



Towering cliffs on the Yangtze river cruise

Medicine in China

5 – 20 October 2019

“A trip which could not have been bettered - from start to finish. Visits enjoyable and educational and doctors and hospital staff all helpful and were keen to explain about their work and showed interest in ours.”

Cynthia Wong, Occupational Therapy in China, 2017



Jon Baines
tours



The Great Wall

This tour takes you on a journey through China's history, culture and medicine. From imperial Beijing journey onto the Silk Road city of Xi'an. Travel by high-speed train into Sichuan and the city of Chengdu, known for its arts, cuisine, teahouses and pandas. Take a train to Chongqing and embark on a three-night cruise along the great Yangtze River, past some of China's most stunning scenery. The tour ends in the dynamic city of Shanghai.

The tour examines health care in China and the challenges posed due to its rapid economic development and the legacy of the One Child Policy, as well as how Western Medicine and Traditional Chinese Medicine (TCM) are integrated in practice in China.

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.

The following morning visit the beautiful Summer Palace and a teahouse. In the afternoon drive out to visit the iconic Great Wall before returning to hear a talk on the background to Chinese Medicine and a traditional Peking Duck dinner in the evening.

Next morning visit the historic Tong Reng Tang, a pharmacy founded in 1669 that prescribes both Western and Chinese medicine. Continue to the vast expanse of Tiananmen Square and the impressive Forbidden City, once barred to all but the inner royal circle. Afterwards take a walking tour of one of the traditional districts of old Beijing, the *hutongs*, which are the oldest areas of the city.

The following morning visit a neighbourhood community clinic and see Western medicine and TCM used in practice. In the afternoon take part in departmental visits at the Hai Dian Teaching General Hospital. There is a partner programme exploring Art District 798. Located



The Forbidden City, Beijing



The Terracotta Warriors

in a site of abandoned factories, the district has been turned into an eclectic mix of galleries, art studios, design companies, restaurants and bars.

The following morning fly to Xi'an, an ancient Silk Road hub and probably the first truly multicultural city in the world. Take a walk along the huge medieval city walls and visit the atmospheric Calligraphy Street Market. There is the option to see graceful traditional Tang Dynasty Theatre in the evening.

Early the next morning visit the necropolis of the Terracotta Warriors, where you will have ample time to explore this superb site. In the afternoon visit the excellent Hospital of Chinese Medicine, where you will tour the departments of herbal medicine, massage and acupuncture. In the evening visit the old Muslim quarter, when it comes to vibrant life as the locals throng its many restaurants and food stalls.

Early risers have the option to watch – or join - locals practising tai chi in the park the next morning. Return for breakfast before boarding the train to Chengdu to travel across the Shaanxi Plain and through the Qinling Mountains into the Sichuan Basin. Arrive in Chengdu and transfer to the hotel.

Visit the Academy of Chinese Medicine the next morning, followed by a visit to atmospheric Wenshu Monastery. In the afternoon explore the old city of Chengdu with an optional visit to

local spice market or the Bamboo, Arts & Crafts Institute. Enjoy a Sichuan hot pot dinner in the evening.

The following morning visit the Chengdu Panda Research Base. In the afternoon visit the largest herbal medicine market in Chengdu, before enjoying tea in one of Chengdu's famous tea houses.

Next morning take the train to the port city of Chongqing and visit the Three Gorges Museum. This museum's collection encompasses the history, art and archaeology of the Yangtze River and recent developments, providing context to your river cruise. In the afternoon take a city tour of Chongqing before boarding the 5-star Victoria cruise ship in the evening to commence your three-night cruise along the Yangtze River.

On the first day of the cruise there is the option to visit the extraordinary ghost city of Fengdu, which has its own unique culture surrounding ghosts and the afterlife going back almost 2000 years. During the afternoon hear a talk by Vicki Kotsirilos on how integrative medicine works in the West.



