Japanese women in traditional kimonos

Cultural and Professional Study Tours in 2024 / 2025

Travel · Understand · Enjoy

www.jonbainestours.com
About Us

When I set up the company, I wanted to ensure that our travellers experienced the hidden, the lesser known and the unexpected in every destination; the teahouses, old buildings, local markets, lanes and parks that tell a story. To follow a narrative of a place's past, helping us understand its present and perhaps allowing us a glimpse of its future. This is best achieved by walking the streets and talking to locals; so we at JBT have been pounding the streets! We hope that you enjoy these visits on our tours as much as we have on our travels.

– Jon Baines

Where We Stay

When it comes to accommodation we like charm, comfort, a central location and good service. So where possible, we stay in buildings that belong to the culture of the country we are travelling in – like the pictured Heritance Kandalama Hotel in Sri Lanka, designed by renowned local architect, Geoffrey Bawa. Sometimes, however, period charm means cold rooms, intermittent plumbing and unresponsive staff – in which case we will book that reliable, architecturally uninspiring modern building. We also like variety; a selection of hotels from the city grand dame, to the contemporary boutique, to the bungalow, to the unusual (a boulder hotel, a fort hotel or perhaps a rice barge). A good bar area for the group to gather of an evening is also important. On our cruises, we aim to use smaller boats and ships. What they lack in glitz, they make up for in service and style.

How We Travel

Tours are a journey, an experience and an adventure – and the transport should be part of that. We try to include as much variety as possible. Internal flights are often necessary and save time, but to really see a country, overland is best. We like to include a rail journey, and we love to walk – the best way to get to know a town or city centre. Wandering the streets allows for browsing, listening and musing; stopping for that spontaneous drink, or unusual snack, or that surreal purchase. To spic up our tours we also travel by rickshaw, ox cart, jeep, ferry, cable car, rice barge and bus. Bon voyage!

What We Eat

We ensure that you enjoy the best of a country’s cuisine and drinks. We also try to be as local as possible, with some tours offering cooking experiences. Many of our regular meals add to your cultural experience, such as a meal at the Koto charity in Hanoi, sampling Albanian gin made with local juniper, a cup of chá in a relaxed Sichuan teahouse, Kobe beef in Kobe or tasty samples on a culinary walking tour of the Spice Bazaar in Istanbul. Or you might enjoy a homemade lunch on a spice smallholding in Periyar, India, experience locavore in Crete, sip wine from medieval wine windows in Florence, sample mustard in Dijon or Vranec wine in Macedonia.
**Professional Visits**

Many of our tours have a professional focus. On these tours, we include visits that allow you to meet with your peers and learn of your profession in another country. When setting up our itineraries, we are frequently impressed and inspired by the dedication of people working in local projects and organisations. We want you to experience this too. All our tours, whether professional or cultural, ensure you engage with a country as it is today, experiencing contemporary society on all levels and meeting locals, passionate about what they do.

**Projects**

There are many inspiring local projects in the destinations we visit, encompassing independent charities or NGOs that support local people. Many of them are ground-breaking. It’s important to us that our tours benefit not only our clients, but the areas that welcome us, so many of our itineraries visit and support such projects. In Rajasthan, the Barefoot College provides training to villagers in a variety of skills including health care, education and engineering. ‘Jaipur Foot’ was founded in 1975 to provide artificial limbs to the poor. This extraordinary organisation is now international and has received multiple awards for both its humanitarian work and its prosthetic designs. The Kim Long Charity Clinic in central Vietnam provides free health care to underprivileged communities in remote areas. In Bali, midwives, medical staff and outreach workers at Yayasan Rama Sesana improve the health of low-income women and the NGO Yayasan Bumi Sehat provides holistic health care.

**Tour Leaders and Guides**

Our tours are led by tour leaders who are relevant professionals or academics, alongside local national guides. Our tour leaders provide the professional, academic and cultural guidance and ensure that our travellers get the most from the tour. Their professional experience allows them to provide context to the professional visits during the tour, and they will often provide specialist talks of their own. They work alongside our experienced national guides, most of whom we have worked with over many years. Our national guides are highly experienced and knowledgeable and they know our groups well. As well as looking after the tour organisation, our guides can and do talk on history, cuisine, education, traditions etc, as well as having the specialist knowledge to provide medical and technical translations and to put this in context. We have very enquiring travellers and so guides such as Zhang (John) in China, Prince Charles in South India, Lam in Vietnam, Coco in Japan, Xavier in Ecuador and Frank (pictured) in South Africa are familiar with our groups and what they want to know. Which is - everything!

