



## ITINERARY | DAY-BY-DAY



### CAREER ENRICHMENT



### Introduction to Healthcare & Medical Systems Journey to Sri Lanka

**9 days / 7 nights**

**November 7-15, 2022** \*arrival back in US on 11/16

**\$5,999** (Based on double occupancy, includes flights)

**\$1,299** (Single supplement)

Enjoy the unique culture and traditions of Sri Lanka while you spend time with healthcare professionals. This adventure includes an opportunity to visit a local rural school in route to Habarana.

**BOOK NOW 888.747.7501**

#### Professional Interaction

- ✓ Enjoy a high level of **interaction with your peers** meeting hosts and travel companions.
- ✓ Establish connections with medical professionals in Sri Lanka during visits to a local hospital such as the **National Hospital of Sri Lanka**.
- ✓ Meet with Professors at the **Faculty of Medicine at the University of Colombo** and discuss the similarities and differences between the US and Sri Lankan education system. Also meet with professors at Sri Lanka's oldest University, **Peradeniya**, to discuss the universal health system and its funding.
- ✓ 8 Continuing Medical Education (CME) credits

#### Community Connections

- ✓ Spend time with staff during a **visit to a rural school** in route to Habarana.
- ✓ Learn about Sri Lankan cuisine and the abundant local spices as you participate in a **cooking class**. Enjoy your delicious creation in the adjoining paddy field!

#### Program Highlights

- ✓ Jeep safari to observe the **largest elephant population in the world**. Visits to Buddhism shrines dating back to 3<sup>rd</sup> century B.C. Exploration of **Dambulla Cave Temples** and Temple of the Tooth.
- ✓ Optional **extension to Nuwara Eliya to explore the famous tea plantations & Galle** will be offered.
- ✓ **Accompanying guest program** available on this itinerary

#### What's Included:

- 4\* & 5\* accommodations
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air (gateway city set tentatively out of Los Angeles)
- Local English-speaking guide
- Meals as mentioned and most tips

#### Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city



## ITINERARY | DAY-BY-DAY



📍 Los Angeles

### DAY 1: Monday, November 7, 2022

#### Travel Day

Depart this afternoon from Los Angeles and make your way to **Sri Lanka**. Note that the gateway city is subject to change.

📍 Colombo, Sri Lanka

### DAY 2: Tuesday, November 8

#### Arrival in Sri Lanka

Arrive in **Colombo** this evening. Upon arrival and after clearing Immigration and Customs procedures, the group will be met by your national guide in the arrivals hall for the transfer to your local hotel and overnight.

The **Kingsbury Hotel** is one of the finest five-star Colombo hotels located in between Galle Face Green, the World Trade Center and the Dutch Hospital Precinct. The hotel has easy access for shopping, entertainment and your business needs, and all the amenities of a first-class property. The hotel has onsite dining, spa, outdoor pool, minibar, tea & coffee maker, digital in room safe, iron & board, hairdryer, free bottled water, free Wi-Fi, clock radio and upscale bathroom amenities.

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

**Included meals: N/A**

📍 Colombo

### DAY 3: Wednesday, November 9

#### Professional Program

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

This morning the professional members of the group will meet with their **professional counterparts** for an introduction to healthcare and medical systems in Sri Lanka. Meet with faculty at the **University of Colombo** this morning to learn about their medical education system and how it compares to the U.S. Also visit a local hospital like the **National Hospital of Sri Lanka** this afternoon to discuss how health care is provided and how they optimize access to health care.

#### Guest program:

*Guests will spend the day exploring Colombo with a local guide. The trade capital has long been the traditional gateway to the orient. Today, Colombo is a fascinating city with a happy blend of east and west, past and present, with a charm of its own. The main seaport of Sri Lanka is in Colombo and adjoining it is Pettah, which is the local bazaar and trading area. Today you will pass by or visit areas of interest including the beautiful Buddhist and Hindu temples, historic Wolfendhal Church, main residential area and cinnamon gardens, BMICH - International Conference Hall, and the commercial district known as Fort.*

Enjoy a welcome dinner at a local restaurant.

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

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





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📍 Colombo

### DAY 4: Thursday, November 10

#### Cultural Tour & Departure for Habarana

This morning the group will enjoy a panoramic tour of Colombo to see a few of the main highlights of including **Old Parliament**, house of the Presidential Secretariat of Sri Lanka. Visit **Galle Face Green**, an integral part of Colombo's colonial history and once used by the British for various sports such as horse racing, golf, rugby, and cricket. See the **Galle Face Hotel**, the first hotel in Sri Lanka. Visit the most famous temples in Sri Lanka, **Gangaramaya Temple** and **Seema Malakaya**.