Xi'an city walls



The following day the ship cruises through the Three Gorges, where the Yangtze carves a green ribbon through enormous rock walls. Board a small boat and cruise into the peaceful Lesser Gorges, on clear water amidst majestic soaring cliffs and towering hillsides. Pass through Qutang Gorge, the shortest, narrowest and possibly most impressive of the Lesser Gorges, and Wu Gorge, one of the most beautiful sections of the Yangtze River, flanked by high peaks that are often capped by fog or clouds. In the evening take part in a discussion group looking at lessons learned.

Disembark the next morning and take a specially designed sightseeing boat through the recently-completed unique ship lock with the world's largest ship lift. Afterwards visit the Three Gorges Dam, a remarkable if highly contentious piece of engineering. In the afternoon fly to Shanghai, with its spectacular skyline and fabulous Art Deco heart.

On your final day explore Shanghai, including the excellent Museum of Traditional Chinese Medicine, the French Concession and the Bund, before enjoying a farewell dinner.

Transfer to the airport the next day for your return flight. Alternatively you may extend in Shanghai or take an extension to stunning Guangxi Province (see overleaf).



Panda in Chengdu (top); Sichuan teahouse;
Views from the Yangtze cruise; Shanghai skyline (above)

Itinerary 5 – 20 October 2019

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

4 nights Beijing – 2 nights Xi'an – 3 nights Chengdu – 3 nights Yangtze Cruise – 2 nights Shanghai

5 Oct (Sat)	Beijing	
Am	Arrive and transfer from the airport	
Pm	Walk to see the Temple of Heaven	
6 Oct (Sun)	Beijing	B D
Am	Visit the Summer Palace	
Pm	Visit the Great Wall. Talk: <i>"A Background to Chinese Medicine"</i> VK	
Eve	Peking Roast Duck dinner	
7 Oct (Mon)	Beijing	B D
Am	Visit Tong Ren Pharmacy, Tiananmen Square and the Forbidden City	
Pm	Explore the <i>hutongs</i> of Old Beijing	
Eve	Option to see the Beijing Acrobats	
8 Oct (Tues)	Beijing	B D
Am	Visit a community clinic and see Western and Traditional Chinese Medicine (TCM) in practice	
Pm	Visit Hai Dian Teaching General Hospital (departmental visits)	
9 Oct (Wed)	Beijing / Xi'an	B D
Am	Fly from Beijing to Xi'an and transfer to the hotel	
Pm	Visit the old city walls and the Calligraphy Museum	
Eve	Optional Tang Dynasty Theatre	
10 Oct (Thur)	Xi'an	B D
Am	Visit the Terracotta Warriors	
Pm	Visit the Xi'an City Hospital of Chinese Medicine: tour departments of Herbal Medicine, Massage and Acupuncture	
Eve	Visit the evening market	
11 Oct (Fri)	Xian / Chengdu	B D
Am	Optional early morning visit to the local park to watch or take part in tai chi	
Pm	Take the high-speed train to Chengdu and transfer to the hotel	
12 Oct (Sat)	Chengdu	B L D
Am	Visit the Academy of Chinese Medicine. Visit Wenshu Monastery	
Pm	Explore the old city of Chengdu. Optional visit to the food and spice market or the Bamboo, Arts & Crafts Institute	
Eve	Sichuan hot pot dinner	
13 Oct (Sun)	Chengdu / Three Gorges Cruise	B D
Am	Visit the Chengdu Panda Research Base	
Pm	Visit largest herbal medicine market in Chengdu. Take tea in a traditional teahouse	
14 Oct (Mon)	Chengdu / Three Gorges Cruise	B D
Am	Train to Chongqing. Visit the Three Gorges Museum, with a collection on the history, art and archaeology of Yangtze River and recent developments including the dam	
Pm	City tour of Chongqing	
Eve	Board Victoria Cruise Lines riverboat	
15 Oct (Tues)	Three Gorges Cruise	B L D
Am	Option to visit Fengdu "Ghost City", known for its statues of ghosts and devils on Mingshan Hill	
Pm	Talk: <i>"How Integrative Medicine works in the West"</i> VK	
16 Oct (Wed)	Three Gorges Cruise	B L D
Am	Enter the Three Gorges. Pass Qutang Gorge and Wu Gorge. Qutang Gorge is the shortest (five miles), narrowest (500 feet), and most dramatic	
Pm	Excursion through the attractive gorges of the Goddess Stream	
Eve	Discussion Group: <i>"Lessons Learned"</i>	
17 Oct (Thur)	Three Gorges Cruise / Shanghai	B L D
Am	Disembark and take a specially designed sightseeing boat through the unique ship lock with a ship lift. Visit the Three Gorges Dam	
Pm	Fly to Shanghai	
18 Oct (Fri)	Shanghai	
Am	Visit the Museum of Traditional Chinese Medicine	
Pm	Visit the French Concession and the Bund	
Eve	Farewell dinner	
19 Oct (Sat)	Shanghai	
Am	Depart Shanghai or take one of the optional extensions (see overleaf)	

