



ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Gastroenterology & Healthcare Journey to Malaysia & Thailand

10 days / 8 nights

December 2-11, 2022

\$6,499 (Based on double occupancy, includes flights)

\$1,499 (Single supplement)

Enjoy the unique culture and traditions of Malaysia & Thailand while you spend time with healthcare professionals. This adventure includes an opportunity to visit a local charity that provides free training for women and girls in Thailand.

BOOK NOW 888.747.7501

Program Highlights

- ✓ Explore the **unique culture of Southeast Asia** including Malaysia and Thailand. Highlights will include exploring the Batu Caves in Kuala Lumpur, a trishaw ride through the UNESCO World Heritage site of George Town in Penang, and the impressive Grand Palace in Bangkok.

Cultural Connections

- ✓ Giving back and **engaging with the community** face to face is an important part of your journey. Spend time with staff visiting a charity like the Pratthanadee Foundation. They are nationally recognized for empowering the most disadvantaged women and children in Thailand through training, mentoring and career guidance.
- ✓ Talk to the people you pass on the street. You will be delighted at how open to conversation the locals are, and you may surprise yourself with the **new impressions** formed.

Professional Interaction

- ✓ Meaningful interaction and collaboration between travelers and healthcare professionals in Malaysia and Thailand will focus on providing an **overview of the medical systems** in each country.
- ✓ The primary goal is to develop a thorough understanding of the health care systems in Malaysia and Thailand through **interaction with medical counterparts and allied health care workers**. This will provide a chance to better understand the challenges of health care delivery as the country deals with changing demographics and an increased incidence of chronic disease. Explore how the country is dealing with inequalities in the quality of care as well as general accessibility of care in the public sector.

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 guides
- 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



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📍 Los Angeles

DAY 1: Friday, December 2, 2022

Travel Day

Depart today from Los Angeles and make your way to **Malaysia**.

Note: *Flight times are pending so note that you may need to make your way to Los Angeles for a flight sometime on Monday afternoon or evening.*

📍 Kuala Lumpur, Malaysia

DAY 2: Saturday, December 3

Arrival in Malaysia

Arrive in Kuala Lumpur today. Upon arrival and after clearing Immigration and Customs procedures, the group will be met by your national guide for the transfer to your local hotel.

The **Shangri-La Hotel** is a gorgeous five-star property, surrounded by verdant gardens, with eight restaurants and bars. They also have a spa, fully equipped gym, impressive resort-style swimming pool and poolside bar. Guest rooms have free Wi-Fi, a mini-bar, coffee & tea making facilities, personal safe, hairdryer and upscale toiletries.

This evening the group will enjoy a welcome drink and dinner at your hotel depending on your arrival time. *Dinner will be shifted to Thursday as needed.*

Overnight: Shangri-La Hotel (or similar)

Included meals: Dinner

📍 Kuala Lumpur

DAY 3: Sunday, December 4

Cultural Explorations

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

Late this morning the group will be immersed in a cultural and heritage tour of **Kuala Lumpur**. This will take you through the heritage trails of the early cultures – insight into Malaysia's multi-cultural society. Stops or photo opportunities will include the **Chan See Shu Yuen Clan House**, one of the most interesting in the country, **China Town** to see the pre-war buildings, **Sri Maha Mariamman Temple**, **Central Market**, **Jamek Mosque**, and the **Sultan Abdul Samada Building** in Merdeka Square.

Lunch will be provided at a local restaurant.

This afternoon you will explore the limestone **Batu Caves** that are comprised of three caverns and several smaller caves. They are a shrine for Lord Murugah, a Hindu deity, and up a flight of 272 steps. Another cave is filled with images of deities and murals depicting scenes from the Hindu scriptures.

This evening, dinner is on your own arrangement.

Overnight: Shangri-La Hotel (or similar)

Included meals: Breakfast & Lunch





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📍 Kuala Lumpur

DAY 4: Monday, December 5

Cooking Class & Professional Meeting

This morning the group will take part in a **cooking class**. Start out early with a visit to a local market, followed by a hands-on experience of cooking in a Malaysian home environment using traditional stone and wooden utensils in a modern kitchen. You will cook using fresh ingredients bought from the local markets this morning. Precious family recipes passed down from generation to generation will be shared as well as the finer details of preparing the dishes.

Lunch will be provided this afternoon.

Professional members of the group will meet with their **professional counterparts** for an introduction to healthcare and medical systems in Malaysia. Visit a **local hospital** to discuss how health care is provided along with other topics of mutual interest.

