

## ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



### Mental Health Journey to Argentina & Chile

**Buenos Aires & Santiago**

**8 nights / 10 days**

**November 16-25\*, 2019** (\*arrival in U.S. on 11/26)

**\$6,399** (Based on double occupancy)

**\$1,199** Single Supplement

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

**BOOK NOW 888.747.7501**

#### Argentina & Chile Highlights

- ✓ 10-day (8 night) journey through Chile and Argentina
- ✓ Visit & explore **mental health systems**; explore and compare **Chilean & Argentine culture**; and meet and **interact with citizens** of both nations.
- ✓ Explore two of the most important beachside cities on the central coast of Chile: Valparaíso and Viña del Mar.
- ✓ **Accompanying guest program** available on this itinerary.
- ✓ An *optional Patagonia pre-extension* will be offered on this journey.

#### Community & Cultural Connections

- ✓ **Talk to the people** you meet 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.
- ✓ Discuss and observe **Chilean and Argentinian daily life, communication styles and beliefs** with the local people.
- ✓ Explore local markets including **Mercado Central** in Santiago.

#### Professional Interaction

- ✓ Learn about mental health systems in Argentina and Chile through **lectures and interactions with psychologists and allied healthcare professionals** including academics.
- ✓ Develop knowledge of the Argentine and Chilean systems of health, **methods of medical education**, investigate the **complex nature of mental health** issues they are facing as well as discuss opportunities to work together to improve mental health care.

#### What's included?

- 4.5-5\* accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airports
- International air to Santiago and on return from Buenos Aires, including in country transportation
- Local English-speaking guides
- Meals as mentioned and **most tips**

#### 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 in each country





## ITINERARY | DAY-BY-DAY

📍 Miami, Florida

### DAY 1: Saturday, November 16

Depart for Buenos Aires, Argentina

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



📍 Buenos Aires, Argentina

### DAY 2: Sunday, November 17

Arrival and Afternoon City Exploration

Arrive early this morning in Buenos Aires. The group will be met at the airport by your national guide and will be transferred via private motor coach to the group hotel where **early check-in** has been confirmed for your convenience.

Located in the heart of the traditional Recoleta neighborhood, **Palladio Hotel M Gallery by Sofitel** offers a unique and exclusive experience. Close to the business districts and the city's main tourist attractions. The hotel has a heated pool and spa, fitness center, meeting rooms as well as a fashionable bar and restaurant. Guest rooms have free Wi-Fi, tea and express machines, personal safe, minibar, iron, hairdryer, shower & tub combo, AC, plus other amenities for a very comfortable stay.

After some time to check in, meet with your national 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.

Lunch will be provided at the hotel this afternoon.

Enjoy an afternoon sightseeing excursion to explore some of the most recognizable landmarks during a four-hour sightseeing tour with your guide. Find out about the history and culture of Buenos Aires, as you take in some of the city's the most significant spots. Explore the highlights of magnificent Buenos Aires starting at one of the city's most significant spots: **Plaza de Mayo** square. This is where the city was founded in 1580 and where the most important governmental buildings are located including Casa Rosada, Cabildo (City Hall) and Catedral Metropolitana. Walk down Defensa Street to reach **San Telmo**, one of the oldest areas of the city. This neighborhood maintains a great part of its architectonic patrimony intact: colonial-style houses, cobbled streets and a bustling collection of artists' studios, ethnic restaurants, antique shops and boutiques.

Walk through the oldest and narrowest streets of this protected colonial district, with its famous cobbled streets, to **Plaza Dorrego**. This is the heart of 19th-century Buenos Aires, plus this area is home to some fascinating antique shops. The next stop-off is the picturesque district of **La Boca**, home to Caminito. This block houses one of the few outdoor museums in the world, where artists exhibit works related to the influence of mainly Italian citizens who arrived at the end of the 19th century. Also stop by at the famous **Bombonera Stadium**, home to legendary football soccer giants Boca Juniors.

Before returning to your hotel, pass through **Puerto Madero** and see this regenerated area where red brick warehouses have been transformed into trendy restaurants and bars.

