



Stay at Banjaran Hot Springs in Malaysia

Cultural and Professional Study Tours in 2020 / 2021

Travel · Understand · Enjoy

www.jonbainestours.com



Jon Baines
tours

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



The Oberoi Grand Hotel in Kolkata

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. 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



Take the Semmering Railway from Prague through Austria to Ljubljana

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 spice up our tours we also travel by rickshaw, ox cart, jeep, ferry, cable car, rice barge and bus. *Bon voyage!*

What We Eat



Enjoy the cuisine of Malaysia on a culinary tour

We try to ensure that you enjoy the best of a country's cuisine; drinks as well as food. We also try to be as local as possible. Many of our regular meals add to the cultural experience of our tours. These could include a meal at the Koto charity in Hanoi, a *caipirinha* on a Brazilian beach, 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. On many of our tours to India, Vietnam and China we offer an optional cookery class and on others, like Kuala Lumpur in Malaysia (pictured), we offer culinary tours. On our *Cuisine and Culture Cruise* we take a gulet to sample delicious local dishes along the coast of Turkey, as well as in the gastronomic centre of Istanbul.

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. These projects encompass independent and innovative charities or NGOs that support local people. It's important to us that our tours benefit the areas that welcome us, so many of our tours 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 and is now pan-Indian. It has received multiple awards for both its humanitarian work and its groundbreaking prosthetic designs. The Kim Long Charity Clinic in central Vietnam provides free health care to underprivileged communities in remote areas. Tarabai Desai Eye Hospital in Jodhpur (pictured) provides affordable or free eye care to the poor in Rajasthan and also organises cataract eye camps throughout the state. Full details on our projects can be found at www.jonbainestours.com/about/projects

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. 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 curious travellers and so guides such as Zhang (John) in China, Prince Charles in South India, Sonya in Norway and Coco in Japan have got to know our groups and what they want to know. In short - everything!

Events and Festivals



One of the most significant events in 2020 is the 200th anniversary of Florence Nightingale's birth. In our "In The Footsteps Of" tours we look at the changes wrought by the actions or words of remarkable individuals throughout history. Florence Nightingale was of course best known for her role in establishing modern nursing, but she also made important contributions in architecture and health statistics. In the anniversary year of her birth we have created four different tours that acknowledge her legacy in different ways: *In the Footsteps of Florence Nightingale* in the UK and in Istanbul in May, *Nursing in China* in September and *Florence Nightingale in Florence* in October.

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2021

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* Details on this tour can be found at: www.jonbainestours.com/italyfn

All itineraries are subject to change according to local conditions.

Spice, Trade & Botanicals: Histories of the Malabar Coast



The Western Ghats

The Malabar Coast has been a meeting place of cultures throughout history. Its lush landscapes produced precious spices, rubber, teak and tea, which brought traders from far and wide. Each day on the tour has a botanical theme, with daily talks by tour leaders Bill and Helen Bynum on subjects including gardens, botanical art, spices, cuisine, medicine and trade. Travel through South India from the 'garden city' of Bangalore to Mysore, a city of palaces, sandalwood and silk. Up into the cool highlands and tea plantations of Ooty and Coonoor; cross the Cardamom Hills and into Kerala and the spice plantations of Periyar. Cruise along the tranquil backwaters on a houseboat to Cochin.

20 January – 3 February 2020

Tour leaders: Prof. Bill & Dr Helen Bynum

www.jonbainestours.com/malabar

**2 nights Bangalore – 3 nights Mysore – 3 nights Ooty – 1 night Madurai – 3 nights Periyar
– 2 nights Cochin**

Pharmacy in Vietnam



Hoi An old town from the river

This tour examines the development and current practice of pharmacy in Vietnam. Pharmacy has a long history in Vietnam and traditional medicines are still used today. Visits include the university in Hanoi to learn how pharmacists are trained, a retail and hospital pharmacy and the FITO Pharmacy Museum, which shows the historical development of pharmacy in Vietnam, including a visit to its pharmaceutical factory. The professional programme is balanced with a wide range of cultural visits, with ample opportunity to experience the beauty, culture and history of Vietnam and its fabulous cuisine.

23 February – 5 March 2020

Tour leader: Dr Stuart Anderson

www.jonbainestours.com/pharmviet

**3 nights Hanoi – 1 night overnight cruise Halong Bay – 2 nights Hue – 3 nights Hoi An
– 2 nights Ho Chi Minh City**

Paediatrics and Childcare in India

Learn about paediatrics and child health care across India from the north to the south. Visit a wide range of NGOs, hospitals and clinics; meet with fellow professionals and explore the culture, cuisine and landscapes of India. Travel from Delhi, where Mughal and colonial history rub shoulders. Continue to the pink city of Jaipur in Rajasthan via Agra, dominated by the majestic Taj Mahal. Continue to Karnataka for the garden city of Bangalore, the most vibrant techno-hub in South India, and elegant Mysore, city of palaces, silk and sandalwood. Continue to the cool hill stations of Ooty and Coonoor and finish in multicultural Cochin, to cruise the tranquil Kerala backwaters on a rice barge.



