



Kakadu from the air (credit Tourism NT/Salty Wings)

Dental Study Tour in the Northern Territory

8 – 15 May 2022

1 night Darwin – 2 nights Kakadu – 2 nights Katherine – 2 nights Darwin

“Perfect visits - interesting, informative and engaging with inspiring professionals relating challenges and rewards in remote settings. Cannot speak highly enough of the program.”

Helen Moody, Occupational Therapy in the Northern Territory, May 2021

This tour is eligible for CPD



Jon Baines
tours



Nitmiluk Gorge, Katherine (credit Tourism NT Sam Earp)

Explore the dramatically beautiful landscapes of the Northern Territory as you learn about remote and indigenous dentistry, as well as integrative dentistry. The tour is led by Dr Christine May, who is based in Darwin and works in rural Northern Territory. Dr May is a highly experienced general dentist with a degree in Chinese Medicine and an enthusiastic advocate for mouth-body wellbeing.

The tour examines both integrative dentistry and Indigenous oral health delivery. From Darwin travel into stunning Kakadu and onto

remote Katherine, before returning to Darwin at the end of the tour. Take a cruise on beautiful Nitmiluk Gorge; mingle in Mindil Markets, explore spectacular waterfalls and swim in natural thermal springs; and learn about local culture and history ranging from ancient times to the modern day.

This tour is eligible for CPD. Partners and other health care professionals are very welcome.

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 Christine May also has a degree in Chinese medicine. Christine 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 Christine May has become an enthusiastic advocate for mouth-body wellbeing: improving health via knowledge of the links between oral health and total body wellness.

Dr May has been a clinical educator at Sydney University and give lectures to the profession on



teledentistry and integrative dental medicine topics. She is based in Katherine and works with an Aboriginal Health Service.

A jabiru in Kakadu



1 night Darwin – 2 nights Kakadu – 2 nights Katherine – 2 nights Darwin



Day 1: Darwin (Sun, 8 May) **D**

- Pm:** Arrive in Darwin and check into the H on Smith Street Hotel.
- Eve:** Dinner and drinks in the Mindil Markets in a private area.

Day 2: Darwin / Kakadu (Mon, 9 May) **B D**

- Am:** Drive to Kakadu, stopping at Humpty Doo en route.
- Pm:** Continue across the wetlands and arrive at Coinda Lodge and relax at the lodge. Hear a talk on **'Dentistry Done Differently 1: Integrative Dentistry'**.
- Eve:** Dinner at the lodge.

Day 3: Kakadu (Tue, 10 May) **B L**

- Am:** Optional Yellow Water sunrise cruise before breakfast through the beautiful wetlands.
- Pm:** Drive to Jabiru and lunch at Anbinik restaurant. Visit the clinic and learn how dental presentations work in the rural

NT. Visit the Marrawuddi Art Gallery with its coffee shop and artist in residence. Drive to the spectacular UNESCO Heritage listed Ubirr Rock Art site for sunset before returning to Coinda.

Day 4: Kakadu / Katherine (Wed, 11 May) **B D**

- Am:** Visit the Warradjan Cultural Centre. Drive across Kakadu stopping at Pine Gap en route.
- Pm:** Arrive in Katherine and check into the Contour Hotel. Visit beautiful Katherine Springs with the opportunity to have a dip in the clear thermal waters. Talk: **'Dentistry Done Differently 2: Aboriginal Oral Health.'**
- Eve:** Local dinner.

Day 5: Katherine (Thur, 12 May) **B D**

- Am:** Visit an Aboriginal Health and Dental Service and meet dentists to learn about their work with remote indigenous communities.
- Pm:** Optional visits on the Art Trail to local galleries in Katherine. Drive to Nitmiluk Gorge in the late afternoon.
- Eve:** Explore the pristine wilderness from the water with a dinner cruise along the dramatic Gorge. Learn about ancient Indigenous rock paintings and gain insight into the culture of the traditional owners of Nitmiluk, the Jawoyn people.

Day 6: Katherine / Darwin (Fri, 13 May) **B D**

- Am:** Visit TAFE to learn about training for Indigenous health care workers. Drive to Litchfield National Park, past the magnetic termite mounds and see beautiful Wangi Falls (a traditional site for women's business). Visit Florence Falls with the option to have a dip in the crystal-clear waters surrounded by lush vegetation.
- Eve:** Arrive at the hotel and enjoy dinner at Hanuman restaurant.

Day 7: Darwin (Sat, 14 May) **B D**

Am: Visit Parap Markets and explore the history of Darwin on a bus tour, learning about the city's history through World War II bombings and Cyclone Tracy to the current day. See many of the remaining buildings such as the old Court House and Police Station and the Old Palmerston Town Hall ruins. See hidden treasures including public artwork, architecture, historic buildings and memorials.

Pm: Visit Stokes Hill Wharf to visit the Royal Flying Doctors Museum and the Bombing of Darwin Exhibition.

Eve: Drinks with local dentists followed by a farewell dinner on the waterfront.

Day 8: Darwin (Sun, 15 May)

B

Am: Depart the hotel after breakfast.

All itineraries are subject to change according to local conditions.

Wangi Falls, Litchfield National Park (credit Tourism NT)





Kakadu Cooinda Lodge pool

Hotels

H on Smith Street (Darwin)

The centrally located hotel is a short walk to many restaurants, bars and attractions and is hosted by a team of friendly and accommodating staff who enjoy sharing their knowledge with guests. The hotel includes spacious rooms, a resort style pool and a fully equipped rooftop gym.