Lunch will be provided this afternoon before you head onward to **Habarana** via bus (four-hour drive). The city is Sri Lanka's cultural triangle and the most convenient base for exploring the district. It has hundreds of lakes and reservoirs connected by an elaborate network of canals making up a fascinating irrigation system which also provides some of the most breathtakingly beautiful scenery and fertile habitat for Sri Lanka's incredible biodiversity. Stop for a photo opportunity at the famous Athugala Buddha Statue. The statue is located on the Ethagala rock and stands a height of 1100 feet.

Check into your hotel where dinner is by individual arrangement (own expense).

**Overnight: Cinnamon Lodge (or similar)**

**Included meals: Breakfast & Lunch**

📍 Habarana

### DAY 5: Friday, November 11

#### Cultural Explorations

Today, drive to **Polonnaruwa**, the second most ancient of kingdoms. It is one of the best planned archaeological relic sites in the country, standing testimony to the discipline and greatness of the Kingdom's first rulers.

In route, the group will visit a **local rural school** to understand the prevailing educational system in the country and how government schools manage the transition of schooling efforts from rural communities to main cities.

Later, visit **Minneriya National Park**. The Park covers 8,890 hectares and consists of a mixed forest of evergreen shrubs, a favorite habitat for animals, which include, deer, crocodiles, and wild elephants. In more recent times it has been discovered that the park boasts the largest elephant gathering in the world. You can also see huge flocks of birds, including cormorants and painted storks, that come to fish in the shallow waters. Enjoy a Jeep safari to explore the park with a skilled park guide or naturalist.

Dinner will be on your own this evening. *The hotel's fine-dining restaurant serves the most delicious Sri Lankan fare, the organic way. They source the main ingredients from their farm and give you the opportunity to pick your vegetables from there too.*

**Cinnamon Lodge** is a gorgeous property close to nature, history, and culture. Located on forested land with an organic garden, it's home to serpent eagles, kingfisher monkeys and butterflies, with unique experiences to offer like dining by the lake, cycling acres of greenery, or just relaxing. They have an onsite spa and several dining options. Guest rooms have complimentary toiletries, hairdryer, pillow menu, tea and coffee making facilities, minibar, and Wi-Fi.

**Overnight: Cinnamon Lodge (or similar)**

**Included meals: Breakfast & Lunch**





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📍 Habarana

### DAY 6: Saturday, November 12

#### Continued Explorations

This morning drive to **Anuradhapura** – a UNESCO World Heritage Site located in the north central part of the Island. It was the first capital (5th century BC - 9th century AD) and the center of the island's Buddhist civilization and undoubtedly the grandest city of ancient Sri Lanka. The oldest historically documented tree on earth (over 2,200 years old), the **Sri Maha Bodhi**, was brought as a sapling of the tree under which the Buddha attained enlightenment. Visit some of the island's oldest Buddhist shrines, many dating back to the 3rd century BC. The site has impressive white 'dagabas' (relic chambers) and monuments embellished with handsome stone carvings or sculpture, pleasure gardens, beautifully executed stone baths and ponds and a superb irrigation system of reservoirs and canals.

Next, visit the historical site of **Mihintale** where Buddhism started in Sri Lanka (time permitting we can arrange a meditation session).

**Mihintale** – a little away from Anuradhapura, the forest clad mountain is of great spiritual significance to Buddhists because it was the place where Buddhism was introduced to Sri Lanka in the 3rd century BC. Mihintale has many different points of interest – the 1840 ancient granite steps, dagaba's the relic house and monk's refectory, the assembly hall, meditation rock, caves and ponds. The climb to the summit is also interesting from a scenic aspect for stunning views of the surrounding countryside.

Lunch and dinner will be provided today.

**Overnight: Cinnamon Lodge (or similar)**  
**Included meals: Breakfast, Lunch & Dinner**



📍 Kandy

### DAY 7: Sunday, November 13

This morning, depart for **Kandy**, traveling via Matale and the Dambulla Cave Temples. **The Royal Rock Temple complex in Dambulla** consists of five separate caves containing well over one hundred Buddha statues and paintings. Adjoining the Dambulla Rock Temples is the **Golden Temple**, said to date back to the 5<sup>th</sup> century BC.

After exploring Dambulla, take a tour of the **Ranweli Spice Gardens**, where you'll be able to learn about the great variety of spices grown in Sri Lanka. Join a local chef in a **cooking class** to try your hand at the local cuisine. Enjoy your creations after your class in the paddy field.

After arriving in Kandy, check-in at the hotel and enjoy some time at leisure.