Taj Mahal at dawn

13 – 27 February 2020

Tour leader: Dr Nicki Murdock

www.jonbainestours.com/paediatrics

**1 night Delhi – 1 night Agra – 3 nights Jaipur – 1 night Bangalore – 3 nights Mysore
– 2 nights Ooty – 3 nights Cochin**

Ophthalmology in Brazil and Argentina

Travel from effortlessly spectacular Rio de Janeiro to the jungle and thundering Iguazu Falls, to finish in cosmopolitan Buenos Aires. Take in the history, the architecture and the natural beauty of these two countries while participating in ophthalmology professional visits in both Rio de Janeiro and Buenos Aires. Professional visits to university hospitals, private hospitals and medical clinics will investigate ophthalmology and eyecare in Brazil and Argentina. The tour is suitable for all eyecare professionals. A pre-tour extension in Rio de Janeiro includes the Carnival Champion's Parade and a post-tour extension explores Patagonia.



Christ the Redeemer overlooking Rio

2 – 12 March 2020

Tour leader: Professor Harminder Dua

www.jonbainestours.com/ophthal

3 nights Rio de Janeiro – 3 nights Iguazu Falls – 4 nights Buenos Aires

Histories of the Caribbean and the Americas Cruise

The Caribbean and the Americas have a multi-faceted history encompassing ancient cultures, colonisation and the modern era. This cruise explores stunning coastlines that were for centuries hotly contested by colonial powers. Visits include the impressive Panama Canal, the magnificent colonial city of Cartagena in Colombia, the rainforests and nature reserves of Costa Rica, Mayan cities in Mexico and Belize and beautiful Dutch style Willemstad in Curacao.

Travel with the experienced and popular husband and wife tour leader team of John and Susi Richardson, who were the doctor and nurse respectively on The British Trans Americas Expedition 1971-2; the first ever drive from Alaska to Cape Horn and the first crossing of the Darien Gap in Panama. Experience different cultures and cuisines and see the influence of



colonisation and modern societies on these lands. John and Susi will give specialist talks and there will be escorted shore excursions during the cruise.

The cruise is on Fred Olsen *MS Braemar*, a lovely classic mid-sized ship with light and airy décor. It has a gym with sea views, a small spa and salon, a crafts room, two swimming pools, two whirlpools, golf nets and deck games. There is also a card room and internet room near the library. In addition to the main Thistle Restaurant, there is the more intimate Grampian Restaurant and a self-serve buffet, plus a choice of bars and entertainment.



27 February – 12 March 2020

Tour leaders: Prof. John & Susi Richardson

www.jonbainestours.com/caribcruise

**La Romana, Dominican Republic – Cozumel, Mexico – Belize City, Belize
– Puerto Limon, Costa Rica – Colon, Panama – Cartagena de Indias, Colombia
– Willemstad, Curacao – Bridgetown, Barbados**

Medicine in Japan with the Royal Society of Medicine



9 – 21 March 2020

Tour leader: Janice Liverseidge

www.jonbainestours.com/japanrsm

Japan juxtaposes refined ritual and ancient history with cutting edge modernity and is unique in its food, culture, dress and traditions. Experience the magnificent culture and history of Japan and examine its contemporary culture and healthcare systems. See Japan's most famous traditional art form – woodblock printing – as well as its most exciting contemporary art on Naoshima Island. Wander through Japan's great gardens, visit Himeji castle and experience lesser known Japan. We have worked closely with RSM members in Japan to arrange specialist professional visits and talks, providing insight into the challenges and approaches to medicine within Japanese society.

3 nights Tokyo – 3 nights Okayama – 2 nights Hiroshima – 4 nights Kobe

Palliative Care in North India

India is a land like no other in the richness and diversity of its people, its culture and its history. On this tour learn about its society and approaches to palliative care alongside its history and philosophies. Travel from Delhi to the pink city of Jaipur, onto Agra, dominated by the majestic Taj Mahal, to colonial Lucknow and the great spiritual centre of Varanasi, where life and death meet. The tour finishes in the Bengali capital of Kolkata, rich in literature and culture and the first capital of the British Raj. The varied cultural programme is balanced by a wide-ranging professional itinerary of visits, talks and meetings with palliative care practitioners in both rural and urban India.