**Partnered Tours**

As well as the tours and cruises in this brochure, we run bespoke tours in conjunction with organisations and professional bodies. For many years we have partnered with organisations such as the Royal Society of Medicine, the Australian College of Nursing and the Royal Australian College of General Practitioners – to name just a few – to create special interest tours, on which all are welcome.

In addition, we run private, ‘closed group’ tours exclusively for the members of organisations such as the Travelling Surgical Society of Great Britain and Ireland and the West Kent Medico-Chirurgical Society.

We also organise New Colombo Plan tours in conjunction with several Australian universities. Please contact us to find out more.
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Cruises

A Cruise In the Wake of the Vikings
The History, Landscapes and Wildlife of Iceland

Iceland is a magical island humming with energy and natural phenomena. Its beauty comes from a vast volcanic landscape where mighty forces shape the earth: geysers and glooping mudflats, rumbling volcanoes swathed in ice and glaciers grinding their way through mountains. Its rich cultural life encompasses a literary legacy that stretches from medieval sagas to contemporary thrillers by way of Nobel Prize winners, as well as life, music and Nordic style.

Ecuador and the Galapagos Islands

Ecuador is a land of enormous cultural and natural diversity. Its cultural legacy encompasses the descendants of Spanish conquistadores and many distinct indigenous communities. It boasts extraordinary biodiversity, the jewel in its crown being the Galápagos Islands - the only place in the world where it is possible to swim with penguins and tropical parrot fish at the same time.

Experience colonial Quito, the exquisite cloud forests of Mindo, the high country thermal springs at Papallacta in the Andes and the incomparable Galápagos islands on a first-class yacht.

This cruise will include a number of shore excursions and talks by dedicated JBT speakers, Irene García Losquiño and Declan Taggart - experts on Viking and Norse culture and history - as well as by the ship’s speakers and the tour leaders.

MS Balmoral
Fred Olsen cruise ship, Balmoral, is small enough to navigate the most picturesque waterways and offers a warm, refined atmosphere with comfortable accommodation, stylish restaurants and plenty of open-deck space. Guests can relax in comfortable lounges and public areas including two restaurants, the Marquee Bar with rattan sofas, a beautiful open promenade and two separate swimming pool decks.

17 - 26 April 2024
Tour leaders: Prof. John and Susi Richardson
www.jonbainestours.com/vikings
Newcastle – At Sea – Reykjavik – Ísafjörður – Akureyri – Borgarfjörður Eystri – At Sea – Newcastle

Galápagos Yacht - M/Y Solaris
This first-class motor yacht accommodates just 16 passengers in bright, spacious cabins with panoramic sea view windows. Relax in lounge chairs on shaded open deck areas, an indoor dining room and bar, and a comfortable lounge area.

There is a pre-tour option to stay in the Amazon at Sacha Lodge, an eco-lodge that blends seamlessly into its forest surroundings. See giant otters duck and dive as you eat breakfast; watch caimans glide under the walkway; hear monkeys chattering outside your balcony; and see giant sloths hanging out on trees by the cabins.

This tour is strictly limited to fifteen people – TWO PLACES LEFT.

Ecuador Yacht - M/Y Solaris
25 Apr - 8 May 2024
Tour leader: Jan Beccaloni
www.jonbainestours.com/ecuador
3 nights Quito – 3 nights Mindo Cloud Forest – 2 nights Papallacta – 4 nights Galápagos Islands – 1 night Quito

M/Y Solaris
A Cruise Through History Along the Hooghly River
Travellers, Traders and Truth Seekers in India

The Hooghly River is the main artery running through the history of Bengal. Kolkata was founded on the banks of the river in 1690 as a British trading outpost of the Mughal Empire and was the centre of the Raj until 1911. It has long been a hub of Bengali literature, music and philosophy. Bengal was the richest province in India for a time, its lush soil producing indigo, opium and rice crops, and its exquisite textiles were known as ‘woven wind’. Acclaimed writer of history, Katie Hickman, will provide a number of talks on the cruise.

