



Cruise along the Li River in Guangxi Province

Optometry in China

28 April – 10 May 2019

“Thank you for organising a wonderful tour of China. The professional and cultural aspects were really well presented and I had a fantastic time. A trip which could not have been bettered - from start to finish”

Cynthia Wong, Occupational Therapy in China, March 2017





Rooftops of the Forbidden City, Beijing

Optometry services have grown rapidly in China in the last couple of decades. The last optometry tour we took to China with tour leader David Shannon was ten years ago. This is a fascinating opportunity to observe the striking development of China and its health and eye care services during that time.

China remains a fusion of the ancient and the cutting edge, reflected in its use of both Traditional Chinese Medicine and the latest Western technology. Learn about the development and practice of optometry in China through specialist visits, talks and professional meetings, as well as experiencing the stunning landscapes, culture and society of this extraordinary land.

Arrive in Beijing, China's mighty imperial city, where the ancient and the modern collide on the most magnificent scale. In the late afternoon visit the impressive Temple of Heaven before a welcome dinner in the evening.

Next morning visit the vast expanse of Tiananmen Square and the grand Forbidden City, once barred to all but the inner royal circle. Afterwards there is time at leisure to explore the

traditional districts of Beijing, the *hutongs* - the oldest areas of the city - before a traditional Peking Roast Duck dinner in the evening.

Take the train to the historic seaport of Tianjin the next day and visit its prestigious Medical University. While at the university learn about optometry education in China, international links and how Traditional Chinese Medicine and Western medicine are used side by side. In the afternoon take in the sights of this interesting former treaty port, including its superb Western Concession architecture, the excellent antique market and Ancient Culture Street.



The Great Wall



The city walls of Xi'an

Next morning visit Beijing Zoo to see the pandas before visiting the beautiful Summer Palace. In the afternoon drive out to visit the iconic Great Wall with the opportunity to see the extraordinary Beijing Acrobats in the evening.

The following morning take the high-speed train to Xi'an, an ancient Silk Road hub and probably the first truly multicultural city in the world. Take a walk along the vast medieval city walls and visit atmospheric Calligraphy Street Market or spend time at leisure. Later in the evening visit the old Muslim quarter, when it comes to vibrant life as the locals throng the many restaurants and food stalls of the night market.

Early the next morning visit the impressive necropolis of the Terracotta Warriors, where you will have free time to explore this superb site. In the afternoon visit the excellent Hospital of Chinese Medicine and tour the departments

of herbal medicine, massage and acupuncture to examine traditional approaches to eye care. There is the opportunity to see graceful traditional Tang Dynasty Theatre in the evening.

Early risers have the option to watch – or join - locals practicing tai chi in the park the next morning. Return for breakfast before visiting the Tangdu Eye Hospital, or spend time at leisure. In the afternoon fly to Guilin in Guangxi Province, which has been a favourite of Chinese artists throughout the ages due to its spectacular soaring mountain landscapes.

The following morning is at leisure. In the afternoon take a Chinese water colour painting class at a local art studio, learning the skills of calligraphy and traditional brushstroke painting, or take a walk up to the hilltop in Seven Star Park for magnificent views.

Next morning enjoy a scenic cruise along the stunning Li River to the cobblestone town of Yangshuo. Spend the rest of your day at leisure to enjoy the charms of the town and its lovely surroundings. There is an optional cookery class for those who want to learn how to cook mouth-watering and highly spiced Sichuan cuisine.

Next morning take a cycle or buggy ride through beautiful countryside, past paddy fields and local villages. On the way stop to visit Dr Shu, a village



The Terracotta Warriors



health worker (once known as ‘barefoot doctors’) and see her clinic. Return to Yangshuo and spend the rest of the day at leisure before an optional excursion to a spectacular *son et lumiere* show, which uses the lake and mountains to dramatic effect.

Fly from Guilin to Shanghai, China’s most stylishly modern city with its sleek lines and fabulous Art Deco heart. Check into the hotel and settle in at your leisure.

Shanghai’s buzz is a guaranteed adrenalin-boost and you will make the most of this superb city the following day. Visit old Shanghai and the elegant French Concession, visit the vibrant area of Tian Zi Fang with its charming cafes, boutique shops and bars and see the Bund and Pudong lit up at night. Enjoy a farewell dinner with the group in the evening.