15 – 29 March 2020

Tour leader: David Oliviere

www.jonbainestours.com/indiapall

**3 nights Delhi – 3 nights Jaipur – 1 night Agra – 2 nights Lucknow – 2 nights Varanasi
– 3 nights Kolkata**

A Cruise through History Along the Hooghly

The Hooghly River is the main artery running through the history of Bengal. Bengal was once the richest province in India, its lush soil producing indigo, opium and rice crops and its exquisite textiles known as 'woven wind'. This progressive, wealthy and cultured land drew people from all over the world and Islam, Hinduism, Jainism and Christianity all flourished here. The long history of this province leaves a legacy of magnificent temples, buildings and parks. This tour to Kolkata and along the mighty Hooghly offers an unparalleled view of the rich history of the great



Daksineswar Kali Temple on the Hooghly River

province of Bengal. Tour leaders John and Susi Richardson will share their wide knowledge and personal family connections with India during the tour.

The ABN Sukapha has been chartered exclusively for our group. It contains 12 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 at the very top. Fabrics on board have been handwoven by Bodo tribal villagers; the comfortable rattan chairs are locally sourced and made. Food on board is a mixture of Assamese (milder than most Indian cuisine) and continental, with wines, beer and spirits on offer.



The ABN Sukapha

17 – 28 March 2020

Tour leaders: Prof. John & Susi Richardson

www.jonbainestours.com/hooghly

3 nights Kolkata – 7 nights Hooghly Cruise – 1 night Kolkata

Optometry Study Tour to Borneo and the Malay Peninsula



Colourful mansion in George Town, Penang

6 – 19 April 2020

Tour leader: David Shannon

www.jonbainestours.com/optometry

This exciting new study tour combines a full optometry professional programme with a richly rewarding cultural experience in Borneo and the Malay Peninsula, with an extension to beautiful Langkawi. From the vast jungles of Borneo and the riverine city of Kuching, travel to the Malay Peninsula, the modern city of Kuala Lumpur and the colonial charm of Malacca. Travel by boat into the world's oldest rainforest in Taman Negara and onto the Cameron Highlands, with its colonial hill stations and tea estates. Spend the night in a luxury natural spa resort surrounded by jungle clad mountains. Along the way enjoy the blend of European heritage with Malay, Chinese and Indian culture and cuisine in a truly diverse country.

**4 nights Kuching, Borneo – 3 nights Kuala Lumpur
– 2 nights Taman Negara National Park – 1 night Banjaran Hot Springs – 3 nights Penang**

Midwifery in Peru

Peru - land of gold and the sun-worshipping Incas. From its tropical rainforests and indigenous tribes, to the towering Andes - where rural life has changed very little over the last four centuries - 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 the majestic palace complex of Machu Picchu - a magnificent Inca legacy. This bespoke tour, supported by the Royal College of Midwives, combines a rich cultural programme with CPD professional visits examining midwifery in a country where the role of the midwife and natural birth is still developing.



Machu Picchu

12 – 23 April 2020

Tour leader: Prof. Dame Cathy Warwick CBE

www.jonbainestours.com/perumw

**3 nights Lima – 3 nights Sacred Valley – 1 night Machu Picchu – 2 nights Cusco
– 2 nights Puno**

Obstetrics and Gynaecology in Nepal and Bhutan



Mother and baby in Nepal

19 – 30 April 2020

Tour leader: Richard Warren

www.jonbainestours.com/ognepal

Take a tour through some of the most spectacular mountain scenery in the world, including a flight past Everest. With distinctive cultures and architecture, vivid colours and vibrant street life, Nepal is a treat for the senses. Bhutan is unlike anywhere else in the world, a self-contained mountain kingdom with a Gross National Happiness Index, which it ranks more highly than Gross Domestic Product. Professional visits examine obstetrics and gynaecology alongside visits to projects designed to help and empower women. There is also the option to extend in the jungles of Chitwan National Park.

**4 nights Kathmandu – 2 nights Thimphu – 2 nights Punakha – 2 nights Paro
– 1 night Kathmandu**

Dental Study Tour to Borneo and the Malay Peninsula

This exciting new tour combines a full dental professional programme with a richly rewarding cultural experience. From the vast jungles of Borneo and the riverine city of Kuching, travel to the Malay Peninsula, the modern city of Kuala Lumpur and the colonial charm of Malacca. Travel by boat into the world's oldest rainforest in Taman Negara and the colonial tea estates of the Cameron Highlands. Spend the night in a luxury natural spa resort surrounded by jungle clad mountains. Take the train and ferry to colourful George Town, a UNESCO World Heritage Site. Along the way enjoy the blend of European heritage with Malay, Chinese and Indian culture and cuisine