A visit to Kolkata combined with a cruise along the mighty Hooghly offers an unparalleled vision of the rich history and culture of the great province of Bengal.

The ABN Rajmahal contains 22 air-conditioned cabins, all of which have French balconies and en suite bathrooms. There is a spa, a saloon with a library and a spacious sundeck. The décor is stylish and fresh with touches of colonial elegance, brought to life by traditional Indian-inspired designs. Food on board is a mixture of Assamese (milder than most Indian cuisine) and continental. Wines, beer and spirits are available.

6 - 17 January 2025
Speaker: Katie Hickman, accompanied by a national guide
www.jonbainestours.com/hooghly

3 nights Kolkata – 7 nights cruising on Hooghly River – 1 night Kolkata

History of Medicine Cruise Along the Nile
Cruise in comfort to Egypt’s most fascinating destinations in the company of a world-renowned Egyptologist and an experienced tour leader. Learn about the history of medicine in Egypt as you progress along the River Nile aboard the luxury MS Jaz Regent Nile river cruiser and stay in first-class hotels in Giza and Luxor.

Listen to lectures by Professor Rosalie David, a renowned authority on the medicine of Ancient Egypt. This tour includes guided private shore visits to sites of medical historical interest, as well as the wonders of ancient Egypt. There is an optional 3-night extension to the great city of Alexandria and the battlefield of El Alamein after the tour.

The Jaz Regent is a five-star deluxe cruise ship containing a restaurant, lounge and sundeck bar; a spa with gym room, massage, sauna and a small outdoor pool. There is free, low level WiFi. All cabins feature panoramic windows, hairdryer, safe, mini-bar, televisions, individual climate control, bathroom with full-size bathtub and shower.

14 - 26 February 2025
Tour leader: Janice Liverseidge with speaker Professor Rosalie David
www.jonbainestours.com/nile25

3 nights Giza – 7 nights Nile cruise – 2 nights Luxor
Conflicts, Cures and Curiosities Cruise in the Eastern Mediterranean

From Dubrovnik to Valletta, journey through the Adriatic and across the Eastern Mediterranean, exploring history that spans thousands of years. Hear about ancient pharmacology; how religion and medicine co-existed in the ancient world; and about plagues and sailors, Victorians and volcanoes.

Throughout the cruise, enjoy private excursions that take you beyond the everyday. Explore ancient ruins from Butrint to Taormina; wander around medieval and Renaissance towns that have charmed visitors for centuries, and relax over delicious Italian lunches.

There is a pre-cruise extension to Dubrovnik and a post-cruise extension to Malta, which delve into the history and culture of each fascinating destination.

The charming and intimate MS Monet takes no more than 50 guests. The public areas include a main lounge and bar with comfortable sofas on the Lumiere Deck, a restaurant located on the Parisian Deck and the Lumiere Open Deck al fresco dining area. The Lumiere Sun Deck provides a delightful space with sun loungers.

Medicine in South Africa with the RACGP

Experience this beautiful and diverse land while gaining fascinating insight into South Africa’s medicine, culture and history. Visit rural and urban clinics, a provincial hospital in KwaZulu, the famous Groote Schur Hospital in Cape Town and a medical history museum.

Explore Cape Town and the Cape, Stellenbosch wine region and Durban. Onto KwaZulu Natal with its rich bird and animal life and Mpumalanga for game drives in Kruger National Park. End in Johannesburg to visit Soweto and the former home of Nelson Mandela. Optional extension to spectacular Victoria Falls.

1 - 13 April 2024
Tour leader: Dr Matt Young
www.jonbainestours.com/racgpusa

Wildflowers, Wine and History in Crete

Visiting Crete at peak wildflower season is a sensory adventure. An island brimming with beautiful flowers and stunning landscapes, there are around 2,000 species of plants, of which about 10% are endemic to Crete. Crete's natural beauty is equalled only by the richness of its history, which can be seen in labyrinthine lanes, mighty fortresses, Renaissance mansions, mosques and Turkish bathhouses.

Gourmands also need look no further on an island where 'locavore' is a way of life. Rural tavernas often produce their own meat, cheese, olive oil, raki and wine, and catch their own seafood.

