

ITINERARY | DAY-BY-DAY

CAREER ENRICHMENT



BOOK NOW 888.747.7501

Healthcare Journey India

India: Mumbai, Kochi & Kumarakom

11 days / 9 nights

\$5,999 (Based on double occupancy)

\$1,299 (Single supplement)

India, the world's largest democracy, is known for its ancient history, magnificent monuments, friendly people, and delectable cuisine. However, little is known about the tremendous advancements in medicine. Leading-edge technology, large capital investment by the private sector, superb training and considerable experience have made Indian physicians much sought after around the world.

India Highlights

- ✓ Enjoy a **Kerla Backwater cruise**; explore modern and ancient **Mumbai**; meet local traditional fisherman; **visit a tea plantation**; walk through **paddy fields** and visit a local **rural school**.
- ✓ *An optional **Delhi & Agra Extension** will be offered.*

Community Connections

- ✓ Interact with local people as you explore the **backwater village** of Kumarakom by boat. You will love their laid-back lifestyle and friendly people.
- ✓ Take part in a cooking lesson, including and afternoon with vivacious Anu Mathew and her mother at **Philipkutty Farm**, to learn about the cuisines in the Kerala region.

Educational Interaction

- ✓ Enjoy a high level of interaction with your peers in academic and clinical settings.
- ✓ Establish connections with **medical professionals** in India during visits to local hospitals in Mumbai and Kochi such as **T. N. Medical College & Nair Charitable Hospital & Jaslok Hospital & Research Centre**.
- ✓ Meet with Professors at the **Amrita Institute of Medical Sciences** and **Government Medical College Ernakulam, (GMCE)**.

What's Included:

- 4-5* accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air to and from Delhi (gateway set tentatively out of NYC area)
- 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
- Departure taxes if applicable
- Cost of your tourist visa



INTRODUCTION TO HEALTHCARE | DAY-BY-DAY



📍 New York Area

DAY 1, November 7, 2022 Depart for India today

Depart from New York City/surrounding area and make your way to India. The stunning beauty and friendly people alone are worth a visit!

Named by the original inhabitants, the Kolis, after their goddess mother Mumba Devi, Mumbai was once a group of seven islands given to the British as a dowry when Charles II married Catherine of Braganza. The British leased the islands to the East India Company, who in turn began initial development of the city. Today this cosmopolitan city is one of India's most important centers for industry, commerce, foreign trade and Bollywood.

📍 Mumbai, India

DAY 2, November 8, 2022 Arrival in Delhi

Arrive in Mumbai, India today. Upon arrival into Mumbai, our representative will meet and greet you at the airport and transfer to your hotel. The remainder of the day is at leisure to allow you to settle into your new home away from home.

Check in to your 5-star deluxe hotel, Taj President, A neighborhood hotel that exudes nostalgia combined with world-class service and its iconic restaurants.

Overnight: 5* Taj President (or similar)
Included meals: N/A

📍 Mumbai, India

DAY 3, November 9 Cultural program in Mumbai

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.

This morning, witness the historic **Gateway of India**, built during the British rule. Photograph the grand Taj Mahal Hotel, which faces the monument and walk past the Royal Yacht Club, the Police Headquarters, several theaters, and fountains.

Head onwards to a **Parsi Fire Temple** and the **National Gallery of Modern Art**. Mumbai is teeming with heritage buildings and your guide will explain the history and legacy of each. Discover the daily rush at the vibrant **Victoria Terminus**, experience old world charm at Watson Hotel, visit bustling **Bombay University** and see fascinating works of art at **Jehangir Art Gallery**.

This afternoon, explore the **Chhatrapati Shivaji Maharaj Vastu Sangrahalaya** (formerly named the Prince of Wales Museum). Then, you will drive through the **Hanging Gardens** and the famous **Dhobi Ghats** featured in the award-winning movie *Slumdog Millionaire*, before returning to your hotel.

Enjoy a **welcome dinner** at a local restaurant this evening. Mumbai is renowned across the country, for its delectable and creative cuisine.

Overnight: 5* Taj President (or similar)
Included meals: Breakfast, Lunch & Dinner





INTRODUCTION TO HEALTHCARE | DAY-BY-DAY

📍 Mumbai, India

DAY 4, November 10 Professional program in Mumbai

This morning the professional members of the group will meet with their professional counterparts for an **introduction to healthcare and medical systems in India.**

Meet with the representatives from **T. N. Medical College & Nair Charitable Hospital** to learn about their medical education system and how it compares to the U.S.

