



The Great Wall

Dental Study Tour to China

30 May - 9 June 2019

“An amazing, interesting and really well organised trip. Best we have experienced.”

Dr Patricia and Mr Derek Wilson, Obstetrics, Gynaecology & Fertility in China, 2016



Jon Baines
tours



Cruise along the Three Gorges

This tour takes you on a journey through China's history, landscapes and culture while integrating a full dental professional programme. Journey from imperial Beijing onto the Silk Road city of Xi'an. Travel by high speed train into Sichuan where you will embark on a three-night cruise along the great Yangtze River, winding past some of China's most stunning scenery. The tour ends in the dynamic city of Shanghai.

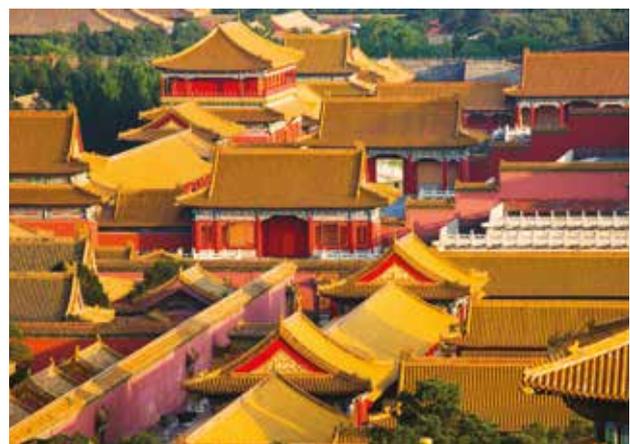
The tour will also examine dentistry in China. The visits include a dental teaching hospital in Beijing, a local dental clinic in XI'an and, by way of contrast, a traditional hospital to see how Chinese Medicine is used in dentistry and oral health care. There are also a number of CPD talks by Derek Mahony during the cruise.

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.

Next morning 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. Continue 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 districts of old Beijing, the *hutongs*, which are the oldest areas of the city. This district is now known for its cafes, boutiques and traditional craft shops, many located within the traditional courtyards.

The following morning visit the beautiful Summer Palace and a teahouse. In the afternoon



The Forbidden City, Beijing



The Terracotta Warriors

drive out to visit the iconic Great Wall where there is plenty of time to explore at your leisure. In the evening enjoy a traditional Peking Duck dinner.

The following morning fly to Xi'an, an ancient Silk Road hub and probably the first truly multicultural city in the world. In the afternoon 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. In the evening visit the old Muslim quarter, which comes to vibrant life as the locals throng its many restaurants and food stalls.

Early the next morning visit the necropolis of the Terracotta Warriors, where you will have ample time to explore this superb site. 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. In the evening there is the option to visit the Tang Dynasty Theatre with its wonderful variety of performances.

Early risers have the option to watch – or join - locals practising tai chi in the park the next morning. Return for breakfast and later board the high speed train to Chongqing to travel across the Shaanxi Plain and through the Qinling Mountains. Arrive at the port city of Chongqing

and visit the The Three Gorges Museum. This museum's collection encompasses the history, art and archaeology of Yangtze River and recent developments, including the dam, providing context to your river cruise.

Board the five-star Victoria cruise ship and commence your three-night cruise along the Yangtze River. The first day of the cruise introduces you to the extraordinary ghost city of Fengdu, situated on the northern bank of the Yangtze; not a ghost city in the sense that it is abandoned, but because it has its own unique culture surrounding ghosts and the afterlife going back almost 2000 years.

The following day the ship cruises 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



Xi'an city walls



sections of the Yangtze River, flanked by high peaks that are often capped by fog or clouds.

The cruise also includes a CPD lecture programme provided by Dr Derek Mahony in the on-board meeting room. The exact times will be announced on the cruise to ensure it does not coincide with the shore excursions.

Disembark the next morning and take a specially designed sightseeing boat through the recently-completed unique ship lock, including the world's largest ship lift. Afterwards visit the Three Gorges Dam, a remarkable, if highly contentious, piece of engineering. In the afternoon fly to Shanghai, with its spectacular skyline and fabulous Art Deco heart.

On your final day explore Shanghai, including the French Concession, the Bund and the boutiques, cafes and bars of atmospheric Tian Zi Fang before enjoying a farewell dinner. Transfer to the airport the next day for your return flight, extend in Shanghai or take an optional extension to stunning Guangxi Province (see Extensions page).

"I thoroughly enjoyed both the professional visits and sightseeing."

