

## ITINERARY | DAY-BY-DAY



### Mental Health Journey to Buenos Aires & Santiago de Chile

#### Argentina & Chile

9 days / 7 nights

November 12-20, 2016

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

**\$1,099** Single Supplement

Enjoy the unique culture and traditions of South America while you spend time exploring both Buenos Aires, Argentina and Santiago, Chile!

**BOOK NOW 888.747.7501**

#### Argentina & Chile Highlights

- ✓ 9 days & 7 nights
- ✓ **Accompanying guest program** available on this itinerary.
- ✓ **10.0 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. \*\*

#### Community Connections

- ✓ Spend time with staff at **Fundación Origen** to learn about their fantastic non-profit aiding children in Chile
- ✓ Talk to the people you pass on the street. You'll be delighted at how open to conversation the locals are, and you may surprise yourself with the new impressions formed.

#### Educational Interaction

- ✓ Meet with **medical and mental health practitioners** from a variety of settings in Buenos Aires and Santiago including local hospitals, schools and appropriate medical societies.
- ✓ Learn about **mental health policies, education and training** as well as the establishment of ongoing communication and collaboration.
- ✓ Focus on how the **psychoanalytic tradition** came to be, and grows in, Argentina and Chile; how professional and public opinion about mental health disorders have changed over the past 5-10-20 years; and what local cultural beliefs and practices affect the presentation and treatment of mental health problems.

#### What's included?

- 4 & 5\* accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air to Buenos Aires and on return from Santiago de Chile
- Local English speaking guides
- Meals as mentioned and **most tips** for your guides/drivers

#### Not included:

- Personal expenses at the hotels
- Meals not specified
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable
- Tip to your national guide





## ITINERARY | DAY-BY-DAY

📍 Miami, Florida

### DAY 1

Fly to Buenos Aires today

Depart today and make your way to Argentina (gateway city pending). The stunning beauty and friendly people alone are worth a visit!

Elegant, old-worldly, with a touch of Paris here and of London there, a dash of New York cosmopolitanism and Italian exuberance here, the city nevertheless has a lot of Latin America in it as well. And some things that are uniquely Argentine, such as its tango bars and overflowing kiosks. Here, everything is grand, on a scale fit for kings. Buenos Aires never fails to impress.



📍 Buenos Aires, Argentina

### DAY 2

Arrival and hotel check in

Upon arrival at the Buenos Aires Ezeiza International Airport (EZE) the group will be met and transferred to your local hotel. While you await check-in time, brunch will be served at the hotel.

The Pulitzer is a large, four-star boutique hotel, full of light and with a fresh cosmopolitan atmosphere. It is a newly-built hotel in the heart of the Buenos Aires downtown district. Its interior is based on avant-garde materials and includes all the latest technologies.

After check-in and brunch, meet with your guide for an **orientation and welcome briefing**. All travelers will gather to receive further information on the program. Discuss the political and cultural diversity of Argentina.

Enjoy some free time today as well as a welcome dinner at the hotel.

**Overnight: Pulitzer Hotel**  
**Included meals: Brunch & Dinner**





📍 Buenos Aires, Argentina

### DAY 3

Professional exchange

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

Today you will meet with **local mental health professionals** with discussions including an overview of the mental health system in Argentina.

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 south. After lunch with your colleagues, **visit a local hospital or clinic.**

Lunch will be provided this afternoon.

***Accompanying guests** will visit the picturesque district of La Boca, with its famous Caminito Street, one of the few outdoor museums in the world. There, numerous artists exhibit their works whose theme has to do with the influence of the European citizens (mainly Italians), that arrived at their port at the end of the XIX century. The visit continues to San Telmo neighborhood, one of the oldest of the city. This neighborhood maintains a great part of its architectonic patrimony intact: its colonial style houses, its cobbled streets. This once-depressed neighborhood now houses a bustling collection of artists' studios, ethnic restaurants, antique shops and a weekend market.*

Dinner is by individual arrangement tonight.

**Overnight: Pulitzer Hotel**

**Included meals: Breakfast & Lunch**





📍 Buenos Aires, Argentina

## DAY 4

Historic Buenos Aires

Start at the most important square of the country, the **Plaza de Mayo** (May Square). Here, where the country was founded in 1580, the most important governmental buildings are located, including the Casa Rosada (Pink House), the Cabildo (City Hall) and the Catedral Metropolitana (Metropolitan Cathedral).

Hop on the famous 'Subte' subway system, for a short ride, stopping to admire the pristine stations en route, such as 'Peru', which appears to be stuck in a 1930s time-warp. As an additional treat, a cup of coffee and a pastry will be served at the classic **Café Tortoni**, one of the true icons of the Argentine capital. No visit to Buenos Aires would be complete without a stop here, as the cafe has served as a major artistic and intellectual meeting point since 1858, hosting notable guests such as Jorge Luis Borges.

Lunch is by individual arrangement today.

