be just a few minutes from Stockholm Central Station, metro, trains, buses and the Arlanda Express. The hotel has an outdoor heated pool, spa, onsite dining, gym and free Wi-Fi throughout. Guest rooms have a mini bar, safe, robes, iron and board, and upscale amenities.

For those interested, the guide is happy to take you on a **walking tour** around the hotel to familiarize you with the area.

Dinner will be provided this evening at a local restaurant.

Overnight: Clarion Hotel Signs (or similar)

Included meals: Breakfast & Dinner

📍 Stockholm, Sweden

DAY 7: Sunday, October 11

Cultural Explorations

After breakfast, head out to explore the city. This will include entrance into **City Hall** and the **Vasa Museum**.

Stockholm City Hall stands on the eastern tip of Kungsholmen Island, next to Riddarfjärden's northern shore, and is also facing the islands of Riddarholmen and Södermalm. The small park between the building and lake is adorned with several sculptures, among them Carl Eldh's ensemble representing the three artists August Strindberg, Gustaf Fröding and Ernst Josephson.

The Vasa Museum is one of Scandinavia's most visited, and its key exhibition is a well-preserved warship dating to 1628. The Vasa is also embellished with hundreds of wooden sculptures. After 333 years at the bottom of the Stockholm Bay, the ship was rediscovered and salvaged. The ship is in a constant stage of preservation by their research team.

Lunch will be provided at a local restaurant.

This afternoon the group will visit the **Royal Place**. The Royal Palace of Stockholm is His Majesty the King's official residence and is also the setting for most of the monarchy's official receptions, open to the public year-round. This combination of royal residence, workplace and cultural/historical monument is open year-round to visitors which makes it unique among Europe's royal residences.

Dinner will be provided at a local restaurant this evening.

Overnight: Clarion Hotel Signs (or similar)

Included meals: Breakfast & Dinner





📍 Stockholm, Sweden

DAY 8: Monday, October 12

Professional Program

Today professional members of the group will continue their exchange with **local nursing professionals**. Continue discussions around the use of a single national health insurer system in Sweden to achieve high level global healthcare outcomes despite spending less than 10% of GDP on healthcare. Also learn about their long-term care system for the elderly with a visit to a local **elder care facility**.

Lunch will be provided this afternoon.

Guest program

After breakfast, accompanying guests will depart from the hotel via public transportation on this guided tour of the ABBA Museum. You will not only see original costumes, gold records and memorabilia, but can enjoy a one of a kind exhibition where you can virtually try on ABBA's costumes, sing, play, mix original music and become the fifth member of ABBA by performing on the large stage together with Björn, Benny, Frida and Agnetha. Lunch will be included today and a chance to visit a local market.



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

Overnight: Clarion Hotel Signs (or similar)

Included meals: Breakfast. Lunch & Dinner



📍 Stockholm, Sweden

DAY 9: Tuesday, October 13

Depart for home today

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



📍 Tallinn, Estonia

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<https://www.marriott.com/hotels/travel/tllak-hotel-telegraaf-autograph-collection/>



📍 Stockholm, Sweden

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<https://www.nordicchoicehotels.com/hotels/sweden/stockholm/clarion-hotel-sign/>