6 - 15 May 2025
Tour leader and speakers: Natasha McEnroe and Simon Chaplin
www.jonbainestours.com/hmedcruise

6 nights Chania

14 - 20 April 2024
Tour leaders: Clive and Valerie Whittington
www.jonbainestours.com/crete

6 nights Chania
Therapy and Rehabilitation in Vietnam and Cambodia

This new study tour examines therapy and rehabilitation in Vietnam and Cambodia. It includes professional visits and meetings with physio, occupational and speech and language therapists, and provides an excellent insight into therapy and rehabilitation, health care and society. Cultural visits provide ample opportunity to experience the beauty, culture and cuisine of the languid lands of the Mekong.

These two rewarding countries are among our most successful destinations, with warm and welcoming healthcare professionals, rich history, stylish culture and delicious food.

21 April - 5 May 2024
Tour leader: Dr Gillian Webb
www.jonbainestours.com/therapyvietnam

Legacies of Plagues
A Social and Medical History Tour of Italy, France and England

Learn the myriad ways plague has shaped our world from ancient times through the Black Death to COVID-19. Travelling through a range of beautiful European cities, each day will focus on a lasting legacy of plague: from marmots to mustard, to perfumes and pleasure, conspiracies and scapegoats, art, architecture and town planning.

The tour includes specialist visits, experiences, talks and culinary events, with talks from expert guides and speakers connecting past and present. Stay in excellent accommodation with ample opportunity to experience superb regional wines and cuisine.

2 - 20 May 2024
Tour leader: Dr Norman Swan
www.jonbainestours.com/plague

Midwifery in Iceland

Iceland is a magical island humming with energy and natural phenomena that turn everyday experiences – a walk, a drive, a dip in a pool – into something that will take your breath away. Its beauty comes from a vast volcanic landscape where mighty forces shape the earth: geysers and mudflats, rumbling volcanoes swathed in ice and glaciers grinding their way through mountains.

Here, midwives are known as ljosmodir, or ‘Mothers of Light’, which reflects the status that midwives have always held in Iceland, where formal midwifery training first began back in 1761.

6 - 15 May 2024
Tour leader: Dame Cathy Warwick CBE
www.jonbainestours.com/icelandmw

Dental Study Tour to Japan

This tour takes you to the heart of both historic and modern Japan, including visits to some of Japan’s most beautiful gardens. Explore chic Ginza in Tokyo and the vibrant Namba district of Osaka and one of its most iconic castles. Experience lesser-known Japan, including the samurai and geisha quarters of Kanazawa, Miyajima Island in the Inland Sea, the waterways of Tokyo and the laneways of Kyoto.

The tour includes specialist dental visits and meetings with local dentists, organised with the Japanese International College of Dentists, as well as informal meetings and dinners. This tour has broad appeal and partners are very welcome.

13 - 24 May 2024
Tour leader: Paul Johnson
www.jonbainestours.com/japandental

A maiko in Kyoto

(credit Colin Sinclair)
London is full of secrets. Its long and multilayered history takes many twists and turns and even today there are sides to London many people will never see.

On this tour we will reveal some of London's secrets, its hidden nooks and crannies and the places where only insiders can go; but of course, the information is strictly classified. We can only hint at our secret itinerary in this all-too-public space.

In the interests of security, we can impart no more details. All will be revealed to the privileged few who secure a place on this tour; but until then, sssshhh.

Travel with Hemant Patel, former President of the Royal Pharmaceutical Society of Great Britain, through an island brimming with historical and natural treasures. Learn about its pharmacy with some outstanding professional visits, at both a grassroots and macro level. Learn about education and training for pharmacists and gain real insight into Sri Lankan pharmaceutical practice and society.

Visit mystical ruins, jungles, tropical beaches, spice plantations and gemstone markets, national parks with huge herds of elephants and vivid green mountains. You will also stay in some stunning hotels and savour the mouth-watering local cuisine.

16 – 30 June 2024
Tour leader: Hemant Patel
www.jonbainestours.com/pharmacy

2 nights Colombo – 3 nights Habarana – 3 nights Trincomalee – 3 nights Kandy – 2 nights Nuwara Eliya – 1 night Colombo

Midwifery Study Tour in the Northern Territory

Explore the dramatically beautiful landscapes of the Northern Territory and gain insight into Birthing on Country and the history and practice of midwifery through a range of specialist visits and talks.

