

ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Holistic Nursing Journey to Ireland

Dublin & Cork

9 days / 7 nights

September 19-27, 2020

\$5,699 (based on double occupancy)

\$1,299 (single supplement)

Visit Ireland on this customized nursing program. Located off the north-western coast of the European mainland in Western Europe, you will have a chance to explore both Dublin and Cork.

BOOK NOW 888.747.7501

Program Highlights

- ✓ **Accompanying guest program** – alternate activities will be provided for those who do not wish to attend the meetings.
- ✓ Optional post-program **extension to Country Clare & Limerick**
- ✓ Nanda Journeys and the University of Pittsburgh School of Nursing are collaborating to present the Holistic Nursing Journey. Professional nurses participating in the activity and completing the evaluation tool may receive a maximum of **8.0 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.

Professional Connections

- ✓ Meaningful interaction and collaboration between program participants and professionals in Ireland will include meetings with **holistic nursing professionals** in Dublin and Cork.
- ✓ Discuss topics of mutual interest including the inroads they are making to spread awareness around **holistic and traditional care** and how they can complement Western medicine.
- ✓ Learn what programs are available for **training and advancement of holistic medicine** in Ireland today. What holistic principles, presence and teaching/learning strategies do they have?

Cultural Immersion & Exploration

- ✓ Explore some iconic sites of Ireland, including Blarney Castle and Woolen Mills, as well as the Ring of Kerry.
- ✓ Put on your dancing shoes for a visit to **O'Shea's Merchant Pub** where you can learn (or just observe) Irish dancing with the local people as well as enjoy their traditional music.
- ✓ Enjoy a guided meditation and tour at the mystical **Hill of Uisreach**, one of the most sacred & historical sanctuaries in the world.

What's Included:

- 4* accommodations throughout
- All transportation and activities outlined
- International flights to Ireland (gateway city set tentatively out of New York area)
- 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



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



ITINERARY | DAY-BY-DAY

📍 New York Area

DAY 1: Saturday, September 19, 2020

Fly to Dublin

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

📍 Dublin, Ireland

DAY 2: Sunday, September 20

Welcome to Dublin

Upon arrival, the group will be met and transferred to Dublin city center. Enjoy a **panoramic tour of Dublin City**. Here you will discover the north and south side of the River Liffey including such iconic sites as O'Connell Street, Phoenix Park, the house of Bram Stoker (the author of *Dracula*), and the medieval district where Dublin Castle and the two Anglican Cathedrals can be found.

Enjoy lunch at a local restaurant before heading to the hotel to check in this afternoon (around 3:00 pm).

All program participants will gather later this afternoon with your national guide for an **early afternoon orientation and welcome**.

The **Iveagh Garden Hotel** is a modern take on traditional luxury in an urban oasis just steps from Grafton Street. They offer onsite casual dining with a bar and bistro and access to a nearby health club for a small fee. Guest rooms have flat-screen TV, laptop safe, luxury amenities, free Wi-Fi, USB charging station and coffee & tea maker.

Enjoy a welcome dinner this evening at the hotel.

Overnight: Iveagh Garden Hotel (or similar)
Included meals: Lunch & Dinner

📍 Dublin, Ireland

DAY 3: Monday, September 21

Professional Program

Please Note: Breakfast is included daily at your hotel.

Professional members of the program will meet with your nursing counterparts today at a facility like **Lansdowne College of Acupuncture and Complementary Medicine** or **UCD College of Naturopathic Medicine** in Dublin. Discussions with representatives will focus on education and training for holistic nurses and other allied healthcare professionals trained in integrative medicine in Ireland today.

Lunch will be provided at a local restaurant.

The afternoon we will request a visit to a **local hospital or clinic** in Dublin to discuss how integrative (holistic) medicine is used in Ireland and how widely alternative care is accepted in treatment and preventative care.

Guest program: *Today accompanying guests will enjoy a visit to County Kilkenny with Kilkenny Castle and Jerpoint Park. The town of Kilkenny is often referred to as "the Marble City" and is the most interesting and best preserved of the medieval Irish cities. It owes its immense charm to the various impressive historical monuments. Kilkenny Castle has been an important site since it was built by the Anglo-Normans in the 12th century. The castle has been remodeled in Victorian times and set in extensive parklands which was the principal seat of the Butler family, Marquesses and Dukes of Ormonde. Due to major restoration works, the central block now includes a library, drawing room, and bedrooms decorated in 1830's splendor, as well as the beautiful Long Gallery. A warm Irish welcome is guaranteed at Jerpoint Park, a period family home and working sheep farm. A sheep dog demonstration with a collie dog herding sheep in the farmyard is a sight to behold!*

Dinner will be provided at a local restaurant or pub.

After dinner, head to **O'Shea's Merchant Pub** for a night of traditional Irish music and dancing (optional). The pub has a long history of traditional music, with many of the greats in Irish music playing here over the years. Monday nights they offer a set dancing night with a chance to join in!

Overnight: Iveagh Garden Hotel (or similar)
Included meals: Breakfast, Lunch & Dinner





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📍 Dublin, Ireland

DAY 4: Tuesday, September 22

Cultural Program

This morning the group will explore **EPIC-The Irish Emigration Museum**. This state-of-the-art interactive experience, located in the beautiful vaults of the 1820 Custom House Quarter building in Dublin's Docklands, is the original departure point for so many of Ireland's emigrants. It will inspire and guide you on a journey to discover the stories of Irish emigration around the world, from early times to the modern day.

Enjoy lunch at a local restaurant.

This afternoon the group will visit the world-famous **Guinness Brewery** to discover the secrets of both creating and pouring the perfect pint. Guinness, an Irish dry stout, lovingly referred to as "The Black Stuff" by locals, has been brewed in Ireland since 1759.