Established in 1921, T.N. Medical College and B.Y.L. Nair Charitable Hospital is a full-fledged tertiary Government medical college in Mumbai, Maharashtra. The college imparts the degree Bachelor of Medicine and Bachelor of Surgery (MBBS). It is recognized by the Medical Council of India. This is one of the oldest medical colleges in Mumbai. Website: <https://tnmcnair.edu.in/>

This afternoon visit the **Jaslok Hospital & Research Centre** is an integrated mental health care system providing clinical evaluation and treatment services for a broad range of emotional, cognitive, and behavioral disorders for patients of all ages and cultural backgrounds.

Guest program: Start with a tour of Crawford Market, one of the city's largest wholesale fruit, vegetable, and meat markets! Stop at CST Railway Station to see **Mumba's Dabbawallahs** in action! The Mumbai Dabbawallahs is a phenomenon you won't believe, until you see it yourself. Their energy entrepreneurial skill is outstanding – observe them handling hundreds of dabbas (tiffin boxes) to feed the busy office workers of Mumbai.

After lunch on your own arrangement, visit the Gandhi Museum residing in the simple two-story building that served as Mahatma Gandhi's Bombay headquarters from 1917 to 1934. Wander through the library of approximately 50,000 books and periodicals; Gandhi's preserved rooms on the second floor, and a picture gallery documenting important events in his life.

Dinner is on own this evening.

Overnight: 5* Taj President (or similar)
Included meals: Breakfast & Lunch



📍 Kochi, India

DAY 5, November 11 Fly to Kochi (Cochin) Cultural Day

Today fly to **Kochi** (formerly known as Cochin), also known as Ernakulam, the commercial capital of Kerala. The word Ernakulam was derived from a Tamil word "Erayanarkulam" which means "Lord Shiva's abode." On arrival transfer to your hotel.

Late this afternoon we'll discover **Willington Island** and the historic part of old Kochi (Fort Cochin and Mattancherry) dotted with tiled roofs and pastel-colored buildings. Kochi has the best natural harbor in the country. It is set amidst picturesque lagoons and backwaters famous across the world. Enjoy the breeze passing through the romantic backdrop of swaying coconut and palm trees.

The tour includes the **Dutch Palace, Jewish Synagogue** built in 1568 and St Francis Church – the oldest church built by Europeans in India.

Catch a glimpse of the fascinating **Chinese fishing nets**, and participate in Kochi's main enterprise, commerce, by stopping at any of numerous shops selling tea, jute, chilies, turmeric, cashew, ginger, cardamom, and pepper.

Check-in to your charming hotel before enjoying **dinner at a local restaurant.**

Eighth Bastion is a boutique Dutch contemporary styled hotel. Part of a progressive and independently owned hotel chain, CGH Earth, whose core values include being at one with the local ethos; working with local communities and caring for the environment read more [HERE](#)

Overnight: Eighth Bastion (or similar)
Included meals: Breakfast & Dinner



INTRODUCTION TO HEALTHCARE | DAY-BY-DAY

📍 Kochi, India

DAY 6, November 12 Professional Program

This morning professionals will visit **Amrita Institute of Medical Sciences**, a specialty quaternary care health center and **medical school** in Kochi, India. It is one of the largest medical facilities in the country.

The Amrita School of Medicine is ranked 6th in India. Inspired by renowned humanitarian and spiritual leader, Mata Amritanandamayi Devi, the hospital is affiliated to Mata Amritanandamayi Math, an NGO with consultative status to the United Nations.

This afternoon visit **Government Medical College Ernakulam, (GMCE)**, Ernakulam is one among the premier medical institutions in the state of Kerala. The admissions and functioning of the college is according to the rules and regulations formulated by the Government of Kerala. Now the institution is glistening with outstanding records in both academic and extracurricular fields backed by excellent faculty and full-fledged facilities

Guest program:

Accompanying guests will explore Kumbalangi, a lush green village of Cochin. It is undoubtedly an ideal place to experience village life in Kerala. Your tour will take you for countryside to experience variety of village activities like coir yarn processing - made from coconut fiber - Kerala's oldest industry. Learn the art of fishing net making and weaving coconut leaves, visit crab farming. The roads that lead to Kumbalangi are lined with farms and mangroves that is rich with crabs. These are natural feeding grounds for Mud crabs and red crabs which the fishermen creatively catch!