Taman Negara, Malaysia

4 – 17 May 2020

Tour leader: Kevin Esplin

www.jonbainestours.com/dental

**4 nights Kuching, Borneo – 3 nights Kuala Lumpur
– 2 nights Taman Negara National Park – 1 night Banjaran Hot Springs – 3 nights Penang**

Ecuador and the Galápagos

Ecuador is a compact country with enormous cultural and natural diversity that encompasses the extraordinary Galápagos Islands, the descendants of Spanish conquistadores and many distinct indigenous communities. The beauty of this tour is that it encapsulates this great variety without the need to cover long distances. It includes four nights on a private charter yacht in the Galápagos at an ideal time of year in the company of naturalist tour leader, Jan Beccaloni. Jan will also give specialist talks on topics ranging from butterflies and spiders to Darwin and evolution, giving context to your visits along the way. There is an optional extension into the Amazon after the tour.



Plaza Island, Galápagos

This EcoGalaxy Galápagos Catamaran has eight cabins and will take a maximum of sixteen passengers (fifteen participants plus tour leader). The large catamaran has spacious cabins with large windows and well equipped bathrooms. The catamaran includes a lovely sundeck with day beds, a terrace for sundowners, a large dining room and lounge with bar. There is a dedicated area where guides provide background on the daily island tours, wildlife and suggestions on additional walks, sightseeing, birdwatching, snorkelling etc. There are eight crew including a chef and bilingual naturalist guide.



EcoGalaxy Private Yacht

21 April – 3 May 2020

Tour leader: Jan Beccaloni

www.jonbainestours.com/ecuador

**2 nights Quito – 2 nights Mindo Cloud Forest – 3 nights Papallacta
– 4 nights cruising in Galápagos Islands – 1 night Quito**

Florence Nightingale in the UK



Follow in the footsteps of Florence Nightingale on a tour that brings her history to life on the 200th anniversary of her birth, with talks by local experts. This tour immerses you in her life in England, before she travelled to the battlefields of the Crimea and the hospital at Scutari in Istanbul. In London hear how she campaigned for improvements in health care, hygiene and nursing. Travel to Hampshire in southern England and visit grand Embley Park, a former Nightingale family home, and the Nightingale family burial site, as well as a childhood home in Lea Hurst in Derbyshire. A non-accommodation option is also available.

11 – 16 May 2020

Tour leader: Janice Liverseidge

www.jonbainestours.com/fnuk

5 nights London

Nursing in South Africa



This nursing study tour – supported by the Australian College of Nursing - reveals the many faces of this beautiful and diverse land. Travel from Johannesburg into Mpumalanga and the Kruger National Park to take safaris to spot the 'Big Five'. Continue along the spectacular 'Panorama Route', ending in the cosmopolitan harbour city of Cape Town. Your journey includes specialist visits to hospitals, clinics and a college. Meet nurses and learn about health care, nursing and education in South Africa, gaining real insight into the social issues surrounding your profession in South Africa. There is also an optional pre-tour extension to beautiful Victoria Falls.

21 June – 2 July 2020

Tour leader: Marilyn Gendek

www.jonbainestours.com/nursing

**2 nights Johannesburg – 3 nights Kruger National Park – 3 nights Hazyview
– 3 nights Cape Town**

Florence Nightingale in Istanbul

Istanbul's history is as richly layered as one of its baklava pastries; a bewitching fusion of cultures and influences spanning thousands of years. See Nightingale's story come alive in this fascinating city, where her work with the wounded of the Crimean War formed the basis of modern nursing. Step from Asia into Europe and back against a skyline studded with domes and slender minarets. Enjoy drinks at Pera Palace, take a culinary tour of the Spice Bazaar and cruise along the Bosphorus River. This tour can be combined with the *Florence Nightingale in the UK* tour from 11 - 16 May 2020, which coincides with the 200th anniversary of Florence's birth.



16 – 20 May 2020

Tour leader: Janice Liverseidge

www.jonbainestours.com/fn

4 nights Istanbul

Midwifery in Bali

Step off the tourist trail and experience lesser-travelled Bali - with an extension to Java - on this new midwifery study tour. The village midwife (bidan desa) is the backbone of maternity care in Indonesia, linking traditional midwives (dukuns) with the centralised maternity hospitals. Professional visits encompass midwifery units in cities and villages, charities and organisations supporting low-income communities and an alternative birth centre to look at the use of yoga and spirituality in maternity services. Learn about childbirth and parental education and meet with local midwives. **This tour follows the ICM Triennial Congress in Bali from 21 – 25 June 2020.**



26 June – 2 July 2020

Tour leader: Ruth King

www.jonbainestours.com/balimw

**3 nights Ubud – 2 nights Pemuteran – 1 night Sanur
Extension: 2 nights Kalibaru – 1 night Mount Bromo – 2 nights Malang – 3 nights Jogjakarta**