Transfer to the airport for your return flight the following day, or alternatively join one of the optional extensions overleaf.

“I had an exceptionally enjoyable trip.”

Ian W. Shaw, Optometry in Nepal, April 2018



The Summer Palace (top); Night market food stalls in Xi'an;
A waterwheel on the Li River in Yangshuo;
Tai chi on the Bund, Shanghai (above)

Itinerary 28 April – 10 May 2019

B = Breakfast **L** = Lunch **D** = Dinner

4 nights Beijing – 2 nights Xi'an – 2 nights Guilin – 2 nights Yangshuo – 2 nights Shanghai

28 Apr (Sun) Beijing **D**
Am Arrive Beijing
Pm Visit the Temple of Heaven
Eve Welcome dinner

29 Apr (Mon) Beijing **B D**
Am Visit Tiananmen Square and the Forbidden City
Pm At leisure to explore the hutongs of old Beijing
Eve Peking Roast Duck dinner

30 Apr (Tues) Beijing **B D**
Am Travel by train to Tianjin Medical University to examine optometry education in China, curriculum and registration, international links, TCM and Western medicine in practice
Pm City tour of the former treaty port of Tianjin, including the European concessions, the antique market and Ancient Culture Street

1 May (Wed) Beijing **B D**
Am Visit Beijing Zoo to see the pandas
Pm Visit the Summer Palace and the Great Wall
Eve Option to see the Beijing Acrobats

2 May (Thur) Beijing / Xi'an **B D**
Am High speed train to Xi'an
Pm Visit the old city walls and the Calligraphy Museum or at leisure
Eve Visit a teahouse and the night market

3 May (Fri) Xi'an **B D**
Am Visit the Terracotta Warriors
Pm Visit Xi'an Hospital of Chinese Medicine. Tour the departments of massage and acupuncture and the herbal pharmacy to examine traditional approaches to eye care
Eve Optional visit to traditional Tang Dynasty Theatre

4 May (Sat) Xi'an / Guilin **B D**
Am Optional early morning tai chi in the park. Return for breakfast. Visit the Tangdu Eye Hospital or at leisure
Pm Fly to Guilin

5 May (Sun) Guilin **B D**
Am At leisure
Pm Visit the art studio for Chinese watercolor painting. Options to learn calligraphy and traditional brush stroke painting or walk up to the hill of Seven Star Park to view the city and lovely surrounding landscapes

6 May (Mon) Guilin / Yangshuo **B L**
Am Enjoy a scenic cruise along the stunning Li River to the village of Yangshuo
Pm At leisure or optional cookery class

7 May (Tues) Yangshuo **B D**
Am Cycle or buggy ride through the countryside past farms and villages. Visit village health worker, Dr Shu
Pm At leisure
Eve Optional *son et lumière* show

8 May (Wed) Yangshuo / Shanghai **B L**
Am Fly from Guilin to Shanghai
Pm Transfer to the hotel and at leisure

9 May (Thur) Shanghai **B D**
Am Visit old Shanghai and the French Concession
Pm Explore the markets, cafés, boutiques and bars of Tian Zi Fang and see the Bund and Pudong at night
Eve Farewell dinner

10 May (Fri) Shanghai **B**
Am Depart Shanghai for flight home or take optional extensions to Tibet, along the Yangtze River, to the water towns, or spend more time in Shanghai.



Traditional dress at the Summer Palace



Cruise along the Yangtze River

through Xiling Gorge and the peaceful Lesser Gorges, Wu Gorge and Qutang Gorge.

Shanghai and water town extensions

Extend your stay in Shanghai and further explore the city's museums, galleries and historic sites. Outside Shanghai there are day trip to Suzhou, known for its silk workshops, canals and classical gardens, and the attractive water town of Tongli.

If interested in any of these extensions, please contact the Melbourne or London office for prices and more details.

Extensions

Southwest China and Tibet

Travel through remote southwest China to Yunnan, an area of incredible geographical and ethnic diversity, with distinctive dress, belief systems and languages. Cross the mountains into Tibet, a land that is uplifting in every sense, where the devotional dominates art, culture, architecture and politics.

