



CAREER ENRICHMENT



Introduction to Healthcare & Medical Systems Journey to Malaysia

9 days / 7 nights

November 9-17, 2019

\$6,199 (Based on double occupancy, includes flights)

\$1,299 (Single supplement)

Enjoy the unique culture and traditions of Malaysia while you spend time with healthcare professionals. This adventure includes an opportunity to visit a local school or community center!

BOOK NOW 888.747.7501

Program Highlights

- ✓ Enjoy a high level of **interaction with your peers** and time for networking with your travel companions and meeting hosts.
- ✓ *Optional extension to Borneo* will be offered.
- ✓ **Accompanying guest program** available on this itinerary
- ✓ **8.0 Category 1 Continuing Medical Education (CME) 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

- ✓ 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.
- ✓ Giving back and **engaging with the community** face to face is an important part of your journey. Spend time with staff visiting a local school.

Professional Interaction

- ✓ Establish connections with medical professionals in Malaysia including visits to a **local public health center**, and **private and public hospitals** such as UKM Medical Center at the National University of Malaysia, a 1,000-bed teaching hospital in Kuala Lumpur.
- ✓ Learn about the role that physician extenders, such as nurse practitioners or physician assistants, play in the health system as well as discuss the **medical education system in Malaysia** compared to that in the U.S.

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: November 9, 2019

Travel Day

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

📍 Kuala Lumpur, Malaysia

DAY 2: November 10, 2019

Arrival in Malaysia

Arrive in Kuala Lumpur this afternoon. Upon arrival and after clearing Immigration and Customs procedures, the group will be met by your national guide in the arrival's hall for the transfer to your local hotel. *Check in will be around 3:00 pm so you will have some free time for lunch prior to check-in.*

The **Shangri-La Hotel** is a gorgeous five-star property surrounded by verdant gardens and has 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.

Overnight: Shangri-La Hotel (or similar)

Included meals: Dinner

📍 Kuala Lumpur

DAY 3: November 11, 2019

Cultural Program

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.

Continue your journey to explore the limestone **Batu Caves** that are comprised of three caverns and several smaller caves. It is the shrine of Lord Murugah, a Hindu deity – a flight of 272 steps lead up to the temple cave. Another cave, called museum 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





📍 Kuala Lumpur

DAY 4: November 12, 2019

Professional program

This morning the professional members of the group will meet with their **professional counterparts** for an introduction to healthcare and medical systems in Malaysia. Meet with faculty at the **National University of Malaysia** this morning to learn about their medical education system and how it compares to the U.S. Also hear from a government official from the **Ministry of Health** (or similar) this afternoon to discuss how health care is provided and how they optimize access to health care.

Lunch will be provided this afternoon.

Guest program:

Guests will spend the day exploring starting with a 45-minute Malacca River cruise. From there take an historical walking tour of the city dating back to the 14th century starting at the bridge. Nearby you can see not only the bustling dock area, but Town Square with its terracotta red Dutch colonial buildings, Christ Church dating to 1753, town square's Tan Beng Swee Clock Tower and impressive home of the Dutch Governor. Follow Jalan Kota, around the base of St. Paul's Hill to Porta de Santiago, the only remaining ruin of the great Portuguese fort to explore.

Dinner is by individual arrangement (own expense).

Overnight: Shangri-La Hotel (or similar)

Included meals: Breakfast & Lunch

📍 Kuala Lumpur

DAY 5: November 13, 2019

Professional program

Continue your professional meetings with a visit to a local hospital such as the **UKM Medical Center** to interact with your professional colleagues and discuss funding of the universal health care system in Malaysia; the major public health issues in the country; and the role physician extenders, such as nurse practitioners or physician assistants, play in the health system.

Guest program:

This morning, your tour will begin with some photo stops to see the Petrona's Twin Tower, King's Palace, and National Mosque. This is a great way to see some of the city's most interesting visual attractions showing the contrast of magnificent skyscrapers and colonial buildings. Wrap up the morning with a tour of the National Museum before joining the group for lunch and the afternoon tour.

Enjoy a **foodie tour** this afternoon via public transport as you explore the city! Kuala Lumpur is a foodie's paradise, with a wide variety of cuisine on display. Start out at **Lebuh Ampang** to take in the interesting architecture of the area including the Jamek Mosque, before a demonstration at some of the local Indian restaurants selling Roti Canai, Tea Tarik and a variety of curry sauce. Proceed onward to the Central Market with their unique handicrafts and food products including Chicken Satay with peanuts sauce, Peranakan food, sweet Cendol ice cream and a variety of other Malay cuisine. Continue onward to Petaling Street: the biggest China Town in the city! You will have a chance to try the variety of noodles, Taufufah (soy bean), sweet Longan drink, famous Penang Rojak (fruit salad) and Apam Balik known as Ali Baba Cake.

Dinner will be provided at a local restaurant.

Overnight: Shangri-La Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner



📍 Penang

DAY 6: November 14, 2019

Drive to Penang

Say goodbye to Kuala Lumpur and head to **Penang** with a lunch stop (own arrangement) in Ipoh in route.

Check into your hotel with some free time 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.

Early this evening 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 before dropping you for dinner at local restaurant.

Dinner will be provided at a local restaurant.

Overnight: Royale Chulan Hotel (or similar)

Included meals: Breakfast & Dinner



📍 Penang

DAY 7: November 15, 2019

Professional Program & Community Visit

Continue your professional program today with a visit to **Low Guan Lye Hospital** or **Penang Island General Hospital**. Wrap up your discussions including the impact of the ethnically diverse culture in Malaysia on health issues and learn about access to care issues.

Guest program:

Visit the largest Buddhist temple in Southeast Asia, the Kek Lok Si Temple, also known as the "Temple of Supreme Bliss". Enjoy a breathtaking sight of the Gigantic Goddess of Mercy Bronze Statue overlooking the entire temple precinct and its vicinity, then take a stroll up the seven-story Pagoda which houses over 10,000 Buddha statues. From here, head to the highest peak of Penang, the must-visit Penang Hill, where the oldest British hill station in the region was established. Enjoy a ride on the Funicular Train up the hill, where you will be amazed by the magnificent panoramic view of George Town and the mainland.



Lunch is by individual arrangement.

This afternoon the group will **visit a local school**. Giving back and engaging with the community is an important part of your journey. We are working with local staff in Malaysia to provide hands-on opportunities to share and give back to the local people.

Dinner will be provided this evening.

Overnight: Royale Chulan Hotel (or similar)

Included meals: Breakfast & Dinner



📍 Penang

DAY 8: November 16, 2019

Cultural program

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 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 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!

Enjoy a farewell dinner at a local restaurant this evening.

Overnight: Royale Chulan Hotel (or similar)

Included meals: Breakfast, Snacks & Dinner



📍 Penang

DAY 9: November 17, 2019

Depart

Say farewell to Malaysia and travel back to Los Angeles today (via Kuala Lumpur).

Overnight: N/A

Included meals: Breakfast



📍 Kuala Lumpur

Shangri-La Hotel

11 Jalan Sultan Ismail
Kuala Lumpur, 50250 Malaysia

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



📍 Penang

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