Veterinary Study Tour in Borneo and the Malay Peninsula



7 – 19 July 2020

Tour leader: Dr Campbell Costello

www.jonbainestours.com/vets

Travel with Campbell Costello through Sabah and Sarawak in Borneo to Kuala Lumpur and up the Malay Peninsula. Borneo is known as being the home of the orang utan, but it also contains a huge range of animal, marine and bird life. In both Sabah and Sarawak there are a wide range of visits examining wildlife conservation as well as a visit to a cattle farm on the slopes of Mount Kinabalu. In Kuala Lumpur meet with local vets, visit the beautiful historic city of Malacca and immerse yourself in the spectacular hot springs at Banjaran. In Ipoh visit the horse hospital and in Penang visit the Jockey Club to meet with equine vets. Throughout the tour enjoy the wonderful local cuisine of Malaysia.

**3 nights Kota Kinabalu – 3 nights Kuching – 2 nights Kuala Lumpur
– 1 night Banjaran Hot Springs – 3 nights Penang**

Heritage Tour of Sri Lanka



6 – 20 September 2020

Tour leaders: Prof. John & Susi Richardson

www.jonbainestours.com/srilanka

The small island of Sri Lanka is crammed full of treasures, with no fewer than eight UNESCO World Heritage Sites. It offers mystical ruins, jungles, gleaming white tropical beaches, national parks with huge herds of elephants and the occasional shy leopard, vivid green mountains and mouth-watering cuisine. On this heritage tour you will travel from the colonial capital, Colombo, to the ancient cultural heartland of the island, through jungles to the coast at Trincomalee and into the highlands of Nuwara Eliya. Talks by tour leaders John and Susi provide insight into Sri Lankan history and society, alongside visits and ample free time to relax.

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

Dental Study Tour in Ecuador and the Galápagos

See dentistry through the prism of Ecuador, a land of enormous cultural and natural diversity, including the incomparable Galápagos Islands. There is also the option to extend at a luxury eco lodge in the Amazon jungle after the tour. This tour encapsulates the great variety to be found within this compact country, alongside a full programme of professional visits. Experience colonial Quito, the exquisite cloud forests of Mindo, the high country thermal springs at Papallacta in the Andes and finally the Galápagos Islands on a private charter first class yacht. This tour is strictly limited to fourteen people.



4 – 16 September 2020

Tour leader: Dr Ashok Sethi

www.jonbainestours.com/ecudental

**2 nights Quito – 2 nights Mindo Cloud Forest – 3 nights Papallacta – 4 nights Galápagos
– 1 night Quito**

History of Medicine in Turkey and Greece

History, medicine and culture intertwine on this journey through Turkey and the Greek Islands. Nowhere else has such a concentration of important medical historical sites, amidst some of the richest culture and history in the world. Travel with GP and archaeologist Dr Matt Young from Istanbul to the beaches of Gallipoli and onto Pergamum, Kos and Rhodes. Your journey encompasses thousands of years of medical history, including Florence Nightingale, the Gallipoli beach hospitals, Hippocrates, Galen and the Knights of St John.



8 – 21 September 2020

Tour leader: Dr Matt Young

www.jonbainestours.com/hmed

**3 nights Istanbul – 1 night Gallipoli – 1 night Izmir – 2 nights Selçuk – 2 nights Bodrum
– 3 nights Rhodes – 1 night Bodrum**

Midwifery in Norway and Denmark



Nyhavn, Copenhagen

9 – 19 September 2020

Tour leader: Professor Nicky Leap

www.jonbainestours.com/norwaymw

This fascinating new midwifery study tour, led by Professor Nicky Leap, explores the women-centric approach to midwifery practised in Norway and Denmark. Midwifery is a thriving and respected field in both these countries with low rates of intervention and medicalisation. Take the train through beautiful scenery and cruise from Oslo to Copenhagen on a tour with your local guide, Sonya. This tour takes you to the heart of midwifery practice in both urban and remote rural environments while exploring the natural beauty, cosmopolitan style, progressive culture and long history of these spectacular Scandinavian countries.

