

ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Medical and Nursing History Journey to London: 200th Anniversary of the Birth of Florence Nightingale

England

9 days / 7-nights

October 18-26, 2020

\$5,799 (based on double occupancy)

\$1,299 Single Supplement

Enjoy the unique culture and traditions of England while you spend time with the locals and meet fellow medical and nursing history professionals.

BOOK NOW 888.747.7501

Program Highlights

- ✓ Spend a week in London exploring the **history of nursing and medicine** with a special focus on commemorating the **200th anniversary of Florence Nightingale's birth**. Walk in the footsteps of the 'mother of nursing' and discover the life of Florence Nightingale through the places where she lived and worked including a stop at the **Florence Nightingale Museum**.
- ✓ The leader will be seeking up to **8.0 CE credits** for this journey.

Professional Connections

- ✓ Interact with nursing and medical historians from facilities such as the **Royal College of Nursing** and the **Royal Society of Medicine**.
- ✓ Travel on this program will provide an opportunity to learn about the **history of nursing and medicine in England** with visits to a variety of medical museums such as the *Royal Pharmaceutical Society Museum*, *Old Operating Theatre*, *St. Bartholomew's Hospital Museum* and *Chelsea Physic Gardens*.

Cultural Immersion & Exploration

- ✓ Visit a **traditional English Pub** for lunch and enjoy the variety of other local restaurants throughout your journey.
- ✓ **Take public transport** one day and travel like a local as you explore the United Kingdom.
- ✓ Enjoy a **panoramic tour of London** driving by iconic sites like Big Ben, Buckingham Palace and the House of Parliament.
- ✓ Explore the **Tower of London** with your local guide and head outside the city for a road trip to visit the iconic site of **Stonehenge**.

What's Included:

- 4* accommodations throughout
- All transportation and activities outlined
- International flights to London (gateway city set tentatively out of New York)
- Local professional guide throughout
- Most tips to local drivers, guest guides and restaurant staff

Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable



England | www.nandajourneys.com | 888-747-7501



📍 New York, New York

DAY 1: Sunday, October 18, 2020

Fly to London

Depart from a New York area airport this evening and make your way to London, England. The stunning beauty and friendly people alone are worth a visit!

📍 London, England

DAY 2: Monday, October 19

Welcome to London

Upon arrival, the group will be met by your local guide and head into town for a **panoramic driving tour** of the city. Discover the iconic landmarks, architectural and cultural diversity, and fascinating history that makes London the most visited city in the world. Your London sightseeing tour will take you on a non-stop procession of recognizable landmarks, including **The Houses of Parliament, Big Ben, Westminster Abbey, Buckingham Palace, Trafalgar Square, Nelson's Column, the Marble Arch** and much more.

Head onward to the hotel where lunch is on your own this afternoon. All travelers will gather with your guide for an **early afternoon orientation and welcome**.

Check into your hotel this afternoon. **The K West Hotel** is a boutique property located in Shepherd's Bush, a great area with local shops, restaurants and bars. Guest rooms have hairdryers, free Wi-Fi, complimentary tea kettle, robe and a safe. The hotel has onsite dining, access to a gym and a spa.

Enjoy a welcome dinner this evening at a local restaurant.

Overnight: K West Hotel (or similar)

Included meals: Dinner



📍 London, England

DAY 3: Tuesday, October 20

Cultural & Medical History Tours

Please Note: Breakfast is included daily at your hotel.

After breakfast, the group will depart for a visit to the **Tower of London**. Learn about 1,000 years of history at this World Heritage Site where they house the Crown Jewels and the famous ravens. Explore the tower and learn about the many infamous prisoners they used to house in the cells and dungeons.

Immediately following, explore the **Royal Pharmaceutical Society Museum**. Established in 1842, their museum showcases the history of British pharmacy and has many beautifully displayed artifacts. The museum collections cover all aspects of British pharmacy history, from the 1400s up to the present day including early printed books on herbs and early pharmacopoeias dating back to the 1400s.

Lunch will be provided at a local restaurant or pub today.

This afternoon the group will visit the **Royal London Hospital Museum** which has cared for the community of East London since 1740. Their archives and museum collection document the hospital from its earliest days as well as some of the fascinating nurses and doctors who have worked there. The museum also shares information on key figures including Edith Cavell and Joseph Merrick (the 'Elephant Man').

Dinner is by individual arrangement (own expense).

Overnight: K West Hotel (or similar)

Included meals: Breakfast & Lunch



📍 London, England

DAY 4: Wednesday, October 21

Continue Explorations

Continue your explorations of the **Old Operating Theatre Museum**. Your guided visit will include a tour of the facilities and information on the history of the facility. Housed in the attic of the church of old St. Thomas' hospital, this fascinating museum offers unique insight into the history of medicine and surgery. The timber framed Herb Garret was once used to dry and store herbs for medicine.

Next make your way to visit the **Gordon Museum of Pathology**, whose exhibits have approximately 8,000 pathological specimens in their collection.

Enjoy lunch at a local restaurant this afternoon.

