



Forbidden City rooftops

# Dental Study Tour to China

16 – 26 May 2022

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

Extension: 3 nights Guangxi Province

*“Visits were all excellent; had some enjoyable authentic Chinese food. All in all, a wonderful trip and look forward to booking our next tour with Jon Baines.”*

Anne-Louise Langman, Dental Tour to China, May 2019



Jon Baines  
tours



Towering cliffs along the Yangtze River

**This tour takes you on a journey through China's history, culture and cuisine while integrating a full dental professional programme. It encompasses the ancient and cutting-edge modernity as you travel from the great imperial city of Beijing to the Silk Road city of Xi'an, home of the Terracotta Warriors and magnificent city walls. Embark on a cruise along the great Yangtze River, which has wound through some of China's most stunning scenery as a major transport route for thousands of years, to finish in dynamic Shanghai, with its elegant Art Deco heart.**

The tour incorporates a full dental programme with professional visits that include a dental teaching hospital in Beijing, a local dental clinic in Xi'an and, by way of contrast, a traditional

hospital to see how Chinese Medicine is used in dentistry and oral health care. Tour leader Dr Christine May holds a degree in Traditional Chinese Medicine and will provide expert context to these visits. There are also a number of CPD talks during the cruise. This tour carefully balances the cultural and professional within a fascinating itinerary, with many varied and delicious meals on the way.

There are also optional extensions after the tour - to beautiful Guilin and Yangshuo, or spectacular Shanghai, from where you can make day trips to ancient water towns such as Suzhou and Tongli.

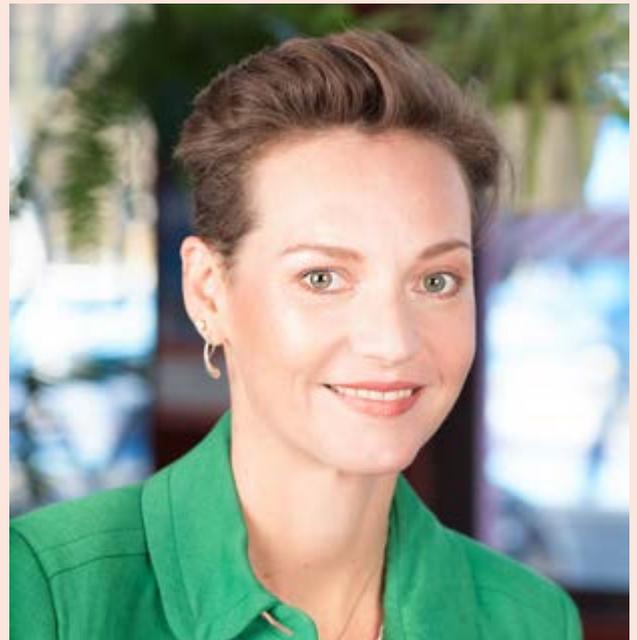
**The tour professional programme is eligible for CPD. Please contact us after the tour to request an attendance certificate. Partners are very welcome to attend the tour.**

## Tour Leader

**Dr Christine May** is a general dentist with career experience in cosmetic, special needs, complex and HIV dental medicine, aged care, dental phobia management, rural and remote dentistry and teledentistry. Dr May also holds a degree in Chinese medicine and has completed advanced courses in dental sleep medicine, facial injectables, orofacial myology, integrative nutrition, naturopathy, yoga and bodywork.

After twenty plus years working in the dental industry across Australia, Dr May has become an enthusiastic advocate for mouth-body wellbeing: improving health via knowledge of the links between oral health and total body wellness. She has extensive career experience in general, cosmetic, special needs, complex and HIV dental medicine, aged care, dental phobia management and rural and remote dentistry.

Dr May will lead the tour with our national guide, Zhang Zhong Jiu (known as John), who



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.

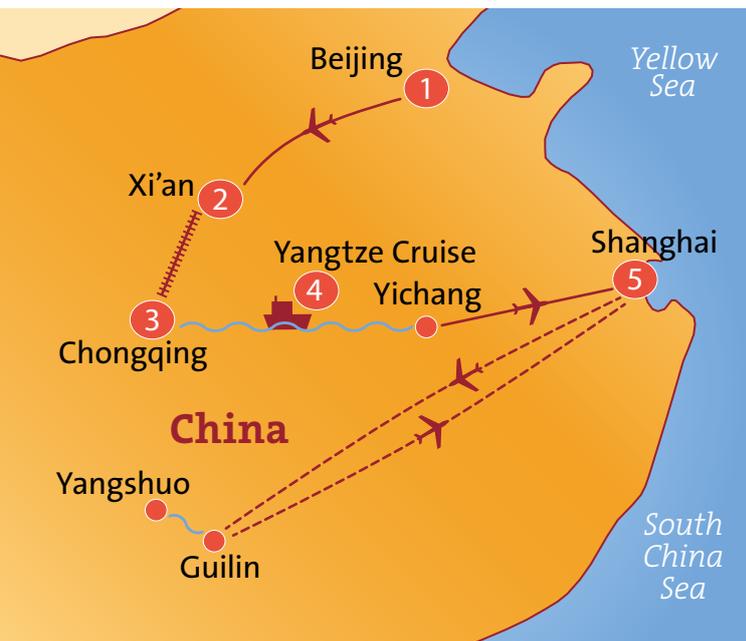
*“Our national guide John was excellent in every way – friendly, well organised, very knowledgeable, experienced; cannot praise him highly enough.”*

Colin Ridley, Medicine in China, October 2019



The Terracotta Warriors

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



## Day 1: Beijing (Mon, 16 May) **D**

**Am:** Arrive in Beijing, China's mighty imperial city, where the ancient and the modern collide on the most magnificent scale. The hotel is close to the impressive Temple of Heaven and for those arriving in the day it is just a short walk to this iconic site.