This six-night extension takes you from Shanghai to Lijiang, the heart of Naxi culture. The town is dwarfed by Jade Dragon Mountain and has a maze of cobblestone streets lined with canals, wood fronted shops and willow trees. From here fly to Lhasa in Tibet for three nights and visit Potala Palace, Jokhang Temple, Barkhor Street and Ganden Monastery. Continue to Chengdu in Sichuan Province for one night to visit the Panda Sanctuary and experience Chengdu's traditional teahouses before your return flight.

Yangtze River Cruise

From Shanghai embark on a three or four-night cruise along the great Yangtze River, which has wound through some of China's most stunning scenery as a transport route for thousands of years. We use the American owned Victoria Cruises luxury riverboat fleet. The first language is English, the food is good and the boats are comfortable and stable. Cruise between Chongqing and Yichang, passing through the Three Gorges, past the Three Gorges Dam,



Inside Jokhang Palace, Tibet (top); A panda in Chengdu; Tongli water town (above)

Tour Leader and Guide

David Shannon graduated in 1986 from Southern College of Optometry, Memphis, Tennessee, as a Doctor of Optometry. In 2015 he took on the role of UK Development Manager for Optometry Giving Sight and in 2016 took on responsibility for their European operations. Between 2010 and 2013 he was Chairman of the AOP (Association of Optometrists). Previously he was AOP Board member responsible for OT (Optometry Today) and established the OT Editorial Advisory Board. He has consulted for Johnson & Johnson Vision Care and has trained practitioners and managers across the UK. Until 2014 he worked in the family practice, Shannon and Carton Ltd, in London. David has supervised undergraduate optometry students at City University's contact lens clinic. David has led optometry study tours to China, Cuba, India, South Africa, Sri Lanka, Vietnam and Nepal.

“Tour leader David was excellent – always provided us with the necessary information and ensured the entire party was always happy. Well done – again.”

Jenny Mincher-Lockett, Optometry in Nepal, 2018

Zhang Zhong Jiu (known as John) has worked with Jon Baines since 1994, taking healthcare and cultural groups around China. Educated in Beijing and London and widely travelled, with familial links in Australia, John is extremely knowledgeable and popular with our groups for his ability to bring China's history and society to life with personal anecdotes. Having led a wide variety of professional groups over so many years, his breadth of knowledge is second to none.

“Excellent. John was a wonderful guide. He gave us a lot of local information and was very knowledgeable about China and Chinese history. Excellent translator.”

Janet Wolfe, Occupational Therapy in China, 2017

The cost of the tour is £2,350 per person sharing (excluding international flights and transfers)

The cost includes:

- The services of a tour leader (David Shannon)
- English speaking national guide (Zhang Zhong Jiu)
- 12 nights' accommodation in twin-bedded rooms with private facilities in medium grade hotels

The single room supplement is £390

- Breakfast and lunch or dinner daily
- An allowance of soft drinks, tea and beer with meals
- All admission fees
- Local English speaking guides
- All transport services and taxes in China
- All tips

The cost excludes:

- International flights and transfers
- Meals not mentioned
- All optional excursions, tours and visits
- Travel insurance
- Visa

The tour cost does not include international flights and transfers. Please contact the London or Melbourne office if you would like help arranging your flights.



Your national guide, Zhang

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

All the flights and flight-inclusive holidays in this brochure are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to:
www.atol.org.uk/ATOLCertificate

Jon Baines Tours (London)
Hyde Park House, 5 Manfred Road,
London, SW15 2RS
Tel: +44 (0) 207 223 9485 / 5618
Email: info@jonbainestours.co.uk
www.jonbainestours.co.uk

Jon Baines Tours (Melbourne)
PO Box 68, South Brunswick,
Victoria 3055
Tel: +61 (0) 3 9343 6367
Fax: +61 (0) 3 9012 4228
Email: info@jonbainestours.com.au
www.jonbainestours.com



The Temple of Heaven, Beijing (top); A traditional Chinese pharmacy in Xi'an; Yangshuo; The skyline of Shanghai (above)



Jon Baines
tours

