



The burnished rooftops of The Forbidden City, Beijing

Pharmacy in China

14 – 27 October 2017

“Hospital and clinic visits were amazing. A great range through large “western” hospitals to Chinese Medicine and a barefoot doctor. Well organised and all fascinating.”

John Belem, Anaesthesia in China, May 2014



ROYAL
PHARMACEUTICAL
SOCIETY



Jon Baines
tours



The Great Wall

China has a long history of pharmacy and herbal medicine. This tour takes you on a historical journey from China's traditional pharmacies and herbalists to the modern day, where traditional pharmacy combines very effectively with Western medicine. Learn about the history of pharmacy and the thriving field of pharmaceutical science in China. You will visit western and traditional Chinese hospitals and pharmacies, the Chinese Medicine University and a pharmacy college and meet with pharmacists and students.

This tour, which is supported by the Royal Pharmaceutical Society, examines the developments in pharmacy in China within the social and economic context and looks at how Western medicine is incorporated with Traditional Chinese Medicine (TCM). The tour is designed to give participants a fascinating insight into China by looking at its society, its history and its approach to medicine, as well as its contemporary culture. A superb cultural programme takes you well off the beaten track to offer an insider's view of China. Experience its great cities and enjoy the stunning landscapes, history and society of this extraordinary land.

Fly to Beijing, China's mighty imperial city, where the ancient and the modern collide on the most magnificent scale.

The following morning visit the beautiful Summer Palace and a teahouse. In the afternoon drive out to visit the iconic Great Wall with a traditional Peking Duck dinner in the evening.

Spend the next day sightseeing, beginning with a visit to the vast expanse of Tiananmen Square and the impressive Forbidden City, once barred to all but the inner royal circle. Afterwards take a walking tour of one of the traditional hutong districts of old Beijing, the oldest areas in the city. Later in the evening there is the option to watch the gravity-defying Beijing Acrobats.



A traditional herbal pharmacy, Beijing



The marble 'boat' at the Summer Palace, outside Beijing

Make your first professional visit the following morning to visit Tong Reng Tang, an ancient pharmacy founded in 1669 that prescribes both Western and Chinese medicine and is today located in the heart of old Beijing.

That afternoon visit The Peking Union Medical College Hospital. The hospital, founded by British and American missionaries, is close to the Forbidden City and is one of the most prestigious teaching hospitals in China. Visit the Pharmacology Department and the pharmacy and meet with staff and students. Later hear a talk from tour leader Stuart Anderson on the 'History of Pharmacy'.

In the morning take the high-speed train to Xian, the ancient Silk Road hub and probably the first truly multicultural city in the world. In the evening there is the option to see elegant, traditional Tang Dynasty Theatre.

Early risers have the option to make an early morning visit to watch - or join - locals practising tai chi in the park the next day. Return for breakfast before a visit the amazing necropolis of the Terracotta Warriors, where you will have ample time to explore this superb site. In the afternoon visit the medieval city walls, still perfectly intact, and the atmospheric Calligraphy Street Market. Afterwards visit the vibrant old Muslim quarter at night when it truly comes to life as the locals throng its many restaurants and food stalls.

Next morning visit the excellent Hospital of Chinese Medicine, where you will tour the departments of herbal medicine, massage and acupuncture and the hospital's three distinct pharmacies. Later board your flight to Guilin in Guangxi Province, where you will check into your hotel.

Guangxi Province has been a favourite of Chinese artists throughout the ages because of its spectacularly beautiful landscapes. Next morning enjoy a scenic cruise along the stunning Li River to the cobblestone village of Yangshuo, where you will stay for two nights. Spend the rest of your day at leisure to enjoy the charms of the town.

Next morning take a cycle or buggy ride through the local villages and paddy fields and through beautiful scenery and visit Dr Shu, the wonderfully named 'barefoot doctor'. In the afternoon there is the option to join a cookery class at Cloud 9 (where you will have dinner that evening) to learn how to cook mouthwatering and highly spiced Sichuan cuisine, or simply spend time at leisure enjoying the beautiful surroundings. In the evening there is the option to see a spectacular son et lumière show.



The Terracotta Warriors, Xian (top);
The night market in the old Muslim quarter in Xian (above)



Next morning fly to Shanghai and transfer to the ancient water town of Suzhou. Check into your hotel and settle in at leisure.

