



CAREER ENRICHMENT



Nursing Journey to Australia

Sydney & Cairns

10 days / 7 nights

April 8-17, 2019

\$5,999 (Based on double occupancy)

Enjoy the unique culture and traditions of Australia while you spend time with the locals (*Aussies*). This adventure includes a village visit and interaction with the local Aboriginal population!

BOOK NOW 888.747.7501

Australia Highlights

- ✓ 7 nights / 10-day journey through Australia
- ✓ **Accompanying guest program** – alternate activities will be provided for those not attending meetings.
- ✓ An **optional extension to see the Great Barrier Reef** will be offered.
- ✓ 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 awarded 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 Interaction

- ✓ The primary professional objective of this journey is meaningful interaction and collaboration between Australian and U.S. healthcare providers regarding **strategies for the improvement of global healthcare outcomes**.
- ✓ Meet with local medical professionals and **indigenous population leaders** at **regional hospitals or clinics** and a **school of nursing**. Receive an overview of medical systems and the role of nurses from a local healthcare or policy representative.

Cultural Immersion

- ✓ Enjoy a **luncheon cruise** under the Harbor Bridge taking in the magnificent views of Sydney Harbor.
- ✓ Ride on the **Kuranda SkyRail** for an exciting journey above the rainforest canopy. Stops will include an interaction with the local animals including kangaroo and saltwater crocs.

What's Included:

- 4* accommodations in Sydney & Cairns
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airports
- International air to Sydney and home from Cairns (gateway city is tentatively Los Angeles); plus, the flight from Sydney to Cairns.
- Meals as mentioned in itinerary and a local guide
- Tourist visa *for most travelers*

Not Included:

- Personal incidentals at the hotel
- Meals not specified
- Tips for national guide, maid and porters
- Cost to obtain or renew your passport
- Domestic flights to and from the gateway city (Los Angeles)



ITINERARY | DAY-BY-DAY

📍 Los Angeles, California

DAY 1-2: April 8-9, 2019

Depart for Australia

Depart from Los Angeles and make your way to Sydney, Australia. The stunning beauty and friendly people alone are worth a visit! You will lose a day as you cross the International Date Line.

📍 Sydney, Australia

DAY 3: April 10

Arrival & Welcome

Please Note: Breakfast is included daily in your program.

Upon arrival, you will be met by your local guide who will travel with you throughout this program. **Transfer to your local hotel where early check-in has been confirmed for your comfort.**

This afternoon the group will depart the hotel for a **lunch cruise**. Enjoy a superb seafood buffet dining while taking in stunning views of Sydney Harbor from the upper deck of the ship. Kick back, relax and marvel at the incredible views!

Return to your hotel for an **afternoon orientation and welcome**. All travelers will gather this afternoon with your national guide and receive further information on the program and today's activities.

Dinner is by individual arrangement (own expense) allowing for an early evening chance for a good night's sleep!

Overnight: The Grace Hotel (or similar)

Included meals: Lunch



Photo credit: Tourism Australia

📍 Sydney, Australia

DAY 4: April 11

Professional Interaction & Welcome Dinner

Professional members of the program will interact with nursing counterparts today for substantive meetings at local hospitals, a university, or with representatives from the **Ministry of Health** or a local **Nursing Society**.

Lunch will be provided this afternoon before a walking tour of the **Royal Botanic Garden** with an Aboriginal guide. Learn about the richly diverse history and culture of the Aboriginal People of Australia as they share how the gardens were an important ceremonial site for many of the Sydney Aboriginal Nations, and home to the Cadigal people of the Eora Nation. Experience Wogganmagule (Farm Cove) and its environs while learning about traditional lifestyles including a diverse array of bush foods, the ample fresh water and a plentiful supply of seafood from the harbor.

Accompanying guests

Enjoy some time to explore independently today after the visit to the Botanic Gardens and lunch.

Your evening **welcome dinner** will be at a local restaurant.

Overnight: The Grace Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner



ITINERARY | DAY-BY-DAY

📍 Sydney, Australia

DAY 5: April 12

Professional & Community Interaction

This morning's activities will focus on interaction with nursing professionals at a **local hospital or clinic**. Discussions will focus on strategies being taken to meet United Nation's Millennium Development Goals and to improve healthcare outcomes.

Accompanying guests

Accompanying guests will walk with your guide to Circular Quay (15 minutes) to take the ferry over to Manly beach, the jewel of Sydney's northern beaches. It is time to feel the sand between your toes! With its relaxed, outdoor lifestyle, Manly is a great place to take some time wandering on the beaches, stroll along the Corso – a colorful strip of shops and cafés that runs between the beach and the wharf, go for a refreshing swim or just relax in the sand (weather permitting). You will do a short coastal walk to Shelley beach and enjoy the views before taking the ferry back to Circular Quay to join the group for lunch.

Lunch will be provided this afternoon.

After lunch, the whole group will take part in a **humanitarian or social project**. Giving back and engaging with the local community is an important part of your journey. This will include visiting a local non-profit or other humanitarian organization in Sydney that dedicates their time and resources to helping the local people.

Dinner is by individual arrangement (own expense).