From Darwin, travel to Katherine and into stunning Kakadu before returning to Darwin at the end of the tour. Cruise beautiful Nitmiluk Gorge, mingle in Mindil Markets, explore spectacular waterfalls and swim in hot springs and learn about local culture and history ranging from ancient times to the modern day. There is an optional extension to the Tiwi Islands.

16 – 23 June 2024
Tour leader: Ruth King
www.jonbainestours.com/mwnt

2 nights Darwin – 2 nights Katherine – 2 nights Kakadu – 1 night Darwin

Wildflowers, Wine and the Cape Floral Kingdom

Botanical Histories in South Africa

The Cape Floral Kingdom is one of the richest areas of plant biodiversity in the world. One of only six Floral Kingdoms in the world – and the only one contained within a single country – it is by far the smallest and relatively the most diverse.

Travel with experienced botanical tour leader, Carolyn Fry, and learn about wildflowers and the Cape Floral Kingdom. Experience the vibrant culture and history of South Africa and enjoy its food and fine wine: a journey that will leave you both uplifted and inspired.

16 – 23 June 2024
Tour leader: Ruth King
www.jonbainestours.com/botanysa

22 August - 5 September 2024
Tour leader: Carolyn Fry
www.jonbainestours.com/botanysa

2 nights Cape Town – 2 nights Hermanus – 2 nights Franschhoek – 3 nights Langebaan – 2 nights Himeville – 1 night Durban

2 nights Colombo – 3 nights Habarana – 3 nights Trincomalee – 3 nights Kandy – 2 nights Nuwara Eliya – 1 night Colombo
Shetland and Orkney: The Northern Isles

Discover history that encompasses Neolithic times, the Bronze and Iron Ages, the Picts and the Vikings on two of the farthest Scottish Isles. The tour gives a superb overview of these dramatically beautiful, far-flung island neighbours, which share connections and history but retain distinctive characters.

Proceed at a relaxed pace with local guides to discover history, archaeology, geography, geology and culture and enjoy the unique wildlife of the area, from puffins to Shetland ponies. The tour coincides with the International Orkney Science Festival (5 – 11 Sept), which includes a range of talks, art, film screenings, live music and walks.

1 - 9 September 2024
Tour leader: Jo Durrant
www.jonbainestours.com/shetland

Albania and Macedonia: Cultural Crossroads on the Via Egnatia

Possessing pristine natural beauty, important archaeological sites and towns sited in stunning locations that have remained unchanged through the centuries, both Albania and Macedonia have begun to attract the attention of travellers, with good reason. They have been at the crossroads of culture, faith and trade for millennia and were connected by the Via Egnatia; an important Roman road built in the 2nd century BC.

This tour explores the lesser-known history, culture and landscapes along the Via Egnatia. There is an optional extension to beautiful Corfu after the tour.

10 - 21 September 2024
Tour leader: The Very Reverend Dr Richard Marsh
www.jonbainestours.com/viaegnatia

Nursing in Turkey and Greece with the Australian College of Nursing

History, nursing and culture intertwine on this journey through Turkey and the Greek Islands, amidst some of the richest culture and history in the world. Visit Florence Nightingale’s museum in Istanbul and review her singular contribution to nursing. Visit Gallipoli and examine how the military shaped the nursing profession and meet your nursing peers in both Turkey and Greece.

Gain unparalleled insight as you travel along the western coast of Turkey and to the Greek island of Rhodes, with a range of expert talks and specialist visits throughout and enjoy delicious cuisine. This tour is supported by the Australian College of Nursing (ACN).

15 - 27 September 2024
Tour leader: Adjunct Professor Kylie Ward
www.jonbainestours.com/nursing

Midwifery in Borneo, Bali and Lombok

Step off the tourist trail and experience lesser-travelled Borneo, Bali and Lombok. Explore the beauty of the region, where temples and shrines nestle amongst emerald-green rice terraces, orangutans loop through trees along the river and spirituality infuses everyday life.

The study tour includes a wide range of visits including to the Midwifery Association of Bali, a teaching hospital, clinic, NGOs, a local hospital in Lombok that provides both public and private midwifery care, and a traditional birth attendant in Lombok. This is a unique educational opportunity to learn about midwifery within different cultures in Indonesia and Malaysia.