The exquisite 2,500-year old town of Suzhou is famed for its canals, gardens and silk. Visit its renowned gardens, the silk workshop and museum in the morning. That afternoon drive to Shanghai, China's most cutting edge city with its spectacular contemporary skyline and fabulous Art Deco heart

The following morning visit the School of Pharmacy and learn of the curriculum, and meet faculty members and Students. In the afternoon visit the Traditional Chinese Medicine and University and learn of the history and future of Chinese Medicine.

Next morning visit the excellent Shanghai Museum and People's Square, walk along Nanjing Road and take a walking tour of old Shanghai. In the afternoon explore the wonderful alleys of Tian Zi Fang and the elegant French Concession. Enjoy a farewell dinner with the group in the evening and return to your hotel via the spectacular illuminated Bund at night.

Transfer to the airport the next day for your return flight.



Arrive in Yangshuo (top); A waterwheel on the Li River; A canal in Suzhou; Fan tai chi on the Bund, Shanghai (above)

Itinerary 14 – 27 October 2017

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

4 nights Beijing – 2 nights Xian – 1 night Guilin – 2 nights Yangshuo
– 1 night Suzhou – 3 nights Shanghai

14 Oct (Sat)	Beijing D	22 Oct (Sun)	Guangxi Province B D
Pm	Arrive Beijing and transfer to the hotel and dinner	Am	Cycle or buggy ride through the countryside past farms and villages. Visit the 'barefoot doctor' and her rural clinic.
15 Oct (Sun)	Beijing B D	Pm	At leisure or optional cookery class
Am	Visit the Summer Palace	Eve	Talk: "A History of Pharmacy in China" Stuart Anderson
Pm	Visit the Great Wall		
Eve	Peking Roast Duck dinner		
16 Oct (Mon)	Beijing B D	23 Oct (Mon)	Guangxi Province / Suzhou B D
Am	Visit Tiananmen Square and the Forbidden City	Am	Fly from Guilin to Shanghai
Pm	Walking tour of the hutongs of old Beijing	Pm	Transfer to the ancient town of Suzhou
Eve	Optional Beijing Acrobats		
17 Oct (Tues)	Beijing B D	24 Oct (Tues)	Suzhou B D
Am	Visit Tong Reng Tang, a pharmacy founded in 1669 that prescribes both Western and Chinese medicine	Am	Visit the Master of the Nets Garden, the silk workshop and museum
Pm	Peking Union Medical College Hospital (PUMCH). Visit the Medical History Museum. Tour the Pharmacology Department and pharmacy Talk: "A History of National Pharmacopoeias" Stuart Anderson	Pm	Drive to Shanghai
18 Oct (Wed)	Beijing / Xian B D	25 Oct (Wed)	Suzhou / Shanghai B D
Am	Take the high-speed train to Xian	Am	Visit Fudan University School of Pharmacy. Introduction to course curriculum and exchange with faculty members
Pm	Transfer to the hotel	Pm	Visit the Traditional Chinese Medicine University and Museum
Eve	Optional visit to traditional Tang Dynasty Theatre		
19 Oct (Thur)	Xian B D	26 Oct (Thur)	Shanghai B D
Am	Optional early morning visit to city walls to watch or take part in tai chi. Return for breakfast. Visit the Terracotta Warriors	Am	Visit the Shanghai Museum and People's Square, walk along Nanjing Road and take a walking tour of Old Shanghai
Pm	Visit the old city walls and the Calligraphy Street Market	Pm	Explore Tian Zi Fang and the French Concession
Eve	Visit the teahouse and the night market	Eve	Farewell dinner
20 Oct (Fri)	Xian / Guangxi Province B D	27 Oct (Fri)	Shanghai B
Am	Visit Hospital of Chinese Medicine and tour departments of acupuncture, massage and herbal medicine and their three pharmacies (Western, Chinese, Pre-Packaged Herbal)	Am	Transfer to the airport for flight home
Pm	Fly from Xian to Guilin		
21 Oct (Sat)	Guangxi Province B L		
Am	Scenic cruise along the stunning Li River to the village of Yangshuo		
Pm	At leisure		
Eve	Optional visit to the son et lumière show		