This afternoon visit **Palermo**, a district with different faces: a classic one in Palermo Chico and a modern one in Palermo Hollywood and Soho. Continue to Palermo Park where you find the Japanese Garden, Rose Garden, Race track and Polo grounds with many important sculptures and lakes. Continue to Palermo Soho. Finally, you will visit Recoleta neighborhood which takes you back to the grand wealthy days of Argentina with many a mansion to see along the way. Continue to the famous Recoleta cemetery known worldwide due to its rich funeral architecture and sculptures that makes this place more of an open air museum than a resting place.

Enjoy a farewell dinner on your final night in Argentina including a **Tango show at Gala Tango**, in the San Telmo neighborhood.

**Overnight: Pulitzer Hotel**  
**Included meals: Breakfast & Dinner**



📍 Santiago, Chile

## DAY 5

Fly to Santiago de Chile

Check out of the hotel this morning and make your way to the airport for your short flight to Santiago de Chile. Upon arrival you will be met by your Chile guide.

The Renaissance Santiago Hotel offers a seasonal outdoor pool and free Wi-Fi, located near the Parque Arauco shopping center. The property has an onsite restaurant, fitness center and spa, with all the modern amenities.

First stop? Experience the city of Santiago, as the local people (Santiaguinos) do and a hop on the famous "metro" subway system. You will embark for a short ride to the Bellas Artes station to explore by foot this peaceful area of the city which has a lively atmosphere due to the vicinity of the Fine Arts Museum, built on neoclassical style and the pleasant "Forestal" riverside park.

Lunch will be provided at your hotel this afternoon.

Later today, explore the city including a drive up **San Cristóbal Hill**, to board the **funicular railway** to climb up to the top of the hill for a panoramic view of the city and the omnipresent Andes Cordillera. Later you will head uptown to the **Pueblo de Los Dominicos Handicrafts Market**.

Dinner is by individual arrangement this evening.

**Overnight: Renaissance Santiago**  
**Included meals: Breakfast & Lunch**



📍 Santiago, Chile

## DAY 6

Professional exchange

Professional members of the delegation will spend the day meeting with **local mental health professionals** to further your discussions with Chilean medical staff.

Lunch will be provided at a local restaurant.

*Accompanying guests will explore Santiago's key shopping areas with a local guide. This half-day tour will allow you to visit some of the city's best locations. Perhaps the most interesting and comprehensive shopping area is the excellent Pueblo de Los Dominicos handicrafts market. This charming site resembles a colonial village and it offers many high quality products, ranging from hand knit sweaters to lapis lazuli to art, with many bargains to be found. There are a couple of other good options in the shape of Alonso de Cordova Avenue and Nueva Costanera, in upscale Vitacura, which is bursting with exclusive boutiques and elegant handicraft shops.*

Dinner is on your own this evening.

**Overnight: Renaissance Santiago**  
**Included meals: Breakfast & Lunch**

📍 Santiago, Chile

## DAY 7

Community service & wine tour

This morning, stop to explore the **Perez Cruz Winery** for a private wine tasting and tour. They specialize in red wines that are produced and bottled on site and reflect the character and identity of the Maipo Alto Valley. Viña Pérez Cruz is certified in the areas of quality and environment and actively participates in projects that benefit the development of the local residents. Their winery was built of native woods with two barrel-shaped central naves, exterior arches that evoke the passing of wind through trees, and stone foundations that recall the structures the Incas left behind in the area. Its sustainable design incorporates a gravity-flow process and has a three million-liter capacity.

Head to the **Fundación Origen** to learn about their mission and education programs. Spend time with the staff, assisting where needed this afternoon. They are a nonprofit institution that seeks to improve the quality of education of local children, providing job training and promoting sustainable development from a holistic perspective. Enjoy organic local cuisine during a fresh lunch (based on what is fresh and in season that day).

Return to Santiago for some free time this afternoon with dinner on your own arrangement.

**Overnight: Renaissance Santiago**  
**Included meals: Breakfast & Lunch**



📍 Santiago, Chile

## DAY 8

Chilean coast and exploring Valparaíso

Today the group will venture out to the central coast to explore two of Chile's most important beachside cities: **Valparaíso** and **Viña del Mar**. Be amazed by the colorful port city of Valparaíso, now a mix of port university city. Famous for its stacked hills and winding stairs with incredible street art, this UNESCO World Heritage city takes you back in time yet has a modern feel. As you climb the winding stone stairs or head up in one of the famous funiculars, you'll enjoy incredible views of the bay and surrounding German-style homes. The city tour will show you the important places such as Plaza de la Victoria, the famous Turri Clock and the Naval Academy. A highlight of this tour is visiting the home of Chile's Nobel Prize-winning poet, Pablo Nerud.

Lunch is included at a lovely beachfront restaurant this afternoon.

Enjoy a farewell dinner this evening at *Como Agua para Chocolate Restaurant* (Like Water for Chocolate), a mainstay of the restaurant scene.

**Overnight: Renaissance Santiago**

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



📍 Miami, Florida

## DAY 9

Return to the U.S.

Depart today for home (**arrival may be the following morning depending on final flight availability**).

*Note: Gateway city, and potentially itinerary flow, is subject to change based on final air schedules released by air carrier(s).*



📍 Buenos Aires, Argentina

## Hotel Pulitzer

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📍 Santiago de Chile, Chile

## Renaissance Santiago

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