## Day 2: Beijing (Tues, 17 May) **B D**

**Am:** Visit the beautiful Summer Palace and a teahouse.  
**Pm:** Drive out to visit the iconic Great Wall where there is plenty of time to explore at your leisure.  
**Eve:** Enjoy a traditional Peking Roast Duck dinner.

## Day 3: Beijing (Wed, 18 May) **B D**

**Am:** Visit the 500-year old Tong Ren Pharmacy; founded in 1669 the pharmacy still 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.  
**Pm:** Visit the Teaching Dental Hospital of the Beijing Medical University to learn about dental training and education in China.

This is followed by a departmental tour, during which you will meet professional counterparts.

**Eve:** Option to see the extraordinary Beijing Acrobats.

## Day 4: Beijing / Xi'an (Thurs, 19 May) **B D**

**Am:** Fly from Beijing to Xi'an, an ancient Silk Road hub and probably the first truly multicultural city in the world. Check into your hotel.

**Pm:** Visit a local dental clinic to compare practice and learn of day-to-day dentistry in China and see how it is changing. Take a walk along the vast medieval city walls of Xi'an and visit atmospheric Calligraphy Street Market.

**Eve:** Option to see traditional Tang Dynasty Theatre with its graceful, colourful performances.

## Day 5: Xi'an (Fri, 20 May) **B D**

**Am:** Early risers have the option to watch, or join, locals practising tai chi in the park before visiting the necropolis of the Terracotta Warriors, where you will have ample time to explore this superb site.

**Pm:** Visit the excellent Hospital of Chinese Medicine to tour the departments of herbal medicine, massage and acupuncture and learn of integrated health care in China today.

**Eve:** In the evening visit the old Muslim quarter, which comes to vibrant life as the locals throng its many restaurants and food stalls.

## Day 6: Xi'an / Three Gorges Cruise (Sat, 21 May) **B D**

**Am:** 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.

**Pm:** Take a city tour of Chongqing.

**Eve:** Board the 5-star Victoria cruise ship in the evening to commence your three-night cruise along the Yangtze River.

**Day 7: Three Gorges Cruise**  
(Sun, 22 May)

**B L D**

**Am:** This morning 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.

**Pm:** Listen to CPD dental lectures on board.

**Day 8: Three Gorges Cruise**  
(Mon, 23 May)

**B L D**

**Am:** Cruise 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.

**Pm:** Optional excursion through the attractive

gorges of the Goddess Stream.

**Day 9: Three Gorges Cruise / Shanghai**  
(Tues, 24 May)

**B L D**

**Am:** Disembark this morning and take a specially-designed sightseeing boat through the recently-completed unique ship lock with a ship lift, the world's largest. Visit the Three Gorges Dam, a remarkable if highly contentious piece of engineering.

**Pm:** Enjoy a traditional Chinese massage (if late flight). Fly to Shanghai.

**Day 10: Shanghai (Wed 25 May)**

**B D**

**Am:** Shanghai is a vibrant, cutting edge city with a spectacular skyline and a fabulous Art Deco heart. Explore the elegant French Concession.

**Pm:** Visit the riverside Bund and the boutique markets of Tian Xi Fang.

**Eve:** Farewell dinner.

**Day 11: Shanghai (Thurs, 26 May)**

**B**

**Am:** Depart Shanghai or take an optional extension to stunning Guanxi Province, or extend in Shanghai.



Shanghai skyline



Li River winding through Guangxi Province

## Optional Extensions

### 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 its river front and many galleries. Next morning take a scenic cruise along the stunning Li River to the charming cobblestone town of Yangshuo and spend the rest of the day at leisure. 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 beautiful surroundings. In the evening there is the option to see a spectacular son et lumière show. Fly from Guilin.

### Shanghai and surrounds

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

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

*“Really enjoyed the bike ride around Yangzhou.”*

Anthony Hamilton, OT in China, 2017



Tongli water town (top); Cormorant fishing (above)



Walk along Xi'an's old city walls

## Yangtze Cruise

The 3-night river cruise will be on one of the 5-star Victoria Cruise Lines ships. Victoria Cruise Lines has been the leader in luxury cruising on China's majestic Yangtze River for the past 25 years, with a fleet of seven ships that all hold the coveted five-star rating from the China Ministry of Culture and Tourism. Hotels are all good medium-grade to first

*“Hotels all well located and very well equipped. Exceeded expectations. Very comfortable. Very happy with hotel choices.”*

Jeremy and Angela Meates, Medicine in China, October 2019

**The ground only cost of the tour is USD \$3,332 per person sharing (excluding international flights and transfers)**

### **The cost includes:**

- The services of a specialist tour leader (Dr Christine May).
- Seven 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 USD \$644**

- 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.**

**All itineraries are subject to change, according to local conditions.**

## 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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Beijing Acrobats (top); Great Wall; Traditional Chinese Medicine pharmacy; Temple of Heaven, Beijing (above)



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