4 nights Borneo – 3 nights Sanur – 2 nights Ubud – 4 nights Lombok

15 – 28 September 2024
Tour leader: Ruth King
www.jonbainestours.com/bbl-mw
Alfred Russel Wallace was one of the greatest - and most fascinating - intellectuals of the nineteenth century. He developed the theory of evolution through natural selection in the Malay Archipelago, independently of Charles Darwin. This tour follows in the footsteps of this remarkable naturalist, from Sarawak in Borneo to Singapore, across to northern Sulawesi, to the spice island of Ternate, before ending in Bali by the Wallace Line.

The tour is led by George and Jan Beccaloni, world-renowned authorities on Wallace. These expert naturalists are also highly knowledgeable about this region, with a number of unique personal contacts.

20 September - 6 October 2024
Tour leaders: Dr George and Jan Beccaloni
www.jonbainestours.com/wallace

The tour is run in association with the Royal Society of Medicine.

Travel from ancient Armenia, the world’s first Christian country, to spectacular Georgia, whose long history has given it a colourful cocktail of influences spanning Turkey, Russia, Persia, Central Asia and beyond.

Gain insight into the ancient history and contemporary culture of both countries and enjoy delicious local food and wine in the land where wine was first produced. Explore the rich and varied musical traditions of the area, ranging from folk to monastic choral singing, and see awe-inspiring architecture in the most spectacular of settings. This tour is run in association with the Royal Society of Medicine.

21 September - 4 October 2024
Tour leader: Janice Liverseidge
www.jonbainestours.com/armenia

Follow the history of Germany from the powerful Saxon kings to the rise of mighty Prussia - exemplified by Sansoucci, Frederick the Great’s magnificent summer palace in Potsdam. The reach of the major German kingdoms was extended via marriage into the royal families of Europe, including the British royal family. The story continues with the Kaiser and the rise and fall of imperial Germany, through WWII and the Cold War to the modern day.

Your guide and speaker will trace the fascinating history of Germany with visits to key sites to illustrate the story. Speaker Giles Milton’s background is WWII and his particular focus will be 20th century Berlin and the Cold War.

30 Sept – 7 October 2024
Speaker: Giles Milton and full-time German national guide
www.jonbainestours.com/germany

Travel to southeastern Turkey and northern Mesopotamia, an area rich in ancient history, where ongoing archaeological discoveries further substantiate its claim to being a cradle of civilization.

Tour leader, The Right Reverend Lindsay Urwin, takes you to an area undiscovered by mass tourism, to explore such gems of antiquity as the earliest surviving man-made temple in the world. Along the way, experience a traditional society and enjoy its cuisine. Lindsay will give a series of specialist talks during the tour to provide context and explore the beliefs and history of the region.

1 - 13 October 2024
Tour leader: The Right Reverend Lindsay Urwin OGS
www.jonbainestours.com/origins

3 nights Yerevan – 1 night Dilijan – 2 nights Tbilisi
2 nights Kazbegi – 1 night Tbilisi

3 nights Diyarbakir – 2 nights Sanliurfa – 1 night Adiyaman – 3 nights Gaziantep
3 nights Cappadocia
Dental Study Tour in Uzbekistan

A rare opportunity to experience the culture, stunning architecture and cuisine of Central Asia’s historic Silk Road alongside a professional dental itinerary.

Travel in the footsteps of Silk Road caravans through dramatic isolated landscapes and ancient cities, brimming with some of the most spectacular architecture to be found on the Silk Road.

Visit the birthplace of the 12th century physician, Avicenna, and learn of his legacy, meet your dental peers and gain real insight into local dental practice.

7 - 19 Oct 2024
Tour leader: Dr Ashok Sethi
www.jonbainestours.com/uzbekdental

2 nights Tashkent – 3 nights Khiva – 3 nights Bukhara – 3 nights Samarkand – 1 night Tashkent

Women's Health in Japan: Obstetrics and Gynaecology

This new study tour provides rare access and insight into obstetrics and gynaecology, women's health and contemporary Japanese practice, with a range of visits and meetings. Fascinating cultural visits balance the professional itinerary at a spectacular time of year.