**3 nights Trondheim – 2 nights Lillehammer – 2 nights Oslo – 1 night overnight ferry
– 2 nights Copenhagen**

Anaesthesia in Slovenia, Croatia and Bosnia



Lake Bled in Slovenia

10 – 19 September 2020

Tour leader: TBC

www.jonbainestours.com/anaesth

Take the train from Prague on a great rail way journey via Vienna on the UNESCO listed Semmering route to Ljubljana. Explore this stunning city and the beautiful Slovenian countryside and picturesque Lake Bled. Travel by train to Zagreb in Croatia before continuing by road to Sarajevo. Drive through dramatic mountain landscapes to the extraordinarily beautiful towns of Mostar and Pocitelj before ending the tour in Dubrovnik. A range of visits examine anaesthesia and medicine in Slovenia, Croatia and Bosnia, alongside meetings with local practitioners. There is the option to extend in beautiful Dubrovnik after the tour. **This tour follows the WCA Congress in Prague from 5 – 9 September 2020.**

**3 nights Ljubljana – 2 nights Zagreb – 2 nights Sarajevo – 1 night Mostar
– 1 night Dubrovnik**

Cuisine and Culture in Turkey: A Gulet Cruise

Cruise on a stylish gulet along the coast of west Turkey from Bodrum. Enjoy mouth-watering regional fare from local restaurants as well as a range of delicious dishes served up onboard, with lazy indulgences in the most spectacular of settings with John Lethlean, a restaurant critic, and Kate Parry, a cordon bleu chef. Watch the sun sink into turquoise seas and enjoy the delicious consequences of centuries of cultural mingling and trade. The yacht is a lovely mid-range gulet which has air-conditioned ensuite cabins with a spacious sun deck area. There is a pre-tour culinary extension to Istanbul.



Bodrum

10 – 19 September 2020

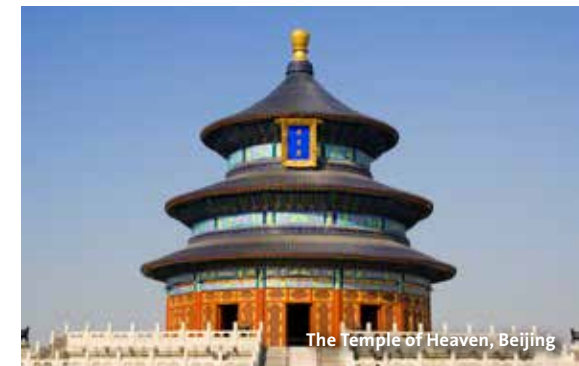
Tour leaders: John Lethlean & Kate Parry

www.cuisine-cruise.com

2 nights Bodrum – 7 nights cruise

Nursing in China

This nursing study tour is run in conjunction with the Florence Nightingale Fellowship in the 200th anniversary year of Florence Nightingale's birth. Explore nursing and health care in China while visiting China's great sites. Journey from imperial Beijing onto the Silk Road city of Xi'an, home of the magnificent Terracotta Warriors. Travel by high speed train to historic Nanjing and end your tour in the dynamic city of Shanghai. Your journey includes specialist visits to hospitals, a traditional pharmacy, a community nursing clinic and the Nanjing Nightingale Nursing College in Nanjing. You will also visit a city hospital in Xi'an to see how Traditional Chinese Medicine is used.



The Temple of Heaven, Beijing

13 – 23 September 2020

Tour leader: Zhang Zhong Jiu

www.jonbainestours.com/chinafn

3 nights Beijing – 2 nights Xi'an – 3 nights Nanjing – 2 nights Shanghai

Dental Cruise in the Baltic



The Church of Spilled Blood, St Petersburg

14 – 23 September 2020

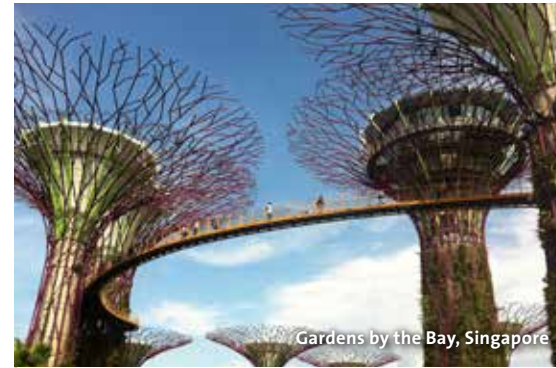
Tour leader: Dr Derek Mahony

www.jonbainestours.com/baltic

Cruise to some of the most beautiful parts of the Baltic on this CPD dental cruise aboard the NCL ship Norwegian Getaway. Start in lovely Copenhagen and sail to the pretty German town of Warnemunde. Continue to the beautiful city of Tallinn with its winding medieval streets and onto magnificent St. Petersburg for two full days exploring this famous city founded by Peter the Great. Continue to the Art Nouveau city of Helsinki and onto Stockholm, home of the Nobel prize and Viking history. Throughout the cruise there will be dental lectures by tour leader Dr Derek Mahony.