**Mahaweli Reach Hotel** is nestled beside the mighty Mahaweli River. The lovely property combines a sense of refined luxury with the old-world charm of an ancient kingdom. Guest rooms have a private balcony, free Wi-Fi, luxurious soaking bathtub, AC, minibar, coffee and tea making facilities, safe, upscale bathroom toiletries, hairdryer, iron & board, pillow menu, alarm clock and bathrobe. The hotel has onsite dining, an outdoor pool, gym facilities and a lovely garden.



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Later today visit the sacred **Temple of the Tooth**. The temple houses one of Buddhism's most sacred relics – the left canine tooth of the Buddha himself – and over the millennia since his death, wars have been fought for the possession of this sacred symbol of the Buddha's power and protection. The Royal Complex, situated around the temple and Kandy Lake, represents the zenith of ancient Sri Lankan architecture.

Return to the hotel for dinner.

**Overnight: Mahaweli Reach Hotel (or similar)**

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



📍 Kandy

### DAY 8: Monday, November 14

#### Morning Professional Program

Professionals will visit the **University of Peradeniya**, the largest and oldest university in the country. Discuss funding of the universal health care system in Sri Lanka; the major public health issues in the country; and the role of nurse practitioners and physician assistants in the health system.

#### Guest program:

*Guests will visit the Royal Peradeniya Botanical Garden this morning. Home to nearly 4,000 species of plants and encircled by a river, the gardens boast an impressive avenue of coconut palm trees, a fragrant spice garden, giant bamboo plants, an orchid collection and a gargantuan Javan fig tree.*

After lunch on your own, the group will enjoy a walking tour of the historic **Kandy City**, the last fortification of Sri Lankan monarchy and the capital of Buddhist worship in Sri Lanka. Walk through Kandy's streets - passing rustic shops with vendors who are on the lookout to haggle with you! These shops sell items ranging from gemstones and antiques to arts and crafts, and handlooms.

In the late afternoon, attend a **Kandyan dance performance**, including the cobra dance, the mask dance and the *gini sisila*, a dance demonstrating power over fire. The entire frenetic and colorful spectacle comes to a climax with an amazing fire-walking act.

Enjoy a farewell dinner at a local restaurant this evening.

**Overnight: Mahaweli Reach Hotel (or similar)**

**Included meals: Breakfast & Dinner**





📍 Kandy

### DAY 9: Tuesday, November 15

#### Depart

Enjoy some **free time** this morning to relax over a leisurely breakfast.

After a chance to grab lunch at the hotel on your own, check out this afternoon and return via bus back to Colombo (3.5-hour drive).

Dinner is on your own today before heading to the international airport.

Say farewell to Sri Lanka and travel back to Los Angeles this evening with **arrival back in the U.S. the following morning (November 16)**.

**Overnight: N/A**

**Included meals: Breakfast**

**8.0 Continuing Medical Education 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. \*\*

## What people are saying about Nanda Journeys

"Nanda journeys is very special. It gives you the opportunity to follow your passion while making a sustainable difference in the lives of people and places in areas of significant need. The experience not only provides significant opportunity for professional and cultural growth, but it makes you a more culturally aware for professional work of all people at home. The logistics, the accommodations, the companionship with like-minded colleagues makes the journeys more than an ordinary tour. It is a life changing experience. Can't wait to do it again sometime and somewhere soon."

**Dr. Dolores Battle**  
Past president, ASHA and IALP

"Nanda Journeys lives up to its tag line - traveling with purpose and passion. How refreshing to have a purpose to traveling in addition to being a tourist. The passion was quite evident with all the guides - national, cultural and group leader. Each displayed a true love for what they were doing, its importance and the joy in sharing this journey together as a group of like-minded professionals. I am so grateful for this experience as it opened my heart to other cultures and felt theirs open to mine! "

**Leader Dr. Carole Ann Drick**  
Past President, AHNA





## ITINERARY | DAY-BY-DAY

📍 Colombo

### **Kingsbury Hotel \*\*\*\*\***

48 Janadhipathi Mawatha  
Colombo, Sri Lanka

**Telephone:** +94 112 421 221

<https://www.thekingsburyhotel.com/>



📍 Habarana

### **Cinnamon Lodge \*\*\*\***

02 50150, Habarana Roundabout  
Habarana, Sri Lanka

**Telephone:** +94 662 270 011

<https://www.cinnamonhotels.com/cinnamonlodgehabarana>



📍 Kandy

### **Mahaweli Reach Hotel \*\*\*\*\***

35 P B A Weerakoon Mawatha  
Kandy, Sri Lanka

**Telephone:** +94 812 472 727

<https://www.mahaweli.com/>

