



See spectacular Kata Tjuta, also known as the Olgas (credit Emu Run Experience)

## Midwifery Study Tour in Alice Springs and Uluru

14 – 20 May 2023

"I have had the most amazing time and have learned so much, thank you. Treasured memories created."

Toni Speakman participant, Palliative Care study tour Alice Springs and Uluru 2022



Uluru at dawn

**Experience Australia at its most remote, historic and starkly beautiful on this tour to the Red Centre, which encompasses vast Indigenous heartlands, dramatic landscapes and history ranging from ancient to pioneer to the modern day. The itinerary looks at both traditional and contemporary approaches to midwifery through specialist visits, meetings and talks.**

Starting in Alice Springs travel deep into the Red Centre with an experienced local guide. Go stargazing at pristine night skies at the Earth Sanctuary, learn of Bush Medicine and the excellent work of the Purple House and visit the Royal Flying Doctor Service. Visit the Alice Hospital, designed in collaboration with the Indigenous community and hear of Midwifery in the NT and how the midwifery practitioner model works.

Travel to Hermannsburg and hear of the Lukuta (women's space) and of their maternity and child health work, explore the historic mission also known for its acclaimed art. Learn about the Alukura Maternity Services, which is guided by the Aboriginal grandmothers to recognise and maintain Aboriginal culture and identity.

As you explore the region, learn about its ancient culture and walk through some breathtaking outback scenery. Visit spectacular Kata Tjuta and see Mount Conner and the Valley of the Winds.

See Uluru in the early morning on a walk and at sunset, have breakfast in the outback and marvel at the Field of Light as the sun goes down behind Uluru.

# Tour Leader

**Theresa Clasquin, RN, RM, MPHTM** works as the Senior Maternity Advisor for the Northern Territory based in Darwin, NT. Theresa comes from a strong public health background that has enabled her to focus her career on addressing inequities in maternal and neonatal health outcomes amongst marginalised population groups. Theresa's experience working with Medecins Sans Frontieres in PNG and the Yemen has further driven her passion to improve population health outcomes through the implementation of effective public health initiatives.

Over the last 5 years Theresa has worked in senior leadership positions across Nursing and Midwifery contributing to significant reform over maternal and neonatal services across the Northern Territory. In her current role, Theresa is leading the establishment of the Maternal and Newborn Network with the aim of streamlining services and improving the clinical and cultural safety of care across the



NT. This project will see NT Health partnering with the Molly Wardaguga Research Centre to utilise their RISE Framework (Redesign, Invest in workforce, Strengthen families and embed First Nation Governance in service reform) to ensure that every woman has access to care that is clinical and culturally safe. Theresa is also one of the lead NT Health investigators supporting the Birthing on Country projects in both Galiwin'ku and Alice Springs.

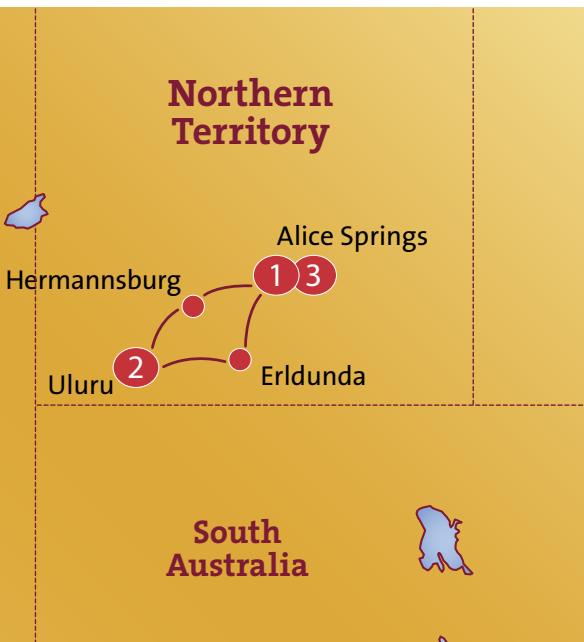
Mt Conner (credit Emu Run Experience)



# Itinerary 14 – 20 May 2023

B = Breakfast L = Lunch D = Dinner

3 nights Alice Springs – 2 nights Uluru – 1 night Alice Springs



## Day 1: Alice Springs (Sun, 14 May) D

- Pm: Arrive at the hotel and meet the group.  
Eve: Enjoy a welcome dinner and star gazing at the Earth Sanctuary, which is run by Danny Falzon and his brothers, who are also paramedics. Danny will give a talk on the work they do in Alice Springs. After dinner, learn about local ecology, astronomy and culture and enjoy the spectacular night skies with a fully guided astronomy experience with telescope viewing at Earth Sanctuary's space observatory.