Copenhagen – Warnemunde – At Sea – Tallin – St Petersburg – Helsinki – Stockholm – At Sea – Copenhagen

Engineering in the Malay Peninsula, Singapore & Borneo



Gardens by the Bay, Singapore

10 – 23 October 2020

Tour leader: Michael Knight

www.jonbainestours.com/engineers

Travel from Kuala Lumpur to Malacca, Singapore and onto Sarawak and Sabah in Borneo. Along the way take part in a range of specialist visits that examine cutting edge civil and mechanical engineering, both contemporary and historic. The wide-ranging professional visits include a digital motor factory in Singapore, a pepper sauce factory in Sarawak and the Vulcan Steam Railway in Sabah. There is a full partner programme and a range of excursions reflecting the wonderful wildlife, culture and cuisine of the region. After the tour there is the opportunity to extend on the beaches of Kota Kinabalu.

2 nights Kuala Lumpur – 2 nights Malacca – 3 nights Singapore – 3 nights Kuching – 3 nights Kota Kinabalu

Occupational Therapy in Slovenia, Croatia and Bosnia

This fascinating study tour follows on from the 2nd COTEC – ENOTHE Congress in Prague from 23 – 27 September. Take the train from Prague on a great railway journey via Vienna on the UNESCO listed Semmering route to Ljubljana. Explore this stunning city and the beautiful Slovenian countryside and picturesque Lake Bled. Continue by train to Zagreb in Croatia before continuing by road to Sarajevo. Drive through dramatic mountain landscapes to Mostar and Pocitelj before ending in Dubrovnik. There are a range of enlightening visits reflecting how occupational therapy has developed in these three countries.



Dubrovnik

28 September – 7 October 2020

Tour leader: Kit Sinclair

www.jonbainestours.com/ot

3 nights Ljubljana – 2 nights Zagreb – 2 nights Sarajevo – 1 night Mostar – 1 night Dubrovnik

Medicine in China

This tour gives you insight into China's ancient history as well as contemporary issues in medicine and society. A wide range of professional visits and talks show how Western medicine and Traditional Chinese Medicine are integrated in practice in China. From imperial Beijing journey to the Silk Road city of Xi'an. Travel by high-speed train to Chengdu, known for its arts, teahouses and pandas. Continue to the rural beauty of Emei Shan, one of the most sacred mountain sites in China, and relax at a stylish resort. The tour ends in Shanghai, a dynamic city with a glamorous Art Deco heart.



The 'Giant Man' of Leshan near Emei Shan

12 – 25 October 2020

Tour leader: Associate Professor David Bell

www.jonbainestours.com/chinamed

3 nights Beijing – 2 nights Xi'an – 3 nights Chengdu – 2 nights Emei Shan – 3 nights Shanghai

Pre-Cruise: Athens and the Peloponnese



Epidaurus

7 – 10 October 2020

Tour leader: Briony Hudson

www.jonbainestours.com/greece

This tour can be joined as a pre-cruise extension to our *Conflicts, Cures and Curiosities in the Eastern Mediterranean Cruise* or taken as a stand-alone tour. Explore Athens, cross the Corinth Canal and continue to the ancient ruins of Nemea. Drive to beautiful Nafplio and through the Argos Plain to Mycenae. Continue to the magnificent amphitheatre at Epidaurus and visit its Asclepeion - the most celebrated healing centre of the classical world. Expert tour leader Briony Hudson is a pharmacy historian and President of the Faculty for the History and Philosophy of Medicine and Pharmacy at the Society of Apothecaries.

1 night Athens – 2 nights Tolo

Conflicts, Cures & Curiosities in the Eastern Mediterranean

Set sail from Athens to Valletta, journey across the Eastern Mediterranean along the coastlines of Albania, Montenegro and Italy and explore medical and military history that spans thousands of years. Hear about plagues and sailors, ancient pharmacology, how religion and medicine co-existed in the ancient world and WWII battles from your expert lecturers on board (Natasha McEnroe, Simon Chaplin, Briony Hudson and Michael Crumplin).

Throughout the cruise enjoy private excursions that delve beyond the ordinary. Cruise the Corinth Canal from Athens, visiting Delphi en route; explore ancient ruins from Butrint to Taormina; walk around medieval and Renaissance towns that effortlessly exude charm, take a sunset cruise past the famous volcano of Stromboli and relax over delicious Italian lunches.



The castle in the Isola di Capo Rizzuto, Crotona in Calabria, Italy

Post-Cruise: Military and Medical History in Malta

This tour has been designed to follow on from our *Conflicts, Cures and Curiosities in the Eastern Mediterranean Cruise*, but it can be also be taken as an independent tour. Malta's beauty is battle-scarred, thanks to the island's strategic position in the Mediterranean, which attracted the Phoenicians, the Carthaginians, the Romans, the Byzantines and the Ottomans, as well as the French and the British. Learn about Malta's long and fascinating medical and military history. Tour leader Pete Starling is a specialist military guide whose many areas of expertise include Malta. He is also the recently retired Director of the Army Medical Services Museum.