Enjoy a welcome dinner at a local restaurant like Aldo's Winery.

**Overnight: Palladio Hotel (or similar)**  
**Included meals: Lunch & Dinner**



📍 Buenos Aires, Argentina

### DAY 3: Monday, November 18

Professional exchange

*Please Note: Breakfast is included daily.*

Begin the morning with a visit to a local mental health hospital such as **Hospital Interdisciplinario Psicoasistencial José Tiburcio Borda** (Borda Hospital). This public hospital was founded in 1863 and renamed in 1967 to honor the psychiatrist Dr. Jose Tiburcio Borda who joined the UBA Medical School faculty in 1891 and began working at Hospicio de las Mercedes shortly thereafter, staying on until his retirement in 1930.

Lunch for the professionals will be provided at a local restaurant this afternoon.

A meeting will be requested with a mental health representative from **PAHO/WHO** based in Buenos Aires to wrap up discussions around the Argentine mental health systems and provisions for care of its people.

*Accompanying guests will enjoy a Parrillas tour to visit several Argentine restaurants offering the most traditional cuisine. Most visitors to Buenos Aires only dine at the most touristy parrillas published in guidebooks and sadly miss out on some of the city's most delicious gems. To experience and taste authentic Porteño flavours, join us on our Parrilla Tour, to discover hole-in-the wall restaurants where the locals go, learn about Argentina's culture and traditions, and meet others during the relaxed and social tour. Enjoy a guided tour of several locations including a visit to one of the best artisanal "heladerias" (ice cream shops) in the city!*

Dinner is by individual arrangement (own expense). Your national guide or the concierge will be happy to recommend local restaurants if you opt to dine outside the hotel.

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

**Included meals: Breakfast & Lunch**

📍 Buenos Aires, Argentina

### DAY 4: Tuesday, November 19

Cultural immersion & exploration

Escape the busy hustle and bustle of central Buenos Aires on this relaxing full-day getaway featuring fashionable riverside suburbs and a cruise along a sheltered waterway. Your private vehicle winds through the elegant suburbs of **Olivos, San Isidro** and **San Fernando** in route to **Tigre** passing gracious homes, weeping willows and open-air cafés. This tour traverses the porteños' (Buenos Aires' residents) playground.

On arrival at the **Paraná River**, board a private motor launch and head out along the Delta's waterways. An array of colorful sights awaits as your boat passes islands, turn-of-the-century homes, yacht clubs and a flotilla of water-crafts, including canoes and sailboats. Cruise past the Delta's most beautiful islands, adorned by many floral species before disembarking for lunch at Gato Blanco restaurant, and its distinctive cuisine in a relaxing atmosphere. After a provided lunch, sail back to Tigre and transfer back to your hotel for some time to relax.

The evening dinner will also include a professional **Tango Show** at the *Gala Tango*. A unique venue thanks to its architecture and décor that evokes the 1930s, this tango dinner show offers up an unforgettable experience. On arrival, a welcome drink and a short tango lesson to pick up a few steps ensure guests work up an appetite for dinner teamed with some fabulous Argentinian wines.

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

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





📍 Buenos Aires, Argentina

## DAY 5: Wednesday, November 20

Professional Program & Afternoon Sightseeing

Wrap up your professional program in Buenos Aires with **a visit to a local university or outpatient clinic.**

*Accompanying guests will explore several areas of the south of the city, namely the historic and industrial barrios of La Boca and Barracas. These neighborhoods are steeped in art and history, and home to some of the most huge and spectacular murals in the city as well as recent urban art festivals and artistic projects. This route combines the historical framework that has shaped the different facets of the graffiti and urban art movement of Buenos Aires with large scale projects far off the beaten path. This tour takes an in-depth look at the effect of politics, economics and social change on Buenos Aires street art and activism. You'll finish the tour with a greater understanding of how Buenos Aires' history has influenced public expression.*

Lunch will be provided at a local restaurant.