Accompanying guests will have free time back at the hotel this afternoon.

Dinner is by individual arrangement.

Overnight: Shangri-La Hotel (or similar)

Included meals: Breakfast & Lunch

📍 Kuala Lumpur to Penang

DAY 5: Tuesday, December 6

Fly to Penang

After breakfast and time to check-out, depart for the airport for your short journey up north to the island of **Penang**.

Check into your hotel with some free time for lunch on your own and to get settled this afternoon.

The **Royale Chulan Hotel** is at the heart of the UNESCO Heritage Site in George Town. Their 4-star heritage property offers a charming fusion of history through its colonial architecture and style, and modern luxuries through unique accommodations and gourmet dining options. Part of this hotel in Penang is a beautifully restored heritage building built in 1892 that provides a charming old-world sophistication unique to Royale Chulan Penang.

Late this afternoon, you will be picked up by trishaw! Enjoy an unhurried ride on the three-wheeled pedicab, the only mode of transportation in Penang in the olden days. Your trishaw man, who generally speaks a smattering of English, will pedal you through **Little India** and the oldest parts of **George Town** and to the small lanes in the core zone of the UNESCO World Heritage sites of George Town.

Dinner will be provided at a local restaurant.

Overnight: Royale Chulan Hotel (or similar)

Included meals: Breakfast & Dinner





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Penang

DAY 6: Wednesday, December 7

Cultural Program & Foodie Tour

Meet your guide this morning for a morning walking tour starting at the oldest **wet market in George Town** offering up fresh food, inexpensive clothes, and knick-knacks. Try your hand at haggling! Take in the various food stalls enjoying local snacks like Roti Bakar & Kopi O as you explore.

Continue your walking tour to **St. George's Church**, the oldest Anglican church in Southeast Asia. Next see the **Goddess of Mercy Temple** before passing through colorful stalls where flower garlands are made. Head onward to King Street with a chance for the guide to share a brief talk on their temples as you explore.

Cut down Market Street to visit their spice shops to learn about the various uses of each spice in cooking. Make your way past food stalls for additional explanation and food sampling including Roti Canai and Teh Tarik. Exit out to Queen Street to visit the Hindu **Sri Maha Mariamman Temple**, dating back to 1873, the oldest functioning temple in the city.

Your last stop is **Leong San Tong Khoo Kongsi** to visit one of the most distinctive Chinese clan associations in Malaysia with their closely-knit and defensive congregation of buildings and magnificent clan house. Their lineage can be traced back 650 years!

Dinner will be provided at the hotel.

Overnight: Royale Chulan Hotel (or similar)

Included meals: Breakfast, Snacks & Dinner

Penang to Bangkok

DAY 7: Thursday, December 8

Fly to Bangkok & Free Time

Enjoy a leisurely morning and breakfast at the hotel before checkout. Head to the airport this morning for your flight to Bangkok. There will be options in route to grab lunch (own expense).

Well known as the City of Angels, **Bangkok** is the present capital city and the focal point for Thailand. It was made the capital of Thailand in 1782, by the first monarch of the present Chakri Dynasty. It is a vibrant city, a national treasure house and Thailand's spiritual, cultural, political, commercial, educational, and diplomatic center with an endless choice of sightseeing and entertainment opportunities. In addition to the many temples and historic buildings, such as the Grand Palace and Wat Arun, the list of interesting places to visit is endless.

Upon arrival at Suvarnabhumi Bangkok International Airport, you will be met and greeted by your local guide and transferred to the hotel.

The **Amara Hotel**, located in the heart of Bangkok's city center, offers spectacular views of the Bangkok skyline. Just a stone's throw away from the city's main financial hubs, it is nestled in the center of the historic Bang Rak district. Nearby you will find a host of restaurants, world-class bars, and the colorful Patpong Night Market at your doorstep. Guest rooms have a personal safe, coffee/tea making facilities, high speed internet, minibar, iron & board, and a hairdryer. The hotel has 24-hour room service, free Wi-Fi, swimming pool, gym, foreign exchange, and onsite dining.

Enjoy free time this afternoon after check-in.

Dinner will be provided at the hotel this evening.

Overnight: Amara Hotel (or similar)

Included meals: Breakfast & Dinner





📍 Bangkok

DAY 8: Friday, December 9

Cultural Program

Meet your guide this morning for a tour of some of Bangkok's highlights.