***For those interested, your guide can coordinate an unforgettable twilight or night **Sydney Harbor Bridge Climb** (additional expense). ***

Overnight: The Grace Hotel (or similar)

Included meals: Breakfast & Lunch



📍 Sydney, Australia

DAY 6: April 13

Cultural Program

Today you will continue to explore Sydney including the historic **Rocks**, **Mrs. Macquarie's Chair** with its fabulous views of the harbor and Opera House, and the **Botanical Gardens**. To the east of the city center lies Kings Cross, the exclusive suburbs of Double Bay and Rose Bay, as well as Watson's Bay and the Gap with stunning views back along the harbor to the city. At famous **Bondi Beach**, see the white sands and surf typical of Sydney's city beaches.

While you are there, enjoy a group made BBQ lunch at a local restaurant in the Rocks area.

This afternoon the group will enjoy a guided tour of the **Sydney Opera House**. Explore the hallowed theaters and foyers where more than 1,600 concerts, operas, dramas and ballets take place each year. Your experienced guide will be on hand to lead you through every aspect of the building's 14-year creation and 58-year history.

Return to the hotel for some free time to explore independently. Dinner will be by individual arrangement (own expense).

Overnight: The Grace Hotel (or similar)

Included meals: Breakfast & Lunch



ITINERARY | DAY-BY-DAY



📍 Cairns, Australia

DAY 7: April 14

Fly to Cairns

Say goodbye to Sydney and head to the airport this morning for your short flight to **Cairns**. As the heart of the World Heritage-listed Great Barrier Reef and Wet Tropics rainforest and energized by nature, Cairns is the place to soak up the tropical lifestyle. Discover an exciting city that takes pride in its cultural heritage and where time seems to last a little longer.

Today your guide will collect you from the airport and head directly to the **Skyrail Rainforest cableway** for your one-way journey. This ride will have you riding 7.5kms along Australia's pristine tropical rainforests as you glide just meters above the rainforest canopy. Descend through the canopy layers deep into the heart of the forest for stops at Skyrail's two rainforest mid-stations for the ultimate tropical rainforest experience.

Enjoy a BBQ lunch at the **Kuranda Trading Post** this afternoon. *Kuranda Trading Post is a small family business formed 26 years ago by Mr. Alan Farley on the site of the original Kuranda station master's residence.*

After lunch, you will have some time at leisure to discover the shops and stroll through the picturesque village of Kuranda.

Late this afternoon, visit the **Kuranda Koala Gardens**. Situated in the heart of Kuranda, this attraction gives you the opportunity to see some of Australia's most unique wildlife up close. The wildlife park has a variety of animals for you to see including koalas, freshwater crocodiles, kangaroos and wallabies, snakes, wombats, lizards, monitors and other reptiles.

Return via coach to Cairns where you will check into your hotel and have dinner.

Overnight: Pacific Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner

📍 Cairns, Australia

DAY 8: April 15

Professional Interaction

Continue your professional program today with your nursing colleagues in Cairns. Visits may include a **regional hospital** or **local health center**.

Lunch will be provided this afternoon.

Accompanying Guests

Guests will spend some time visiting Fitzroy Island (snorkel equipment & picnic lunch included). Walk with your guide from the hotel to the nearby Cairns marina for your ferry ride to Fitzroy Island, once part of mainland Australia before being separated by rising waters. Over time a fringing coral reef surrounded the island, providing sheltered home to a variety of fish and coral species. Explore this marine wonderland on a full-day excursion to enjoy the wilderness hiking trails and the beach. Delight in the island's 339 hectares of lush rainforest that covers 94 percent of the island and is protected and managed as a National Park. Walking trails are suitable for all levels of fitness

Dinner is on your own arrangement today.

Overnight: Pacific Hotel (or similar)

Included meals: Breakfast & Lunch



ITINERARY | DAY-BY-DAY

📍 Cairns, Australia

DAY 9: April 16

Cultural program

Today you travel to **Mossman Gorge** where you will commence your **Dreamtime Gorge Walk**. You will be treated to a guided rainforest walk along private, easy graded tracks, visiting special places and culturally significant sites, past traditional bark shelters and over cool rainforest streams. Your **experienced interpretive Indigenous guides** demonstrate traditional plant use, identify bush tucker sources, share their dreamtime legends, explain the history of cave paintings, and provide an enchanting narrative of the rainforest and its special relationship within this unique tropical environment.

After your walk enjoy tea, damper, and question time with your guide who will be happy to point out the highlights of the area.

Have lunch at Silky Oaks Lodge where you will enjoy their specialty *Barramundi* lunch overlooking the Mossman River.

A fascinating hour-long **Daintree river cruise** will then take you through this wildlife environment, which is home to birds, tree snakes, unique plants and the estuarine crocodile – a great photo opportunity. Enjoy tea after your cruise.

Enjoy a short tour of the historical town of **Port Douglas** where your tour ends. Drive back to your hotel to prepare for dinner this evening.

Share your memories of Australia at a **farewell banquet** this evening at a restaurant a short walk from your hotel.

Overnight: Pacific Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner



Photo credit: Tourism Australia



Photo credit: Tourism Port Douglas & Daintree

📍 Cairns, Australia

DAY 10: April 17

Fly back to Los Angeles

Depart this morning for Los Angeles (with arrival the same day).



ITINERARY | DAY-BY-DAY

📍 Sydney, Australia

The Grace Hotel

77 York Street

Sydney, New South Wales, Australia

Telephone: +61-2-9272-6888

<http://gracehotel.com.au/>



📍 Cairns, Australia

Pacific Hotel

43 The Esplanade

Cairns, Australia

Telephone: +61- 7 4051 7888

<https://pacifichotelcairns.com/>