## Day 2: Alice Springs (Mon, 15 May) B L

- Am: Visit the Purple House and learn of their Social Enterprise and take part in a bush medicine workshop. Visit Alice Springs Hospital and learn about Midwifery models of care in the Northern Territory.  
Pm: Lunch at RFDS Café. Visit the Molly Wardaguga Research Centre and learn about the RISE framework and plans to return birthing services to remote Indigenous communities across the Northern Territory. Meet with Professors Sue Kildea and Sue Kruske to learn about the new Masters of Midwifery Program designed to support midwives to gain the skills, knowledge and attitudes required to provide

comprehensive Sexual and Reproductive Health Care to women residing in regional and remote communities.

- Eve: Enjoy a spectacular outback sunset from Anzac Hill.

## Day 3: Alice Springs (Tues, 16 May) B

- Am: Drive to Hermannsburg and visit the Ntaria Health Service where congress works with the Ntaria community. Visit Lukuta (the women's space) and learn of their maternity and child health work. Visit the Hermannsburg Historic Precinct, and hear of the many artists from the Hermannsburg community and region who continue to practise using the watercolour and landscape style developed through the artists Rex Battarbee and Albert Namatjira, the best known of all Hermannsburg Aboriginal artists.  
Pm: Drive to Simpsons Gap in the West MacDonnell Ranges and take part in a guided walk learning of the geology of the region with afternoon tea included.

## Day 4: Alice Springs/Uluru (Wed, 17 May) B D

- Am: Drive out of Alice Springs to visit the Alukura Maternity Services which is currently being re designed in partnership with First Nation people to enable the provision of clinically and culturally exceptional primary maternity care. The service is guided by Aboriginal grandmothers to recognise and maintain First Nation identity, culture, law and language. Continue to Erldunda in the precise geographical centre of Australia for lunch (and to feed the emus and kangaroos).  
Pm: Continue to Uluru. Arrive and check into Uluru late afternoon and have a barbecue before visiting the Field of Light. As darkness falls and Uluru is thrown into silhouette, the Field of Light flickers into life. As far as the eye can see a swathe of gently rhythmic light shimmers across the desert as the stems of 50,000 spindles of light sway through a spectrum of ochre, deep violet, blue and gentle white. Return to the hotel.

### Day 5: Uluru (Thurs, 18 May)

B

- Am: Drive into the desert for an early morning sunrise viewing of Uluru and light breakfast. Take a guided walking tour examining Aboriginal rock art, desert flora, wildlife and the history of this sacred site. Visit beautiful Kata Tjuta, also known as the Olgas, a group of large domed rock formations or bornhardts and see the Walpa Gorge. Come back the Desert Gardens Hotel.
- Pm: At leisure or take part in a range of optional activities available through the hotel
- Eve: Optional Sounds of Silence dinner.

### Day 6: Uluru/Alice Springs (Fri, 19 May)

B D

- Am: Drive back to with a stop to see mighty Mt Conner. Continue to Alice Springs.
- Eve: Farewell dinner in the company of some of the local practitioners and speakers you've met during the tour.

### Day 7: Alice Springs (Sat, 20 May)

B

- Am: Depart Alice Springs.

**"All the visits were interesting, inspirational. All the presenters appeared very keen to meet us. This was my first Jon Baines tour and I have had a wonderful experience meeting professionals with a similar interest and passion."**

Chris Hoff - participant, Chronic and Palliative Care, Alice Springs 2022

**"All the visits were amazing, relevant and interesting. A good combination of culture and midwifery."**

Lucy Mount, participant, Midwifery in the Top End, September 2021

Star gazing at the Earth Sanctuary





The Field of Light

## Hotels

### Double Tree Hilton Hotel (Alice Springs)

On the banks of the Todd River, the hotel includes tennis courts and heated a outdoor pool overlooking the garden and is home to a resident peacock. Dining options within the hotel include Saltbush with all-day Australian bush cuisine and Hanuman an award-winning restaurant with Thai and Indian specialties. The Deck Bar serves beer and wine, cocktails and tapas.