Your first stop will be **Wat Po**, the most extensive and oldest temple in Bangkok. It houses the third biggest colossal reclining Buddha in Thailand. The gigantic gold-plated reclining Buddha, with inlaid mother-of-pearl housing the soles of 108 good lucks, is highly revered among Buddhists. The temple houses hundreds of chedis, the most important among all being the Chedis of the Kings, mural paintings, inscriptions, and statues that educated people on varied subjects. Time permitting, you may have an opportunity to witness the solemn atmosphere of monks chanting in its marvelous main chapel.

A visit to Bangkok is not complete without paying a visit to the **Grand Palace** and the **Emerald Buddha Temple**. The Temple is commonly known as Wat Phra Kaew and is part of the Grand Palace. It was built according to traditional Thai belief from Sukhothai reign, the first capital of Thailand, to have a temple for royal ceremonies in the compound of the grand palace and houses the most revered Buddha statue of each era. The magnificent buildings of the Grand Palace yield a feeling of the grandeur Thai architectural style. Constructed 220 years ago by the command of King Rama I, the founder of Bangkok, it was once the residence of the Royal Family before Chitralada Summer Palace was turned into the permanent home.

Continue to **Supatra River House Restaurant** for your first authentic Thai dishes in Thailand over lunch. The interior of the house is divided into several dining areas with a cozy bar and seating outdoor on the terrace. The décor has traditional architecture, and the views of the river, Grand Palace, and Wat Arun are spectacular.



After lunch it is time to experience the hidden face of Bangkok. You will board a typical **long-tailed boat** that will take you through Bangkok's waterway into the complex network of Thonburi canals. You will enjoy picturesque sights and scenes of traditional Thai canal life with houses on stilts, hidden temples, floating groceries, and water taxi.

Stop this afternoon to visit the **Pratthanadee Foundation**. Pratthanadee is an award-winning charity, established in 2000, to provide free training for women and girls in Thailand. With a small team of local staff, an international board, and a group of dedicated volunteers, they provide training, mentoring and career guidance to over 3,000 undereducated and economically disadvantaged women and girls each year. They believe in empowerment, not dependence. Their aim is to build the confidence and potential of young women from poor regions across Thailand to help them build safe and successful lives.

On the return journey, you can admire and photograph the imposing sight of the **Temple of Dawn (Wat Arun)**, whose 259 feet spire with magnificent multicolored porcelain-studded towers has become the most remarkable visual identity of Bangkok, with the Chao Phraya River in the foreground.

Dinner is on your own this evening.

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



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📍 Bangkok

DAY 9: Saturday, December 10

Professional Program & Free Time

This morning the group will explore the **Damnoen Saduak Floating Market**, the most famous in Thailand. Situated 110 km from Bangkok in Ratchaburi province, this market is like a trip back in time to the Siam of old. You will see colorfully clad merchants paddle along congested canals in sturdy canoes laden with fresh fruit, vegetables, and other foodstuff to sell to shoppers on the canal banks. There is lots of activity and bargaining is part of the fun of the sale. This buzzing market is at its best in the early morning before the crowds arrive and the heat of the day builds up. After visiting the market, continue to **Phra Pathom Chedi** in Nakorn Pathom, reportedly the largest pagoda in Southeast Asia.

Lunch will be provided at a local restaurant.

Professional members of the group will visit a **local hospital or clinic** for an introduction to healthcare and medical systems in Thailand this afternoon.

Guests will have time to further explore the **local markets** independently this afternoon.

A moonlight farewell **dinner cruise** on the “River of Kings” is a must. Very few cities in the world can offer such an experience. This tour offers a combination of world-famous Thai and international cuisine served on board a large vessel as it passes some of the most iconic buildings the city has to offer. Along the route, you will see the city’s most famous buildings such as the Grand Palace, the Temple of Dawn, and several famous bridges, including the newly built Rama VIII Bridge.

Overnight: Amara Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner



📍 Bangkok

DAY 10: Sunday, December 11

Depart

Say farewell to Thailand and travel back to Los Angeles today. Depending on your departure time, lunch is on your own arrangement this afternoon.

Overnight: N/A

Included meals: Breakfast



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📍 Kuala Lumpur

Shangri-La Hotel

11 Jalan Sultan Ismail
Kuala Lumpur, 50250 Malaysia

Telephone: +603 2032-2388

<http://www.shangri-la.com/kualalumpur/shangrila/>



📍 Penang

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📍 Bangkok

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