

## ITINERARY | DAY-BY-DAY

CAREER ENRICHMENT



### Mental Health Journey to Rabat, Fez & Marrakech

**Morocco**

**11 days / 9 nights**

**January 6-15, 2024**

**\$6,499** (Based on double occupancy)

**\$1,899** (Single supplement)

Enjoy the unique culture and traditions of Morocco while you spend time with the locals. This adventure includes very special visits with a variety of local healthcare staff as well as time exploring the local medinas!

**BOOK NOW 888.747.7501**

### Professional Interaction

- ✓ Interact with mental health experts from a variety of locations, backgrounds, and professional influences throughout the country including Rabat, Casablanca, Fez, and Marrakech.
- ✓ Interact with mental health faculty from a **local university** to learn about education and training of psychologists and allied healthcare workers in Morocco.
- ✓ Develop knowledge of the Moroccan system of health through talks on the **complex nature of mental health issues** they are facing.
- ✓ Visit a **local hospital or clinic** to talk to psychologists and allied healthcare professionals about the types of care they provide including access to care, insurance & more.
- ✓ **Accompanying guest program** available on this itinerary.

### Cultural Immersion and Community Connections

- ✓ Take a step back to medieval times and explore the biggest Imperial cities of Morocco: Rabat, Fez, Meknes, Volubilis and Marrakech. Casablanca.
- ✓ Test your bartering skills while **shopping at local medinas**.
- ✓ Discover the hidden gems of the country including the **Hassan II Mosque, Menara Gardens, Bahia Palace** and a **4X4 excursion** to visit the Berber village in Asni.
- ✓ This part of the world is well known for their **music and culture**, enjoy an evening or two with Andalusian Moroccan music over a glass of wine or beer.

### What's included?

- 4-5\* hotel accommodations throughout
- All transportation and activities outlined in the itinerary.
- Group transfers to and from the international airport
- International air to and from Morocco (gateway city is set tentatively out of New York)
- Local English-speaking guide
- Meals as mentioned and most tips.

### Not included:

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





## ITINERARY | DAY-BY-DAY

📍 New York, New York

### DAY 1: Saturday, January 6, 2024

Fly to Morocco today

Depart from New York today and make your way to Morocco. The stunning beauty and friendly people alone are worth a visit!

📍 Arrival in Morocco

### DAY 2: Sunday, January 7

Arrival and transfer to Rabat

Upon arrival at the Casablanca Mohammed V Airport, the group will be met by an airport representative who will ensure you connect smoothly with the national guide. Make your way via private bus to **Rabat** (approximately an hour from the airport).

The **4\* Hôtel La Tour Hassan Palace**, was built in 1912 and a tribute to the splendor of Moor architecture, which combines ornaments of elegance and ambiance filled with majestic uniqueness. Guest rooms have free Wi-Fi, coffee set, minibar, safe, satellite cable TV, hairdryer, and bathroom amenities. The hotel has onsite dining, a lounge, conference space, a spa, and more.

Later today the group will gather with your national guide for an **orientation briefing** to learn more about Morocco, get to know your fellow travelers, and have a chance to ask questions regarding the journey ahead. *This will happen Monday morning if flight times dictate.*

Dinner will be provided at the hotel.

**Overnight: Hôtel La Tour Hassan Palace (or similar)**

**Included meals: Dinner**



📍 Rabat, Morocco

### DAY 3: Monday, January 8

Career Enrichment Day

**Please Note:** Breakfast is included daily in your program.

Today is dedicated to professional interaction with your Moroccan counterparts including a **speaker** who can provide an *overview of the mental health systems*.

The **purpose of this program** will be to discuss the complex nature of mental health issues; exchange ideas about how to address mental health problems in urban vs. rural areas; investigate challenges in integrating mental health and primary care; and discuss opportunities to work together to improve mental health in Morocco and the United States.

Lunch will be provided at a local restaurant.

A visit to a **local psychiatric clinic or hospital** will be requested for this afternoon.

**Accompanying guests:** *After the welcome briefing guests will spend some time exploring La Corniche Ain Diab and Anfa district later today. The architecture of this lovely area is worth a tour including its scenic parks, beautiful villas, and interesting architecture. The neighborhood was home to some of the first Formula 1 races in the '50s.*

A welcome dinner will be provided this evening.