Jacqueline McConnell, OT in China, 2017



Muslim Street market, Xi'an (top); Sichuan teahouse; Towering Yangtze cliffs; Shanghai skyline (above)

Itinerary 30 May – 9 June 2019

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

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

30 May (Thur) Beijing	
Eve	Transfer to the hotel and overnight
31 May (Fri) Beijing	B D
Am	Visit the Teaching Dental Hospital of Beijing Medical University. Partner programme: Visit the zoo to see the pandas
Pm	Visit Tiananmen Square, the Forbidden City and explore the <i>hutongs</i> (old quarter)
Eve	Peking Roast Duck dinner
1 Jun (Sat) Beijing	B D
Am	Visit the Summer Palace
Pm	Visit the Great Wall
Eve	Option to visit the Beijing Acrobats
2 Jun (Sun) Beijing / Xi'an	B D
Am	Fly to Xi'an
Pm	Visit a local dental clinic and the old city walls
Eve	Visit Muslim Street Market
3 Jun (Mon) Xi'an	B D
Am	Visit the Terracotta Warriors
Pm	Visit the Hospital of Chinese Medicine and examine integrative medicine and dentistry
Eve	Optional Tang Dynasty show
4 Jun (Tues) Xi'an / Three Gorges Cruise	B D
Am	Take the high-speed train to Chongqing
Pm	Arrive Chongqing and visit the Three Gorges Museum
Eve	Board Victoria Cruise and commence your cruise
5 Jun (Wed) Three Gorges Cruise	B L D
Am	Visit Fengdu "Ghost City", known for its statues of ghosts and devils
Pm	At leisure and CPD lectures: "Stability in orthodontics: do teeth move with age & how can we prevent this?" DM Tea break. "Diagnosis and treatment of impacted canines" DM
6 Jun (Thur) Three Gorges Cruise	B L D
Am	Enter the Three Gorges. Pass through Qutang Gorge and Wu Gorge
Pm	Excursion through the Goddess Stream. At leisure and CPD lectures: "Airway obstruction and its relationship to malocclusion" DM. Tea break. "Treatment of snoring and obstructive sleep apnoea in children and adults" DM

7 Jun (Fri) Three Gorges Cruise / Shanghai	B D
Am	Disembark and take a sightseeing boat through the unique ship lock, including world's largest ship lift. Visit the Three Gorges Dam
Pm	Fly to Shanghai in the afternoon
8 Jun (Sat) Shanghai	B D
Am	Explore the French Concession and Bund
Pm	Visit the bazaar and cafes, boutiques and shop of Tian Zi Fang
Eve	Farewell dinner
9 Jun (Sun) Shanghai	B
Am	Depart Shanghai

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



Traditional dress at the Summer Palace



Guangxi Province

Extensions

Extension to Guangxi Province

Spectacular Guangxi Province has been a favourite of Chinese artists throughout the ages, due to its distinctive soaring hills. Fly from Shanghai to Guilin and spend the afternoon enjoying the sites of the city including the river front and many galleries. Next morning enjoy a scenic cruise along the stunning Li River to the cobblestone town of Yangshuo. Spend the rest of your day at leisure to enjoy the charms of the town and its lovely surroundings. There is an optional cookery class to teach you 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 local surroundings. In the evening there is the option of watching a spectacular *son et lumière* show. Fly from Guilin to Shanghai or to Hong Kong. Price available on request.

Extend in Shanghai

Extend your tour in Shanghai and further explore the city's museums, galleries and historic sites. Day trips are possible from Shanghai; for example, to Suzhou, known for its classical gardens and silk, and to the attractive water town of Tongli.

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

“All optional activities were good. The son et lumière show in Yangshuo was exceptional!”

Malcolm Yee, Pharmacy in China 2016



Cormorant fishermen on the Li River (top);
Tongli water town (above)

Tour Leader

Derek Mahony is a Sydney based orthodontist who has spoken to thousands of practitioners about the benefits of interceptive orthodontic treatment. Early in his career Dr Mahony learned from leading clinicians the dramatic effect functional appliance therapy can afford patients in orthodontic treatment. He has been combining the fixed and functional appliance approach ever since. His lectures are based on the positive impact such a combined treatment approach has had on his orthodontic results and the benefits this philosophy provides in reducing extractions of teeth. After completing his dental degree at the University of Sydney, Dr Mahony completed his Masters degree in Orthodontics at the Eastman Dental Hospital, Institute of Dental Surgery in London, followed by a Diploma in Orthodontics at the Royal College of Surgeons, Edinburgh. Dr Mahony has also passed the Royal College of Dentists in Canada post graduate examination in the field of orthodontics.

National Guide

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, Occupational Therapy in China, March 2017

The cost of the tour is USD \$3,297 per person sharing (excluding international flights and transfers)

The cost includes:

- The services of an experienced tour leader (Dr Derek Mahony)
- 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 \$667

- 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.

“Overall a phenomenal tour and very pleasing leadership.”

Margaret Yee, Pharmacy in China, October 2016

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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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



The Beijing Acrobats (top); The Temple of Heaven;
Street Market Xian; Views from the Yangtze Cruise (above)



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