Enjoy some free time this afternoon to explore independently. Dinner is by individual arrangement.

Overnight: Iveagh Garden Hotel (or similar)

Included meals: Breakfast & Lunch

📍 Dublin, Ireland

DAY 5: Wednesday, September 23

Drive to Cork & visit Hill of Uisneach

The group will depart after breakfast for **Cork** in southwest Ireland. In route you will stop for lunch.

This afternoon the group will enjoy a guided meditation and tour at the **Hill of Uisneach**, one of the most sacred and historical sanctuaries in the world. This ancient ceremonial site, in the barony of Rathconrath in County Westmeath, is in Irish mythology the location of the center of Ireland connected with both ley lines and sacred geometry. It is where the five provinces of Ireland meet and where the magical otherworld is said to be accessible via the **Catstone** (*Aill na Mireann* or Stone of Divisions). The stone is also reported to be the burial location of goddess Eriu (also one of the Tuatha de Danann). Tour with a local guide and take part in a special meditation session this afternoon. The Ancient Walkway connects the royal sites of Uisneach and Tara, and its remains can be seen today. Uisneach predated Tara as a royal residence for the High Kings of Ireland.

Head to the hotel this evening to check in and to have dinner at the hotel or nearby.

Overnight: Kingsley Hotel (or similar)

Included meals: Breakfast, Lunch & Dinner





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📍 Cork, Ireland

DAY 6: Thursday, September 24

Professional Program Day

Wrap up your professional exchange today with a morning visit to a **community healthcare facility** to continue discussions around how at this local level they are working to improve the health and wellbeing of service users, staff and the wider population of Cork and Kerry. Key areas of improvement include chronic diseases, staff health and system reform. A meeting will also be requested with the **Cork ARC, Cancer Support House** to learn about the free services provided to patients and their families during this difficult journey.

Lunch will be provided at a local restaurant today.

Guest program: *Today accompanying guests will depart for a trip to Mizen Peninsula. Mizen Head Irish Lights Signal Station is located at Ireland's most southwesterly point, at the end of the Mizen Peninsula, where the currents meet from the west and south coasts and where waves from the mid-Atlantic crash into the land. Mizen Head Fog Signal Station was sanctioned in 1906 by the Irish Lights Board to combat the high loss of life and shipping on the rocks. Visitors can dare to cross the iconic bridge high above the gorge; watch for seals and their pups in the swell below; experience the solitude of the keepers' lives and the elemental power of the restless Atlantic where the ocean currents swirl; laugh with exhilaration into the fresh salt-laden sea air. Tour the visitor center and gift shop before heading back to Cork.*

Dinner is by individual arrangement.

Overnight: Kingsley Hotel (or similar)

Included meals: Breakfast & Lunch



📍 Cork, Ireland

DAY 7: Friday, September 25

Ring of Kerry & Muckross Farms

This morning head out for a full day trip that includes highlights of the **Ring of Kerry**. This will include **Moll's Gap** and **Ladies View**. Moll's Gap provides magnificent views of Macgillycuddy's Reeks Mountains. The rocks at Moll's Gap are formed of old red sandstone and a great scenic vantage point. Ladies View is another scenic vantage point whose name stems from the admiration of the view given by Queen Victoria's ladies-in-waiting during their 1861 visit.

After lunch at a local pub or café, the group will head to **Muckross Traditional Farms**. Greeted upon arrival by a schoolmaster, proceed into a classroom for a short background on school life in the early 1900s and learn some Irish words. Then take part in a butter making and scone making demo. The *Bean an Tis* (women of the house) will explain the importance of butter to the Irish farmer's wife, how it was transported throughout the world, and why Irish butter is ranked so high both at home and abroad. Sample the wares and have some tea or coffee afterwards.

Return to Cork where dinner is by individual arrangement (own expense).

Overnight: Kingsley Hotel (or similar)

Included meals: Breakfast & Lunch





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📍 Cork, Ireland

DAY 8: Saturday, September 26

Cultural Exploration

Today head out to explore **Blarney Castle**, situated in Blarney Village just outside Cork. An ancient stronghold of the McCarthy's, Lords of Muskerry, it is one of Ireland's oldest and most historic castles and one of the strongest fortresses in Munster. Built in 1446, Blarney Castle is famous for its Blarney stone, the Stone of Eloquence, which is traditionally believed to have the power to bestow the gift of eloquence on all those who kiss it.

You will have some time for shopping at **Blarney Woollen Mills**, established in 1823. It now houses a large selection of Irish products including a wide selection of sweaters, crystal and china, gifts and souvenirs. You will have a chance to get lunch on your own this afternoon.

Finish the afternoon visiting the pretty town of **Kinsale** for a **harbor cruise**. Enjoy the different view of Kinsale and its beautiful natural harbor. Your guide's commentary provides a brief history with anecdotal legends and an insight into how the town has developed over the centuries. Leaving the quay, the boat passes the yacht marina and on by the picturesque former fishing village of Scilly.

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

Overnight: Kingsley Hotel (or similar)

📍 Cork, Ireland

DAY 9: Sunday, September 27

Depart for home today

Drive to the Shannon Airport (two-hour journey) for check in for your flight home. Depending on the flight time, lunch is by individual arrangement.

Included meals: Breakfast





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📍 Dublin, Ireland

Iveagh Garden Hotel

72/74 Harcourt St, Saint Kevin's
Dublin, Ireland

Telephone: +353 1 568 5500

<https://iveaghgardenhotel.ie/>



📍 Cork, Ireland

Kingsley Hotel

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Cork, Ireland

Telephone: +353 21 480 0500

<https://www.thekingsley.ie/>