The Kakadu Cooinda Lodge (Kakadu)

Owned by the local Indigenous community, Cooinda Lodge Kakadu is a village style property located beneath a canopy of trees beside Yellow Water Billabong, where crocodiles and birds are seen on the flood plain amongst paperbark, pandanus and freshwater mangroves. The stylish lodge rooms are perfect to relax after a long day, each featuring a bathroom, tea and coffee making facilities and a terrace with outdoor seating. Cooinda Lodge offers an inviting shaded swimming pool, bistro-style dining, bars and a store that offers locally made crafts. The tour cost is based on Superior Rooms and for twin share these include one queen bed and one roller bed. Family rooms are also available; these are larger with one queen bed and two single beds. The supplement is available on request.

Contour Hotel (Katherine)

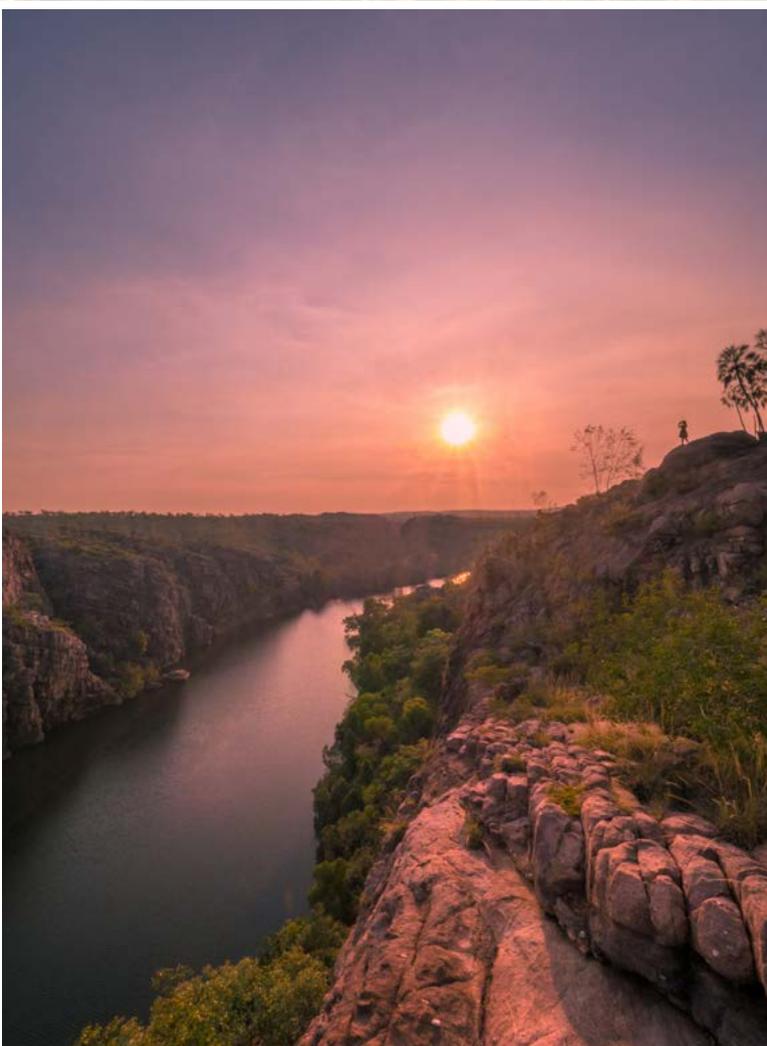
This friendly, comfortable motel is set amongst 4 acres of tropical gardens and offers spacious rooms, an excellent restaurant, bar and pool. It is under new management and receiving very good reviews.

“Food at Darwin Waterfront restaurant, Katherine Gorge Cruise, Kakadu dinner and Jabiru fantastic ++.”

Wendy Abbott, Occupational Therapy in the Northern Territory, May 2021



Stokes Hill Wharf, Darwin (top); Mindil Beach, Darwin (above)



Florence Falls, Litchfield Park (credit Tourism NT Jackson Groves) (top); Take a dinner cruise on beautiful Nitmiluk Gorge (credit Tourism NT Mark Fitzpatrick) (above)

The ground cost of the tour is \$3,480 per person sharing

The cost includes:

- The services of tour leader, Dr Christine May
- Seven nights' accommodation in twin-bedded rooms with private facilities in medium grade hotels and a lodge in Kakadu

The single room supplement is \$695

- Breakfast and lunch or dinner daily on the tour (see brochure for details)
- A full programme of cultural tours
- All CPD dental professional visits and talks as per the itinerary
- All admission fees
- All transport services (excluding airport transfers – see below)
- All tips
- GST

The cost excludes:

- Meals not mentioned
- All optional excursions, tours and visits
- Arrival and departure transfers

“Tour guide was excellent – Lizzie Fenwick, driver/guide, could not be faulted.”

Jo Bills, Midwifery and Physiotherapy in the NT, October 2021



The Kakadu Rose in full bloom

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.



Mindil Markets, Darwin (credit Tourism NT) (top); Darwin Botanic Gardens (Credit Tourism NT/Jules Ingall); Kakadu (credit Tourism NT/Salty Wings); Take a dip in Katherine's natural thermal springs (above)

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