This afternoon the group will become familiar with some of the most recognizable landmarks in the northern area of Buenos Aires. Stop off in **Palermo**, a district with several faces such as classic Palermo Chico and contemporary Palermo Hollywood and Soho. Head towards **Palermo Chico** with its impressive townhouses, tree-lined boulevards and parks, then continue to Bosques de Palermo woods for the **Japanese and Rose Gardens** and their wonderful sculptures and lakes as well as the race track and polo grounds. **Palermo Soho**, meanwhile, fuses the flavor of a working-class neighborhood with contemporary twists. Finally, visit **Recoleta** neighborhood, home to many a mansion, which takes you back to Argentina's grander days. The tour ends at Recoleta Cemetery, renowned for its rich architecture and sculptures.

Dinner is on your own this evening.

**Overnight: Palladio Hotel (or similar)**  
**Included meals: Breakfast & Lunch**

📍 Santiago, Chile

## DAY 6: Thursday, November 21

Travel Day

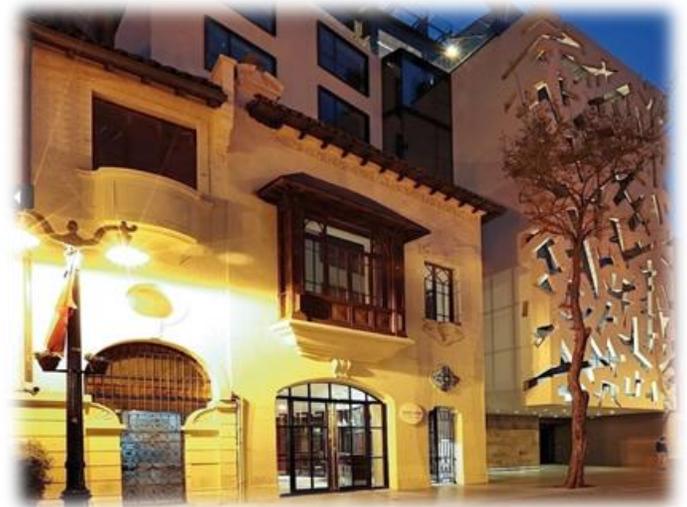
Check out of your hotel and head to **Santiago de Chile** today. Upon arrival, the group will head to the hotel for lunch with check-in at 3:00 pm.

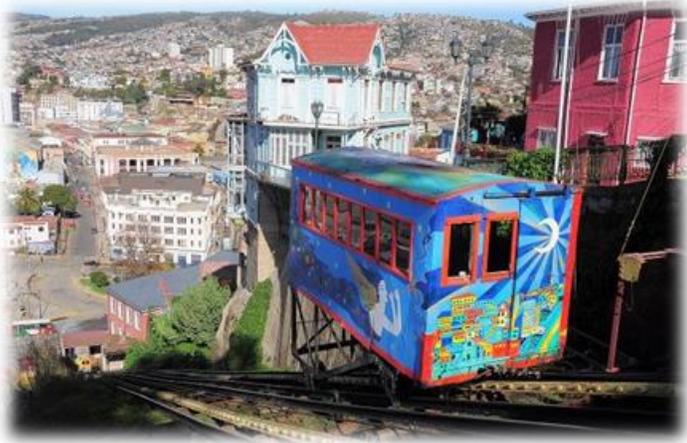
Nestled in the historic Lastarria District, **Cumbres Lastarria Boutique Hotel** offers an intimate accommodation to unwind in the fashionable lobby bar or savor creative cuisine and marvelous city views from the eighth-floor restaurant. The hotel also features a fully-equipped gym and a seasonal outdoor pool. Guest rooms have free Wi-Fi, safe, AC, coffee machine, free local calls, mini bar and water plus blackout blinds.

After lunch and check-in, the rest of the afternoon is yours to relax and get settled.

Dinner will be provided at Castillo Forestal Restaurant this evening where French fare is on the menu at this spacious national heritage converted castle with a turret room and gorgeous terrace.

**Overnight: Cumbres Lastarria (or similar)**  
**Included meals: Breakfast, Lunch & Dinner**





📍 Santiago, Chile

### DAY 7: Friday, November 22

#### Professional Exchange

Today you will meet with **local mental health professionals** for discussions focused on discussing the complex nature of mental health issues in Chile. Meetings will be requested with representatives from the **Pan American Health Organization (PAHO)/World Health Organization (WHO)** and if permitted to visit a local hospital, public school, medical university or outpatient clinic providing mental health services.