See Japan's most famous traditional art and crafts, as well as contemporary art, visit two of Japan's three great gardens during their magnificent autumnal display; see one of its most imposing castles Himeji, and the ancient capital of Kyoto. Experience the geisha district of Kanazawa and the laneways of Kurishiki, and cruise across the Inland Sea.

28 Oct - 9 Nov 2024
Tour leader: Richard Smith MD, FRCOG
www.jonbainestours.com/ogjapan

3 nights Tokyo – 2 nights Kanazawa – 3 nights Okayama – 2 nights Kobe – 2 nights Kyoto

Japan - Historical and Contemporary

Travel with Jason James OBE, the Director General of the Daiwa Anglo-Japanese Foundation, on a tour through Japan’s long history.

Follow Japan’s rich and fascinating history from the earliest historical records, continuing via the shoguns, the arrival of the black ships, the Meiji Restoration and the opening of Japan, to the modern day.

The tour includes a range of specialist visits and experiences in Osaka, Kyoto, Nara, Hakone, the Izu Peninsula and Tokyo, which are illustrated by short talks by Jason throughout the tour.

3 - 13 Nov 2024
Tour leader: Jason James OBE
www.jonbainestours.com/japan

2 nights Osaka – 3 nights Kyoto – 2 nights Mishima – 3 nights Tokyo

Midwifery in South Africa

This midwifery tour shows you the many faces of this beautiful and diverse land. Travel from Johannesburg into the safari country of Mpumalanga and the Kruger National Park, along the world famous, spectacular ‘Panorama Route’, into stunning Eswatini (formerly Swaziland) and Zululand, ending in the cosmopolitan harbour city of Cape Town.

Professional visits and talks will provide real insight into the medical and social issues surrounding midwifery and maternity care in South Africa. There is an optional pre-tour extension to spectacular Victoria Falls.

7 - 19 Oct 2024
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www.jonbainestours.com/uzbekdental

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www.jonbainestours.com/ogjapan

3 nights Tokyo – 2 nights Kanazawa – 3 nights Okayama – 2 nights Kobe – 2 nights Kyoto
Veterinary Study Tour in Argentina

This tour takes you to four incredible and very different parts of Argentina. Travel from vast Iguazú Falls to the cosmopolitan elegance of Buenos Aires, onto the mountains and pristine lakes of Bariloche, before ending amongst the blue glaciers of remote Patagonia.

See veterinary conservation in the tropics before continuing to Buenos Aires to learn about equine therapy for children, visit a veterinary association, an equine rehabilitation centre and a polo horse breeder. In Patagonia, experience the country by horseback, have an asado lunch at an estancia and learn firsthand about farming animals in remote landscapes. Enjoy the fine wines and food of Argentina and see authentic tango in the most sophisticated city in South America.

26 January – 8 February 2025
Tour leader: Michael Dooley
www.jonbainestours.com/indiaintegr

Ophthalmology in Sri Lanka

With no fewer than eight sites on the UNESCO World Heritage List, Sri Lanka offers mystical ruins, jungles, pristine tropical beaches, spice plantations and gemstone markets, national parks with huge herds of elephants, vivid green mountains and the best place for seeing blue whales in the world. Stay in some stunning hotels and enjoy mouth-watering cuisine.

Led by Prof. Harminder Dua, a leading ophthalmologist who has made significant contributions to the field, professional visits include the National Eye Hospital in Colombo, dinner with local ophthalmologists and visits to other hospitals and clinics.

17 – 30 November 2024
Tour leader: Professor Harminder Dua
www.jonbainestours.com/ophthal

Therapy and Rehabilitation in Sri Lanka

Welcome to Sri Lanka, a small island crammed full of treasures. It boasts no fewer than eight UNESCO World Heritage Sites; mystical ruins, jungles, gleaming white tropical beaches, national parks with giant elephants and fleet leopards, seas with blue whales, and mouthwatering cuisine.

Gain unique insight into its physiotherapy and occupational therapy and meet your Sri Lankan counterparts. Examine rehabilitation, mental health, childcare, the elderly, and disaster rehabilitation, and traditional rehabilitation. Professional visits range from large hospitals and smaller clinics to NGOs. Many visits are complemented by a range of talks and meetings with local therapists.

