



Cruise down the Li River in Yangshuo

Physiotherapy and Rehabilitation in China

9 – 23 March 2018

“Thank you again for a fantastic tour! I had an incredible time and I don’t think we could have asked for a better group to experience China with!”

Rachel Simpson, Physiotherapy and Rehabilitation in China, May 2015





The Great Wall near Beijing

This tour examines the rapid development of physiotherapy and rehabilitation in China and how these incorporate Traditional Chinese Medicine (TCM). The tour is designed to give participants a fascinating insight into China by looking at its history, its culture and its approach to medicine and rehabilitation. A superb cultural programme takes you well off the beaten track to offer an insider's view of China. Experience the great cities of China and enjoy the stunning landscapes, history and society of this extraordinary land.

Fly to Beijing, China's great imperial city, where the ancient and the modern collide on the most magnificent scale. Transfer to your hotel and hear a talk giving background to physiotherapy in China, with the opportunity to meet some local physiotherapists. Enjoy a welcome dinner in the evening.

Spend the next day sightseeing, beginning with a drive out to visit the iconic Great Wall. In the afternoon visit the beautiful Summer Palace and a traditional teahouse, with a traditional Peking Duck dinner in the evening.

The following day visit 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 the traditional *hutong* district of old Beijing, the oldest areas in the city, and visit the Blind People's Massage Centre for a foot massage. Traditionally in China, blind people were trained as masseuses and while here you may learn some Tui Na massage techniques. In the evening there is the option to watch the gravity-defying Beijing Acrobats.

The next morning is devoted to professional visits, beginning with a day care centre for



The Forbidden City



Visit Xi'an's vibrant Muslim Quarter by night

children with special needs. There will be a skills exchange with Chinese staff and the opportunity for hands on training. In the afternoon visit the National Rehabilitation and Research Centre to examine its hydro and sports therapy and the department of occupational therapy.

Next morning take the high-speed train to Xi'an, an ancient Silk Road hub and probably the first truly multicultural city in the world. Check into your hotel and spend the rest of the day at leisure before visiting the vibrant Muslim Quarter when it comes to life in the evening.

Next morning visit the amazing necropolis of the Terracotta Warriors and spend time at this famous site. Return to Xi'an to visit Calligraphy Street and to stroll along the medieval city walls. In the evening there is the option to see 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 local park walls the next morning. Return for breakfast before visiting the Xi'an City Hospital Physiotherapy Department. In the afternoon board your flight to Guilin in Guangxi Province, where you will check into your hotel.

Next morning visit the Guilin Mothers' and Children's Hospital for a tour and to meet hospital staff. In the afternoon visit a calligraphy

art studio with the option to try your hand at traditional brush stroke painting and calligraphy.

Guangxi Province has been a favourite of Chinese artists throughout the ages because of its dramatically beautiful landscapes. Enjoy a scenic morning cruise the following day along the stunning Li River to the cobblestone village of Yangshuo, where you will stay for two nights. Arrive and spend the rest of the day at leisure, with the option to take a cookery class to learn how to cook mouthwatering and highly spiced Sichuan cuisine.

Next morning take a cycle or buggy ride through the local villages and beautiful countryside and visit Dr Shu, the wonderfully named village health worker (who were once referred to as 'barefoot doctors'). Spend the rest of the day at leisure. In the evening there is the option to see a spectacular *son et lumière* show set against a natural backdrop of water and mountains.

Return to Guilin the next morning to fly to Shanghai, from where you will transfer to the exquisite 2,500 year old town of Suzhou, famed for its canals, gardens and silk. Transfer to your



Xi'an City Walls



hotel and stay overnight in this ancient town. Next morning visit its renowned gardens, a silk workshop and a museum. In the afternoon visit the Chinese Medicine Hospital and learn about acupuncture, herbal medicine and massage. In the evening drive to Shanghai and check into your hotel.

Shanghai is China's most cutting edge city with its spectacular contemporary skyline and fabulous Art Deco heart. Next morning visit the Traditional Chinese Medicine University and meet with the lecturers and students. In the afternoon visit the Sunshine Rehabilitation Centre.

Next day explore the lovely city of Shanghai, visiting the excellent Shanghai Museum and old Shanghai, the Bund, where Shanghai's role as an international trading centre began, the former French Concession, Nanking Road, People's Square and the old district of Tian Zi Fang. In the evening head out for a farewell dinner with the group and see the neon spectacle of the Bund and the Pudong lit up at night.

Depart Shanghai and board your return flight the following day.