*Accompanying guests will experience Chile's vibrant market district first hand. In the Market tour you'll get not only an introduction to the fresh, simple but wholesome typical fare that Chileans eat at home, but you'll get to sample it as well. We start in the Plaza de Armas and walk our way north through La Vega Chica, La Vega Central, Tirso de Molina and Mercado Central. This takes us through the lively bustle of the real working market that supplies much of the city with its fresh goods. A blend of colors, smells, and faces with just a bit of chaos.*

Lunch will be provided this afternoon at the **Mercado Central** (Central Market) with a chance to take a stroll around the market downstairs, serving as the final resting place for much of Chile's fish population.

Dinner will be provided at Restaurant Casa Lastarria at the cultural heart of Santiago.

**Overnight: Cumbres Lastarria (or similar) Included meals: Breakfast, Lunch & Dinner**

📍 Santiago, Chile

### DAY 8: Saturday, November 23

#### Day Trip to Valparaiso and Viña del Mar

Explore two of the most important beachside cities on the central coast of Chile: **Valparaiso** and **Viña del Mar**. Be amazed by the colorful port city of Valparaiso, now a mix of port and 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, forward-looking 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 Neruda**.



Lunch will be provided prior to taking the funicular down and heading up the coast to Viña del Mar. In route stop at the prestigious **Casas del Bosque** wine estate for a wine tasting tour.



Drive back to Santiago early this evening where you will have the remainder of the evening to relax with dinner on your own arrangement.

**Overnight: Cumbres Lastarria (or similar) Included meals: Breakfast & Lunch**



📍 Santiago, Chile

### Day 9: Sunday, November 24

#### Cultural Exploration

Explore the cultural highlights of Chile's capital city. Their heritage comes to life through iconic city sights such as the **Moneda Presidential Palace**, designed by the Italian designer, Joaquin Toesca. The **Plaza de Armas** is the city's most famous square, surrounded by important and beautiful buildings such as the Cathedral and Central Post Office. One of the most important parts of the city is **San Cristobal Hill**. The hill is recognized as one of the largest urban parks, topped by a stunning 22 meter (72 foot) tall statue of the Virgin Mary.

At the end of your tour, visit the **Pueblo de los Dominicos handicraft market**, which resembles a colonial village. Discover all sorts here, from hand-knit sweaters to lapis lazuli, art and even pet animals - an excellent end to your comprehensive sightseeing tour of Santiago!



The tour also includes a visit to **Sky Costanera!** At a height of 300 meters, Sky Costanera has the most impressive 360° view of Santiago. We invite you to live a world-class experience, see the city through different eyes, and feel the world beneath your feet.

Lunch will be provided at Barrica 94, located at Patio Bellavista, before returning to the hotel for a free afternoon.

A **farewell dinner** is included at a local restaurant, such as La Mision, this evening.

**Overnight: Cumbres Lastarria (or similar)**  
**Included meals: Breakfast, Lunch & Dinner**

📍 Santiago to Miami

### Day 10: Monday, November 25

#### Departure for Miami

Breakfast will be provided today with the balance of the day at leisure. Hotel checkout is early this afternoon with luggage storage available.

Lunch is on your own before your late afternoon direct transfer to Santiago's Arturo Merino Benitez Airport. Upon arrival at the airport, your guide is on-hand to assist with check-in formalities before your evening departure.

*Arrival in Miami is scheduled for early the next morning (Tuesday, November 26). Flight times are subject to change.*

**Included meals: Breakfast**



📍 Buenos Aires, Argentina

### **Palladio Hotel**

Avenida Callao 924

Buenos Aires, Argentina

**Telephone:** +54-11-4700-7500

<https://www.accorhotels.com/gb/hotel-B1R7-palladio-hotel-buenos-aires-mgallery-by-sofitel-open-oct-2018/index.shtml>



📍 Santiago, Chile

### **Cumbres Lastaria Hotel**

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