**Overnight: Hôtel La Tour Hassan Palace (or similar)**

**Included meals: Breakfast, Lunch & Dinner**



## ITINERARY | DAY-BY-DAY

📍 Rabat, Morocco

### DAY 4: Tuesday, January 9

#### Cultural Tour of Rabat & Casablanca

After breakfast the group will set out to explore Rabat. Your morning city tour will take you to the **Royal Palace** (Mechouar), the **Kasbah Oudaya**, the **Mohammed V Mausoleum**, and passed the **Hassan Tower**.



Lunch will be provided this afternoon at the famous **Rick's Café** made famous by the 1942 film Casablanca. Set in an old courtyard-style mansion built against the walls of the Old Medina of Casablanca, the restaurant/piano bar is filled with architectural and decorative details reminiscent of the film.

This afternoon the group will stop to visit the **Hassan II Mosque** which took 6,000 traditional Moroccan artisans five years to build. This magnificent mosque, with its intricate mosaics, stone and marble floors and columns, sculpted plaster moldings, carved and painted wood ceilings is the largest in the world after the one at Mecca. It has room for more than 100,000 worshippers. At 210 meters (689 feet), the minaret is Morocco's tallest structure.

Dinner will be on your own this evening.

**Overnight: Hôtel La Tour Hassan Palace (or similar)**

**Included meals: Breakfast & Lunch**

📍 Fez, Morocco

### DAY 5: Wednesday, January 10

#### Depart for Fes (via Meknes)

Check out of your hotel and depart Rabat this morning as you head toward **Fes**. Your first stop today is in **Meknes** to visit one of the most amazing gates in the world, *Bab Mansour*. Built at the beginning of the 18th century, and completed in 1732 by his son, Sultan Moulay Ismail designed the gate as the grand entrance to the Imperial City of Meknes. Also visit the **Jewish Quarter**.

Lunch will be provided at Palais Terrab.

The afternoon the group will visit the Roman ruins in **Volubilis** (a UNESCO World Heritage Site). A Mauritanian capital, founded in the third century B.C., this city became an important outpost of the Roman Empire and has many fine buildings to explore. Extensive remains of these survive in the archaeological site.

Drive onward to check into your local hotel in **Fes** late this afternoon – the **5\* Sahrai Hotel**, an epitome of luxury and sophistication, don't miss their pool, spa, and other first-class services.

Dinner is on your own this evening.

**Overnight: Sahrai Hotel (or similar)**

**Included meals: Breakfast & Lunch**





## ITINERARY | DAY-BY-DAY



📍 Fes, Morocco

### DAY 6: Thursday January 11

#### Professional Program

Today is set aside for continued interaction with your local healthcare colleagues in Fes. A visit will be requested with the **mental health hospital** in Fes or with a hospital representative.

Lunch is by individual arrangement.

This afternoon a visit to a local **University** will be requested to learn about the education and training for psychologists and psychiatrists in Morocco.

**Accompanying guests:** explore the city including a visit to Mellah, the Jewish Quarter and Souk el Attarine (perfume and spice market). Some of the shops are housed in traditional Moroccan houses, so you get a bonus of seeing the old mansions up close and personal.

Dinner will be provided this evening at a private old **Andalucía Riad** Palais Les Merinides while you listen to a troupe playing Andalusian Moroccan music.

*The classical music of Andalusia reached North Africa via centuries of cultural exchange, the Almohad dynasty and then the Marinid dynasty being present both in Al-Andalus and in Morocco and most of North Africa.*

**Overnight: Sahrai Hotel (or similar)**

**Included meals: Breakfast & Dinner**

📍 Fes, Morocco

### DAY 7: Friday, January 12

#### Travel to Marrakech

After breakfast, check out and depart for **Marrakesh** crossing the region the middle Atlas and passing through *Immouzer du Kander* and *Ifrane*, a charming ski resort in the heart of a magnificent cedar forest. Stop at Beni-Mellal to enjoy a moment of relaxation.

Lunch will be provided in Beni Mellal before heading onward to Marrakech.

This afternoon a meeting will be requested in Marrakesh with a **local mental health professional** to wrap up your exchange and allow time for any last questions.