NB: All itineraries are subject to change according to local conditions. This itinerary is ground only so arrival and departure dates may differ.

"I thoroughly enjoyed both the professional visits and sightseeing."

Jacqueline McConnell, OT in China, 2017



Guangxi Province

Extensions

Extension to Guangxi Province

Guangxi Province has been a favourite of Chinese artists throughout the ages due to its spectacularly beautiful landscapes. Fly from Shanghai to Guilin and spend the afternoon enjoying the sites of the city including the river front and many galleries. 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 class teaching how to cook mouth-watering and highly spiced Sichuan cuisine. While here you may take a cycle or buggy ride through the local villages or explore the local surroundings. In the evening there is the option to see a spectacular *son et lumière* show. Fly from Guilin to Shanghai or to Hong Kong. Price available on request.

Extend in Shanghai

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

If interested in either extension, please contact the Melbourne or London office for more details.

“All optional activities were good. The son et lumière show in Yangshuo was exceptional!”

Malcolm Yee, Pharmacy in China 2016



Cormorant fishermen on the Li River (top);
Tongli water town (above)

Tour Leader

Associate Professor Dr Vicki Kotsirilos AM is a respected general practitioner with many years of clinical experience with an emphasis on lifestyle, preventative and integrative medicine. Vicki was awarded a Member (AM) in the General Division of the Order of Australia for 'significant service to integrative medicine, to health practitioner standards and regulations, to medical education, and to the environment.' Vicki holds three adjunct Associate Professorial positions at La Trobe University, the University of Western Sydney, NICM and with Monash University. In 1992 Vicki founded the Australasian Integrative Medicine Association (AIMA), and served as the founding president until 1998, then serving on the board until 2012. Vicki continues to play an active role within the Royal Australian College of General Practitioners and has published numerous articles in a wide range of medical journals and public magazines. Vicki is co-author of the textbook *A Guide to Evidence-based Integrative and Complementary Medicine* (Publishers Elsevier). Vicki also lectures regularly and has spoken at numerous medical and public conferences on the doctor-patient relationship, holistic medicine and evidence based Integrative Medicine, lifestyle and non-drug approaches to treating diseases and prevention. Vicki has served on various government committees.

National Guide

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.

The cost of the tour is £2,850 per person sharing (excluding international flights and transfers)

The cost includes:

- The services of a tour leader (Vicki Kotsirilos)
- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first class hotels
- Three nights on a 5-star river cruise ship

The single room supplement is £588

- Breakfast and lunch or dinner daily on the tour
- An allowance of soft drinks, tea and beer with meals on the tour
- All meals on the cruise
- All admission fees
- Services of a specialist English speaking national guide (Zhang Zhong Jiu)
- All transport services and taxes in China
- All tips

The cost excludes:

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

The tour professional programme is eligible for CPD. Please contact us after the tour to request an attendance certificate.

"Overall a phenomenal tour and very pleasing leadership."

Margaret Yee, Pharmacy in China, October 2016

Flights

If you require help booking flights to China please contact the London office on **+44 (0)207 223 9485** or the Melbourne office on **+61 (0)3 9343 6367**.

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.

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The Beijing Acrobats (top); The Temple of Heaven;
Street Market Xian; Cruise through the Three Gorges (above)



Jon Baines
tours