Overnight: Eighth Bastion (or similar)

Included meals: Breakfast & Lunch

📍 Kumarakom, India

DAY 7, November 13 Cultural Program & Drive to Kumarakom

Morning drive to Kumarakom a cluster of little islands on Vembanad Lake. Kumarakom captures the essence of Kerala in a unique and lovely setting. Conde Nast Traveller rated Kumarakom among the 25 best getaways in the world.

This place captures the essence and the beauty of Kerala by offering myriad views. Nothing has been added that does not already belong. And if the comforts of life enter (as they must), they do so in a harmonious way.

Here is where you will see the famous 'backwaters, a complex network of lakes, canals and rivers that support a beautiful and fragile eco-system. Including a quiet village tucked away on the banks of the picturesque Vembanad Lake.

Enroute we will stop at a plantation and visit a **Tea Factory** that will give you an insight into the cultivation and processing of tea.

Check-in at the **Coconut Lagoon**, a unique and exquisite resort constructed from fragments of Kerala palaces, with beautiful carvings and brass work. The resort is set on an abandoned coconut plantation that can be reached only by boat.

Overnight: Coconut Lagoon (or similar)

Included meals: Breakfast & Lunch



Shanthamma, Coconut Lagoon





📍 Kumarakom, India

DAY 8, November 14

Morning Free & Afternoon Exploration

This morning is yours to enjoy and relax on property. It's suggested to schedule an appointment with an **Ayurvedic doctor**. The Coconut Lagoon is a sustainable property, so you can tour the facilities to learn their efforts, learn how to husk a coconut, visit the butterfly garden, walk around the property, take a yoga class, enjoy tea/biscuits with a local, or visit the nearby village where many of the resort's staff live.

This afternoon cruise through the **Kerala backwaters** on one of the region's trademark deluxe houseboats. These traditional houseboats are built without a single nail. The planks of these shallow barges are tied together with strong ropes. On this peaceful journey observe the rituals of village life: farmers tilling fields with buffaloes, villagers washing laundry and children playing in the water.

In the evening you shall see one of the oldest martial arts still in existence with its origin dating back to at least the 3rd century BC. We bring you **Kalaripayattu**, an ancient form of martial arts that is a combination of intense dedication, patience, discipline as well as spirituality. Watch this art unfold age-old traditions and practices which are intrinsic to the landscape of Kerala.

Enjoy a delicious dinner this evening.

Overnight: Coconut Lagoon (or similar)
Included meals: Breakfast Lunch & Dinner



📍 Kumarakom, India

DAY 9, November 15

Life in "Gods Own Country"

This morning, explore the nearby **Backwater villages by Country boat**. You will love the lifestyle of people living in village. The village people live a simple and hassle-free life and seem to be happy with whatever they have. Experience local village activity like coir yarn processing - made from coconut fiber found between the hard-inner shell and the smooth outer surface of the coconut, and witness copra processing - Kerala's oldest industry.

Later walk through the **paddy fields**, meet the local people or visit the nearby village market.

In route, the group will visit a **local rural school** to understand the prevailing educational system in the country and how government schools manage the transition of schooling efforts from rural communities to main cities.

Later you'll be joined by the **vivacious Anu Mathew and her mother at Philipkutty farm** to learn Kerala cooking. Learn the age-old recipes passed down over the generations cooked with wholesome local ingredients.

Overnight: Coconut Lagoon (or similar)
Included meals: Breakfast Lunch & Dinner

📍 Kumarakom, India

DAY 11, November 16

Departure

Today transfer to the Kochi airport to connect to your international flight back home with a suitcase full of memories of this stunning land.

Included meals: Breakfast





📍 Delhi, India

Taj President

IHCL SeleQtions, 90, Cuffee Parade,
Mumbai, Maharashtra 400005

Telephone: +91-22-6665-0808

TajPresident.com



📍 Kochi, India

The Eighth Bastion

1/259, Napier Street, Fort
Kochi, Kochi, Kerala 682001

Telephone: +91-484-221-3500

<http://www.cghearth.com/Eighth-Bastion>



📍 Kumarakom, India

Coconut Lagoon

Kumarakom Kottayam, Kavanattinkara,
Kumarakom, Kerala 686563

Telephone: +91-481-252-5834

<http://www.cghearth.com/coconut-lagoon>



“My trip to India was truly amazing. I enjoyed our professional visits and exchanges with our Indian counterparts. We learned a lot from each other. The cultural visits were more than I hoped for, and our guides were exceptional.”

Dale Smith, RN, OCN

Nursing & Healthcare Journey to India