### Desert Gardens Hotel (Uluru)

Perched within an oasis of native gardens, the luxury hotel's elegant guestrooms provide a relaxing retreat from a day of adventure. Accommodation options are diverse, from deluxe rock view rooms\* to shady poolside rooms, each located under a canopy of towering gumtrees and garden beds dotted with native shrubs and flowers. The hotel includes a swimming pool. The group are booked in Desert Deluxe Rooms

\*Supplement for Rock view rooms.

## Optional Experiences

### Sounds of Silence Dinner

Dine under the stars with nothing but the beautiful expanse of desert and majestic Uluru for kilometres around. The experience includes: Return transfers from the hotel, a secluded location with Uluru as the backdrop, sunset

drinks & canapes, 3-course buffet dinner, beverage package, didgeridoo performance, star talk and stargazing. *The additional cost is available on request and the experience last approximately four hours.*

Experience the optional Sounds of Silence dinner





**The cost of the tour is \$3,486\* per person sharing**

**The cost of the tour with a room to yourself is \$4,412**

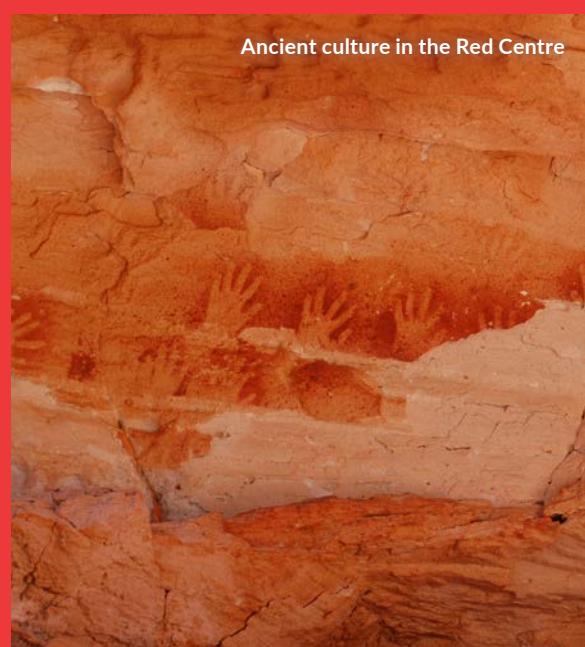
\* Many midwives share on our tours. We may be able to connect you to with a midwife on the tour who wishes to share. We endeavour to connect midwives of a similar age.

#### **The cost includes:**

- The services of a tour leader, Theresa Clasquin.
- Qualified driver / guide from Day 2 to Day 6
- Six nights' accommodation in twin-bedded rooms with private facilities in 4-star hotels.
- All breakfasts and three dinners, one lunch and one afternoon tea
- A full programme of cultural tours.
- Midwifery and professional visits and talks as per the itinerary.
- All admission fees
- All transport services
- GST

#### **Cost excludes**

- External flights and transfers before and after the tour
- Meals not mentioned
- All optional excursions, tours and visits



A bearded dragon on an anthill (top)  
Grinding traditional medicines at Purple House (left)

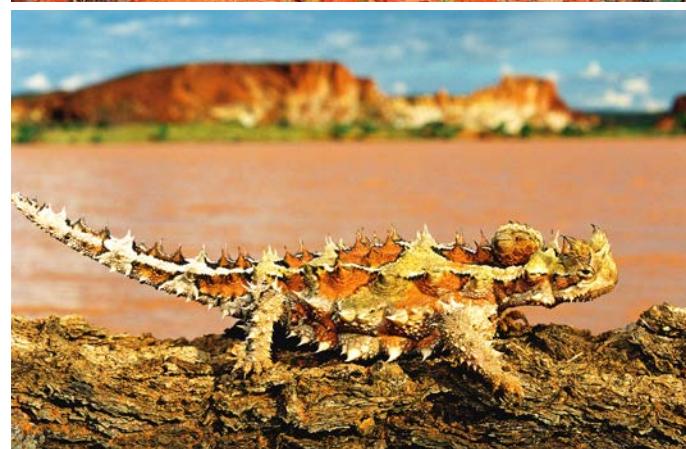
# About Us

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 tour ran like clockwork... the local guides were excellent. It was one of the best run tours I have been on. The trip had a great mix of medical visits, local sites and scenery. Every moment of the tour was filled with great activity and interesting information."

Emma Whalley, Medical Tour, From the Red Centre to the Top End, June 2021

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Flying Doctor service at work (top); Making Bush Balm products at Purple House;  
'Valley of the Winds' Kata Tjuta; Thorny Devil (above)