

Sweden & Estonia

April 26 – May 4, 2021

\$5,999 (based on double occupancy)

\$999 (single supplement)

BOOK NOW 888.747.7501



Career Enrichment Nursing Journey

Explore the gorgeous cities of both Tallinn, Estonia & Stockholm, Sweden on this professional journey. Explore northern Europe as you learn about the culture, history and people of the region. Both countries border the Baltic Sea and have a long history dating back to the last glacial era 10,000-12,000 years ago. Learn about the influence of the rulers and conquerors in each country as well as modern society.

Program Highlights

- 7 nights / 9-day journey to Tallinn & Stockholm
- Interact with **nurses and healthcare professionals** from a variety of facilities and hospitals in both Tallinn and Stockholm.
- **Accompanying guest program** – alternate activities will be provided for those who do not wish to attend the meetings.
- Nanda Journeys and the University of Pittsburgh School of Nursing are collaborating to present the Nursing Journey. Professional Nurses participating in the activity and completing the evaluation tool may receive a maximum of **8 Nursing Continuing Professional Development** contact hours. The University of Pittsburgh School of Nursing is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Focus on Professional Interaction

- Meaningful **interaction and collaboration** between delegates and healthcare professionals in Sweden and Estonia will focus on strategies for the improvement of global healthcare outcomes.
- Discuss **current healthcare challenges** in each country including the organization and financing of healthcare and models for healthcare provider education.
- Examine the **role nurses and healthcare professionals** play in the Swedish and Estonian healthcare system as well as the challenges of educating and sustaining an adequate healthcare workforce.

Focus on the community & culture

- Enjoy the hands-on experience of a local **cooking class**.
- Explore some of the most iconic sites of Tallinn including the **Alexander Nevsky Cathedral** and **Kadriorg Palace**, built for Catherine I of Russia by Peter the Great.
- The **Vasa Museum** is one of Scandinavia's most visited museums with the unique and well-preserved warship Vasa from 1628, embellished with hundreds of wooden sculptures.
- Attend a **ballet** or similar performance.

Program Leader: **Dr. Carol Huston**

Dr. Carol Huston served as president of Sigma Theta Tau, the International Honor Society of Nursing, from 2007-2009. She retired as director of the School of Nursing at California State University-Chico (CSUC) in 2015. She is the author/co-author of *Leadership Roles and Management Functions in Nursing*, *Professional Issues in Nursing*, *The Road to Leadership*, *The Road to Positive Work Cultures*, and *When Little Girls Dream*.



Why Nanda Journeys?
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