The Terracotta Warriors, Xi'an (top); The Li River, Yangshuo; The canals of Suzhou; Tai chi on the Bund (above)

Itinerary 9 – 23 March 2018

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

4 nights Beijing – 2 nights Xi'an – 2 nights Guilin – 2 nights Yangshuo
– 1 night Suzhou – 3 nights Shanghai

9 Mar (Fri)	Beijing D	17 Mar (Sat)	Guilin / Yangshuo B L
Pm	Arrive Beijing. Talk: <i>“China Perspectives on Physiotherapy”</i> and meet local physiotherapists	Am	Enjoy scenic cruise along the stunning Li River to the village of Yangshuo
Eve	Welcome dinner	Pm	At leisure or optional cookery class
10 Mar (Sat)	Beijing B D	18 Mar (Sun)	Yangshuo B D
Am	Visit the Great Wall	Am	Cycle or buggy ride through the countryside past farms, villages and visit Dr Shu
Pm	Visit the Summer Palace	Pm	At leisure
Eve	Peking Roast Duck dinner	Eve	Option to see the <i>son et lumière</i> show
11 Mar (Sun)	Beijing B D	19 Mar (Mon)	Yangshuo / Suzhou B D
Am	Visit Tiananmen Square and the Forbidden City	Am	Fly from Guilin to Shanghai
Pm	Walking tour of the <i>hutongs</i> of old Beijing. Visit Blind People Massage Centre and foot massage	Pm	Transfer to the ancient town of Suzhou
Eve	Option to see the Beijing Acrobats	20 Mar (Tues)	Suzhou / Shanghai B D
12 Mar (Mon)	Beijing B D	Am	Visit the Master of the Nets Garden, the silk workshop and museum
Am	Visit a day care centre for children with special needs. Physiotherapy skills exchange with Chinese staff.	Pm	Visit the Chinese Medicine Hospital and learn of acupuncture, herbal medicine and massage
Pm	Opportunity for hands on training	Eve	Drive to Shanghai
	Visit the China National Rehabilitation Research Centre. Meet with physiotherapists, teaching staff and students. Visit the hydro therapy and sports therapy departments	21 Mar (Wed)	Shanghai B D
13 Mar (Tues)	Beijing / Xi'an B D	Am	Visit the Traditional Chinese Medicine University and meet lecturers and students
Am	Train to Xi'an	Pm	Visit the Sunshine Rehabilitation Centre
Pm	At leisure	22 Mar (Thur)	Shanghai B D
Eve	Visit a teahouse and the night market	Am	Visit the Shanghai Museum and old Shanghai
14 Mar (Wed)	Xi'an B D	Pm	Explore the French Concession, Tian Zi Fang and the Bund
Am	Visit the Terracotta Warriors	Eve	Farewell dinner
Pm	Visit the old city walls and the Calligraphy Street Market	23 Mar (Fri)	Shanghai B
Eve	Option to see traditional Tang Dynasty Theatre	Am	Depart Shanghai for flight home or take optional extensions
15 Mar (Thur)	Xi'an / Guilin B D		
Am	Optional early morning tai chi. Return for breakfast. Visit Xi'an City Hospital Physiotherapy Department		
Pm	Fly to Guilin		
16 Mar (Fri)	Guilin B D		
Am	Visit Guilin Mothers' and Children's Hospital		
Pm	Visit a calligraphy art studio. Options to learn calligraphy and traditional brush stroke painting		

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

“Thank you for organising a wonderful tour of China. The professional and cultural aspects were really well presented and I had a fantastic time and have been telling all my friends about it.”

Cynthia Wong, OT in China, 2017



Black Dragon Pool, Lijiang

Extensions

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

Embark on a three or four-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, amongst majestic soaring cliffs and towering green hillsides, and the ghost city of Fengdu with its unique culture surrounding the afterlife going back almost 2,000 years. From Chongqing fly back to Shanghai for a final night. (The cruise might switch direction depending on river conditions).

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

"The best holiday I have had in a long time."

Dr Kathryn Bleeze, Yunnan & Tibet, June 2015



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

Tour Leader and Guide

Sheila Purves recently retired as Director of International & China Programmes, The Hong Kong Society for Rehabilitation (1988 – 2013). She is now working as a consultant for The Hong Kong Society for Rehabilitation. In the past twenty-five years she has been responsible for planning, fund-raising, implementing, and evaluating rehabilitation training projects, mainly in China. She has worked with hospitals, rehabilitation centres, social and child welfare institutes and communities. Sheila is honorary advisor, professor and lecturer to many hospitals and medical universities in different parts of China and she has undertaken consulting assignments for many organisations including WHO, UNICEF and World Vision. In 2000, she was awarded an MBE for her work in China on the Queen's Honour List (UK).

“I feel very fortunate to have met (tour leader) Sheila Purves.”

Diana Kaneti Mladenova, Physiotherapy in China, 2015

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.

“John's breadth of knowledge of China, history, current changes and regions was amazing.”

Marla Harris, OT in China, March 2017

The cost of the tour is US \$3,400 per person (excluding international flights and transfers)

The cost includes:

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

The single room supplement is US \$551

- 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 (Zhang Zhong Jiu)
- All transport services and taxes in China
- All tips

The cost excludes:

- International flights and transfers
- 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.

Flights

If you require help booking flights to China please contact the London office on **(0207) 223 9485** or the Melbourne office on **(03) 9343 6367**.

“Excellent trip that exceeded expectations.”

Angela Wilson, OT in China, 2017

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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The Beijing Acrobats; A traditional herbal pharmacy;
Cormorant fisherman on the Li River; Shanghai by night (above)



Jon Baines
tours