Spend the afternoon visiting **St. Bartholomew's Hospital and Museum**. Founded in 1123, the hospital provided care on the site in Smithfield for nearly 900 years. Their archives and museum collection include documents from the 12th to 21st centuries among other items. The hospital's long history is brought to life through the permanent exhibition including a variety of art works.

Return to the hotel where dinner is on your own.

For those with the energy you might opt to take in a show this evening at a local theater!

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

📍 London, England

DAY 5: Thursday, October 22

Life & Times of Florence Nightingale

The group will depart after breakfast for a guided walking tour of London dedicated to the life of **Florence Nightingale**. Walk in the footsteps of the 'mother of nursing' and discover the life of Florence Nightingale through the places where she lived and worked. *This walk lasts approximately 2.5 hours and will be conducted at a reasonable walking pace so please wear appropriate footwear.* End your tour back at the **Florence Nightingale Museum**, which celebrates the life and work of the world's most famous nurse.

Time permitting pop in to see **St. Thomas' Hospital** for a tour of the hospital. Florence Nightingale greatly influenced the design of the new St Thomas' Hospital with its innovative 'design and connected walkways. She recognized the importance of design for improving hygiene and health.

Lunch will be provided this afternoon.

The afternoon is planned to schedule a visit to a **local hospital** or with an organization such as the *Royal College of Nursing*. Meet with representatives to discuss nursing and medicine in London today. Compare the challenges you face in providing care in today's world.

This evening dinner is on your own.

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



Nightingale Gravesite



📍 London, England

DAY 6: Friday, October 23

Professional & Cultural Program

This morning the group will visit the **Chelsea Physic Gardens**. Tucked away beside the Thames, Chelsea Physic Garden is the oldest botanic garden in London and houses around 5,000 different medicinal, herbal, edible, and useful plants. The garden's warm micro-climate means that many tender plants flourish here including the largest outdoor fruiting olive tree in Britain and the world's most northerly outdoor grapefruit tree.

Late this morning you will have some **free time to shop** at Harrods or Harvey Nichols.

Enjoy **afternoon tea** in a local restaurant.

Continue your professional exchange today during a meeting with nursing and medical historians from the **Royal Society of Medicine** (or similar). Continue discussions around the healthcare of yesterday compared to that of today as well as a chance to analyze how historical solutions apply to today's issues.

Dinner is by individual arrangement (own expense).

Overnight: K West Hotel (or similar)

Included meals: Breakfast & Afternoon Tea

📍 London, England

DAY 7: Saturday, October 24

Stonehenge & St. Margaret Parish Church

Depart London today for **Stonehenge** (approximately a 2 hour drive each way). Your visit includes a chance to walk around the stone circle dating back 4,500 years to learn about the world's best-known prehistoric monument in Europe. Wander around the Neolithic Houses outside the visitor's center to see the tools and objects of everyday life that have been discovered. Time permitting, perhaps visit their little shop to take home a souvenir.

Head to lunch at a local restaurant or pub before stopping to see St. Margaret's Church.

The **parish church of St. Margaret of Antioch** is a stone structure consecrated in 1215, when granted a charter to hold an annual fair on the eve of St Margaret's Day. The church is famous as the burial site of Florence Nightingale, whose family home was in nearby Embley Park. A formal request has been submitted to visit the **Embley House** (summer home), now part of a school.

Dinner will be provided at a local restaurant this evening.

Overnight: K West Hotel (or similar)

Included meals: Breakfast & Dinner





📍 London, England

DAY 8: Sunday, October 25

Educational Exploration

Today head out to explore The Foundling Museum and Wellcome Collection. The **Foundling Museum** explores the history of the Foundling Hospital, the UK's first children's charity and first public art gallery. Dating back to the 18th century, they house many treasured objects relating to medical history, but they also have showcased the work of celebrated artists, from William Hogarth and Paula Rego, to Grayson Perry, Tracy Emin and Cornelia Parker. They offer a lively program of concerts, workshops, talks and special events throughout the year.

Continue onward to explore the **Wellcome Collection**, a free museum and library that "aims to challenge how we all think and feel about health". Through exhibitions, collections, live programming, digital, broadcast and publishing, they create opportunities for people to think deeply about the connections between science, medicine, life and art. Sir Henry Solomon Wellcome (1853-1936) was a pharmacist, entrepreneur, philanthropist and collector during his life.

Lunch will be provided this afternoon.

The afternoon is dedicated to exploring the **Museum of the Order of St. John**, its crypt and priory church. Explore the unique and fascinating story of an ancient religious military Order, from its origins caring for sick pilgrims in 11th-century Jerusalem, through to its modern-day role with St. John Ambulance, the international first aid charity.



Say goodbye as you reflect and share memories over a **farewell dinner** at a local restaurant.

Overnight: K West Hotel (or similar)

Included meals: Breakfast. Lunch & Dinner



📍 London, England

DAY 9: Monday, October 26

Depart for home today

Enjoy some time this morning to relax before heading to the airport to check in for your flight home. Depending on the flight time, lunch is by individual arrangement.

Included meals: Breakfast



MEDICAL & NURSING HISTORY | DAY-BY-DAY

📍 London, England

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