National guide Zhang demonstrating Traditional Chinese Medicine in the hospital pharmacy



Black Dragon Pool, Lijiang

Extension to Southwest China and Tibet

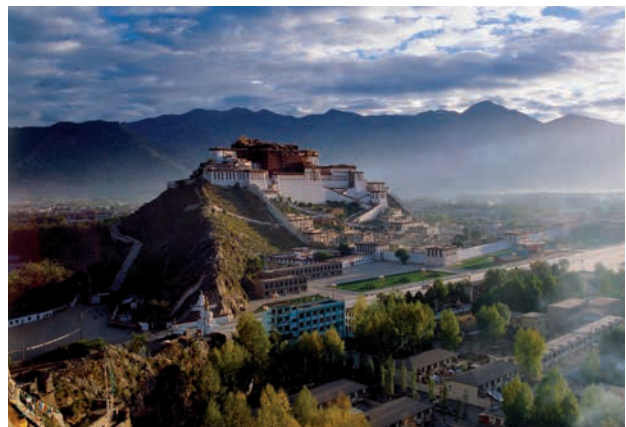
Travel through remote southwest China to Yunnan, an area of incredible geographical and ethnic diversity, each ethnic group having distinct dress, belief systems and language. Here you will experience a China almost unrecognisable from the familiar Chinatown in cities all over the world. Cross the mountains into Tibet, a land that is uplifting in every sense. Here the devotional dominates art, culture, architecture and politics on every level. The 6-night extension flies from Shanghai to Lijiang. It then flies to Lhasa in Tibet and finishes in Chengdu, where you can visit the famous pandas.

Yangtze Cruise extension

Embark on a 3 or 4-night cruise along the great Yangtze River, which has wound through some of China's most stunning scenery as a transport route for thousands of years. Travel from Yichang on a 5-star river cruise ship through the Three Gorges, where the Yangtze carves a green ribbon through enormous rock walls and passes through the Three Gorges Dam. Visit the peaceful Lesser Gorges, on clear water amidst majestic soaring cliffs and towering green hillsides, and the extraordinary ghost city

of Fengdu with its unique culture surrounding ghosts and the afterlife going back almost 2,000 years. From Chongqing fly back to Shanghai for a final night before departing China.

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



Potala Palace, Tibet (top);
Cruise through the Lesser Gorges on the Yangtze River (above)

Tour leader and guide

Dr Stuart Anderson FRPharmS studied pharmacy at Manchester and began his career in formulation development with Beecham Research Laboratories. He switched to hospital pharmacy in North Wales, later moving to positions at Alder Hey Children's Hospital Liverpool, the Westminster Hospital London and St George's Hospital London. He obtained MA and PhD from London University and moved to the School of Pharmacy, London.

Research in the history of pharmacy took him to the Centre for History in Public Health at the London School of Hygiene & Tropical Medicine, where he later became Reader in the Social History of Pharmacy. He took on the role of Taught Course Director in public health and policy, later becoming Associate Dean of Studies. He retired as Acting Dean of Education in June 2015. He was editor of *Making Medicines: A Brief History of Pharmacy and Pharmaceuticals*, and *Managing Pharmaceuticals in International Health*. He is a fellow of the Royal Pharmaceutical Society, president of the International Academy for History of Pharmacy, and a past president of the British Society for History of Pharmacy. He has previously undertaken pharmaceutical visits to Brazil, Ghana and Thailand.

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

The cost of the tour is USD \$3,450 per person (excluding international flights and transfers)

The cost includes:

- The services of an experienced tour leader (Stuart Anderson)
- 13 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first class hotels

The single room supplement is USD \$566

- Breakfast and lunch or dinner daily
- An allowance of soft drinks, tea and beer with meals
- All admission fees
- Services of a specialist English speaking national guide
- All transport services and taxes in China
- Tips

The cost excludes:

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

Flights

The tour price does not include international 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.

“Main guide Mr Zhang Zhong Jiu was indeed extremely knowledgeable and helpful. The local guides we met were also very good.”

John and Frieda Pring, *Anaesthesia in China*, 2014

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.



The Beijing Acrobats (top); The ancient city walls of Xian; A moon gate in a Suzhou garden; Shanghai by night (above)

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

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

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



Jon Baines
tours