The contemporary **5\* Sofitel Marrakech Lounge and Spa** is a quiet, sumptuous space in the middle of a gorgeous garden overlooking the Atlas Mountains. Rejuvenate body and mind in this luxurious haven just steps from the Medina. Offering comfortable rooms and spacious suites, this beautiful property promises moments of relaxation in the outdoor pools, spa, fitness room, gourmet restaurants and bars.

**Accompanying guests:** Guests will have time to get settled at the hotel and have some free time to enjoy the hotel property and amenities.

Enjoy dinner at a how at Palais Jad Mahal.

**Overnight: Sofitel Lounge & Spa (or similar)**

**Included meals: Breakfast, Lunch & Dinner**





## ITINERARY | DAY-BY-DAY

📍 Marrakech, Morocco

### DAY 8: Saturday, January 13

#### Cultural Program

Spend the entire day will be devoted to the visit of **Marrakesh**, the second oldest Imperial city, known as the Pearl of the South. The city was founded by the Almoravides at the end of the 11th century. The historical sightseeing includes the Menara gardens, the Koutoubia Minaret, the Bahia palace and Medresa Ben Youssef.

This afternoon the group will stop for lunch at Ksar El Hamra before a visit to the famous **Jemaâ el Fna Square** and the souks. The traditional meeting place for peasants and merchants has become the heart of the city with its snake charmers, musicians, and other entertainers.

Dinner is on your own this evening.

**Overnight: Sofitel Lounge & Spa (or similar)**

**Included meals: Breakfast & Lunch**



📍 Marrakech, Morocco

### DAY 9: Sunday, January 14

#### Berber Village Tour via 4X4

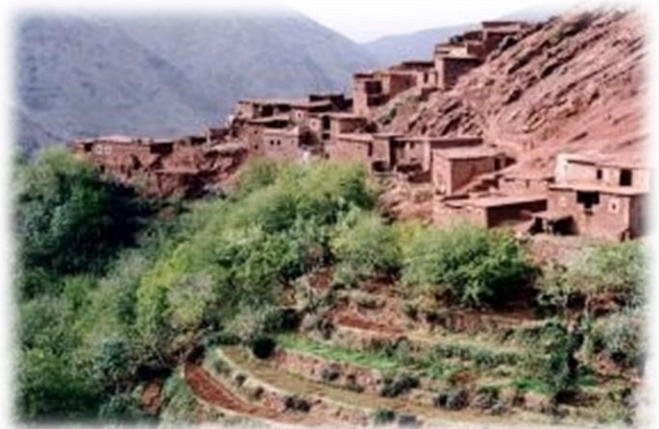
After breakfast head out in your 4X4 vehicles for an excursion to visit the small **Berber** villages at the footsteps of the High Atlas Mountains. Discover Berber culture in the remote mountain villages via private vehicles with an English-speaking guide. The mountains are covered with snow this time of your and the valley is just breathtaking.

Lunch will be provided at *Relais du Lac* in Lalla Takerkouste this afternoon, home to an enormous manmade lake built in the 1920 by the French as part of a dam and irrigation project.

Return to town where you will have some to relax and get ready for dinner. Enjoy a **farewell dinner** and show at the delightful open-roof terrace restaurant *Nouba*.

**Overnight: Sofitel Lounge & Spa (or similar)**

**Included meals: Breakfast, Lunch & Dinner**



📍 Marrakech, Morocco

### DAY 10: Monday, January 15

#### Depart

Head home today, saying goodbye to Morocco! Depart for the Menara Airport in Marrakech this morning for your flight back to the U.S. via Casablanca (subject to route change).



## ITINERARY | DAY-BY-DAY

📍 Rabat, Morocco

### Hôtel La Tour Hassan Palace

26, Avenue Chellah  
Rabat 1000, Morocco

**Telephone:** +212-5372-39000

<http://tourhassanpalace.com/en/home/>



📍 Fes, Morocco

### Sahrai Hotel

Bab Lghoul, Dhar El Mehraz  
Fez 30000, Morocco

**Telephone:** +212 5359-40332

[www.hotelsahrai.com](http://www.hotelsahrai.com)



📍 Marrakech, Morocco

### Sofitel Lounge & Spa

Rue Haroun Errachid, Quartier Hivernage  
Marrakech, Morocco

**Telephone:** +212-5244-25600

<https://all.accor.com/>