24 February - 8 March 2025
Tour leader: Kit Sinclair PhD
www.jonbainestours.com/srilankatr

Integrative Medicine in South India

Travel from the tranquil backwaters of Kerala, to the lush hills of the Western Ghats, to gracious Mysore. One of the oldest medical systems in the world, Ayurveda traditionally ran parallel with Western medicine within India, but this has recently changed.

Learn how Ayurveda and Western medicine are becoming much more integrated with visits to a range of practices and some leading practitioners, including the famous Souka Holistic Health Care Centre in Bangalore.

Experience contemporary integrative medicine in the culture that gave birth to Ayurveda on a tour that is itself a restful experience, with ample opportunities for boat rides, massage and relaxation.

17 – 30 November 2024
Tour leader: Campbell Costello
www.jonbainestours.com/vets

24 February - 8 March 2025
Tour leader: Kit Sinclair PhD
www.jonbainestours.com/srilankatr

Tour leader:

Michael Dooley
www.jonbainestours.com/indiaintegr

Professor Harminder Dua
www.jonbainestours.com/ophthal

Kit Sinclair PhD
www.jonbainestours.com/srilankatr
**Tour Name**

- Palliative Care in the Northern Territory
- Medicine in Cuba
- Veterinary Study Tour in South Africa
- Engineering in North India
- Dental Study Tour and Cruise in Thailand and Laos
- Palliative Care in Nepal
- Medicine in China
- Kingdoms of the North
- Ports and Cuisine in the Mediterranean

**Tour Date**

- 25 Aug - 1 Sept 2024
- Jan 2025
- Feb 2025
- Feb 2025
- 12 - 25 Mar 2025
- 24 Mar - 6 Apr 2025
- Apr 2025
- May 2025
- May 2025

**Tour Leader**

- Shyla Mills
- TBC
- TBC
- Michael Knight
- Prof. Philip Dowell
- Shyla and Jason Mills
- TBC
- Paul Luckin
- Lucy Malouf

**Botanical Histories in Sri Lanka**

Travel in the company of botanical expert, Carolyn Fry, to discover Sri Lanka’s botanical treasures.

Learn about its spice trade and production, both historical and contemporary, with practical applications in a cooking demonstration. Discover the significance of the Bo-tree and lotus flower at Dambulla Caves and walk through the Popham Arboretum, Sri Lanka’s only dry zone arboretum.

Visit the impressive botanical gardens in Peradeniya and Nuwara Eliya, as well as Victoria Park in Nuwara Eliya for the annual flower show, with which the tour coincides.

**Tour Date**

- 30 March – 13 April 2025

**Tour leader:** Carolyn Fry

**www.jonbainestours.com/srilankabot**

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**Medicine in North India**

This tour takes you on a grand tour through India’s rich history, culture and medical tradition. Starting in Delhi, where Mughal and colonial history rub shoulders alongside a vibrant contemporary culture, continue to the pink city of Jaipur before heading to Agra, home to the magnificent Taj Mahal. Continue to elegant Lucknow and then sacred Varanasi on the banks of the Ganges. Finish in Kolkata, a hub of Bengali literature, music and philosophy.

The medical programme has specialist visits ranging from the Jaipur Foot, to prestigious teaching hospitals and Ayurvedic practitioners, and is balanced by wide ranging cultural visits.

**Tour Date**

- 16 – 30 March 2025

**Tour leader:** Janice Liverseidge

**www.jonbainestours.com/indiamed**

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**Peru - land of gold and the sun-worshiping Incas, the biggest empire in pre-Columbian America.** From its tropical rainforests and indigenous tribes, to the towering Andes, to the coastline dotted with Inca ruins, Peru is an extraordinary destination. This tour takes you on a journey from Lima, a modern city with a colonial past, through the Andes to Cusco and onto the lost city of Machu Picchu; the most magnificent legacy of the Incas.

This bespoke tour combines a rich cultural programme with CPD professional visits. These visits examine nursing, midwifery and women’s health in Peru, a country where modern and traditional health care are both widely practiced.

**Tour Date**

- 31 March - 12 April 2025

**Tour leader:** Ruth King

**www.jonbainestours.com/perumw**

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**Nursing and Midwifery in Peru**

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**COMING SOON**

‘Save the date’ for these tours in development

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Contact Information

For more information about any of these tours please contact us to request the relevant brochure. You can also download brochures from the website.

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Call toll free on +1 877 739 8764

www.jonbainestours.com

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