Valetta harbour

20 – 23 October 2020

Tour leader: Pete Starling

www.jonbainestours.com/malta

3 nights Sliema, Malta

There is a pre-tour extension to Athens and the Peloponnese and a post-cruise extension to Malta (see opposite).

The intimate *MS Serenissima* is able to navigate small ports inaccessible to bigger cruise ships. Taking no more than 95 passengers, the elegant ship was refurbished in 2018. Onboard there are two lounges, a small library, spacious observation decks allowing for 360-degree views, a lido area, jacuzzi and outside bar. The Venice restaurant accommodates all guests in one sitting, with picture windows offering lovely views. Tea and coffee are available throughout the day in the Andrea lounge.



MS Serenissima

10 – 20 October 2020

Tour leader: Natasha McEnroe

Speaker: Dr Simon Chaplin,
Briony Hudson, Michael Crumplin

www.jonbainestours.com/hmedcruise

Athens – Delphi – Corfu – Sarande – Kotor – Gallipoli – Lecce – Taranto – Crotona – Lipari – Stromboli – Messina – Taormina – Pozzallo – Modica – Scicli – Valletta

Medical and Military History in Israel, Palestine and Jordan



Acre

26 October – 11 November 2020

Tour leader: Prof. John Pearn

www.jonbainestours.com/jordan

Travel through ancient and beautiful countries that blend some of the world's greatest historical and architectural treasures with layers of culture, superb cuisine and a proud tradition of hospitality. Visit Beersheba on the anniversary of the charge of the 4th Australian Light Horse in 1917, which is remembered as the last great cavalry charge. The long and complex history of the area encompasses the formation of the Knights Hospitaller and Templar, the Crusades, the end of the Ottoman Empire, TE Lawrence and the Arab Revolt and key scenes from WWI and WWII, against a backdrop of mountains, Mediterranean coastline and deserts.

**2 nights Amman – 3 nights Jerusalem – 1 night Beersheba – 3 nights Haifa
– 2 nights Amman – 3 nights Petra – 1 night Wadi Rum – 1 night Dead Sea**

Japan: Historical and Contemporary

Travel with Jason James, the Director General of the Daiwa Anglo-Japanese Foundation, on a tour through Japan's history. This beautiful country is a fascinating blend of refined ritual, stylised ceremony, ancient history and modern urbanity. The itinerary follows Japanese history from the first empire and continues to the Shoguns, the arrival of the Europeans, the Meiji Restoration and the opening of Japan, to the modern country it is today. The tour includes a range of specialist visits and experiences in Osaka, Kyoto, Nara, Hakone, the Izu Peninsula and Tokyo. There is an optional extension to Nagasaki after the tour.



Autumn leaves in Kyoto

8 – 18 November 2020

Tour leader: Jason James

www.jonbainestours.com/japan

**2 nights Osaka – 3 nights Kyoto – 2 nights Izu – 3 nights Tokyo
Extension: 3 nights Nagasaki**

In the Footsteps of Wallace in the Malay Archipelago



Halmahera, Indonesia

5 – 20 January 2021

Tour leaders: Dr George and Jan Beccaloni

www.jonbainestours.com/wallace

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. He was known as the greatest living authority on the region, particularly of its zoogeography and discovered what is now known as the Wallace Line - a dividing line between Asian and Australasian animal species that extends between the islands of Bali and Lombok and Borneo and Sulawesi. This tour follows in the footsteps of this remarkable naturalist, through the fascinating cultures and spectacular landscapes of Malaysia, Singapore and Indonesia.

**4 nights Kuching – 2 nights Singapore – 4 nights Manado – 1 night Ternate
– 2 nights Halmahera – 2 nights Bali**

Ethiopia: Ancient and Contemporary

Ethiopia has the longest archaeological record in the world, is home to one of the oldest Christian civilisations on the planet and has been dubbed the cradle of humanity. Its diverse natural landscapes are spectacular and its rich cultural identity is firmly intact, being almost the only African country to have escaped lengthy European colonisation. This tour reveals Ethiopia past and present and shows an extraordinary land with a heritage matched by few countries in the world. Dr Richard Marsh has led tours to Ethiopia for 20 years and is a particular expert on its art, music, religious traditions and theology. There is a Rift Valley extension after the tour.



Lalibela market, Ethiopia

17 February – 2 March 2021

Tour leader: Dr Richard Marsh

www.jonbainestours.com/ethiopia

**2 nights Addis Ababa – 2 nights Axum – 3 nights Lalibela – 2 nights Gondar
– 2 nights Bahar Dar – 2 nights Addis Ababa**



Jon Baines
tours

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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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Food seller in Cartagena, Colombia