



Nitmiluk Gorge, Katherine (credit Tourism NT Sam Earp)

## Midwifery Study Tour in the Northern Territory

10 – 17 October 2021

1 night Darwin- 2 nights Kakadu - 1 night Katherine - 3 nights Darwin

*“What a phenomenal tour. So well organised and led with such a fun and welcoming group of people... All the health care visits were brilliant as were the cultural visits. My soul is so full and although I do not want this tour to end, I am excited to share my journey when I get home.”*

Jodie Watts participant Occupational Therapy in the Northern Territory, May 2021





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

**Explore the dramatically beautiful landscapes of the Northern Territory as you learn about the history and practice of midwifery in the region. Hear about traditional practices, the culture and customs of First Nations people and rural and remote midwifery.**

The tour is led by Ruth King, senior project officer for the Nursing and Midwifery Office in ACT Health Directorate. Explore Darwin and visit the Tiwi Islands, travel to remote Katherine and into stunning Kakadu before returning to Darwin at the end of the tour. Cruise through beautiful gorges, across to Tiwi and along the Adelaide River; mingle in Mindil Markets, explore spectacular waterfalls and swim in hot springs and learn about local culture and history ranging from ancient times to the modern day.

#### **FULL REFUND FOR COVID CANCELLATIONS**

You can book on this tour secure in the knowledge that if you have to cancel due to Covid border closures, you will receive a 100% refund. This refund applies until the day of departure. This tour is eligible for CPD. Partners and other health care professionals are very welcome.

*“All the visits were super, the scenery second to none. Some of the most beautiful places I have ever seen.”*

Kellie Holtham, Occupational Therapy in the Northern Territory, May 2021

## Tour Leader

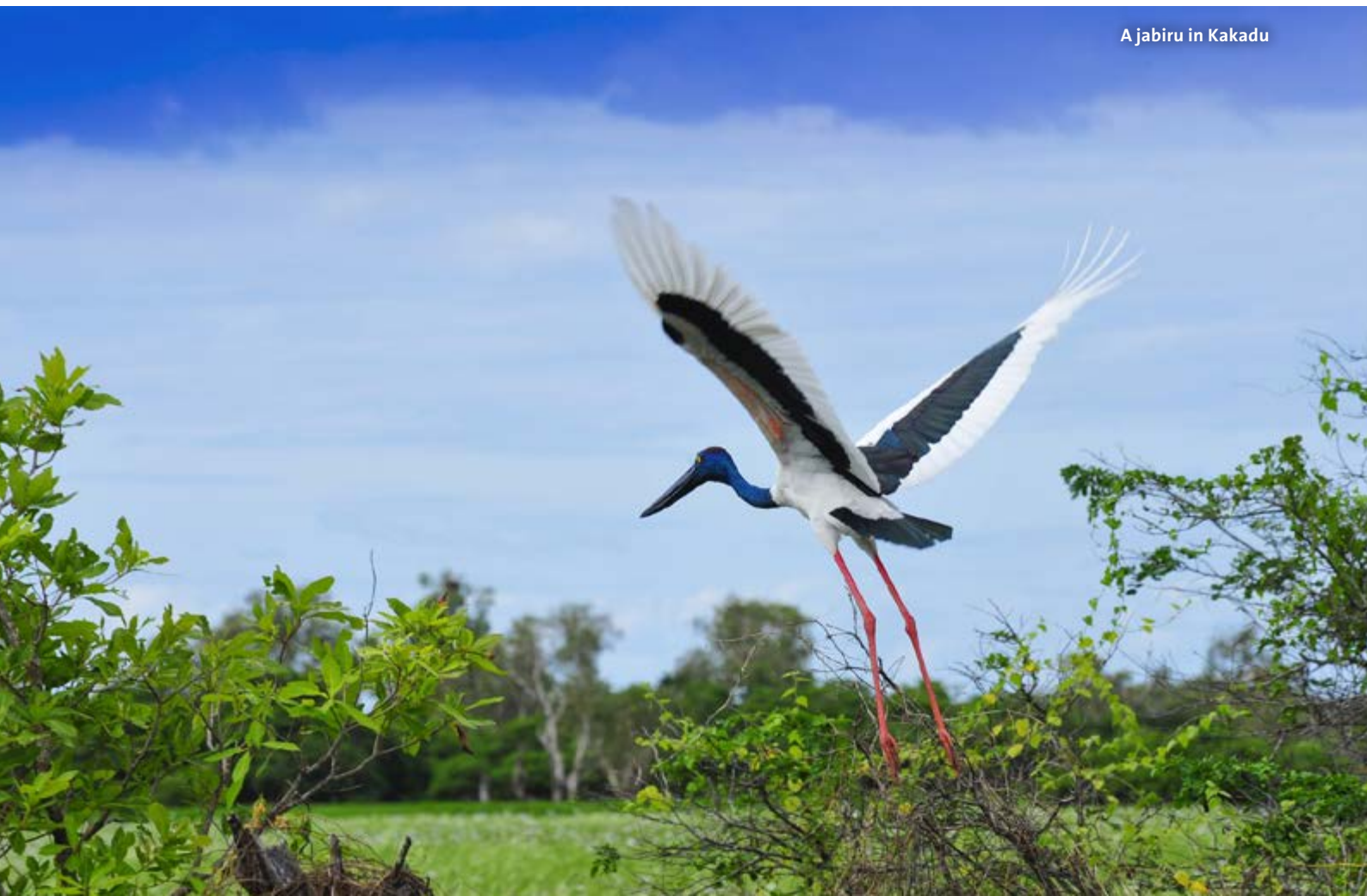
**Ruth King** is currently working as a senior project officer for the Nursing and Midwifery Office in ACT Health Directorate. Prior to this role Ruth was a midwifery advisor and manager of the Education Unit for the Australian College of Midwives (ACM), the peak professional body for midwives in Australia, a role she held for over 7 years. In her spare time she works clinically as a midwife through Your Nursing Agency at a variety of maternity services around South Australia. Prior to working for the ACM Ruth worked in a midwifery continuity of care caseload model at the Women's and Children's Hospital, Adelaide. Ruth has travelled widely and previously led a successful midwifery tour through Sri Lanka.



*“Tour leader Ruth King - amazing!! Looked after us all well. Very professional with hospital visits (and at all times). Thank you, Ruth for your company and professionalism and always making sure we were all OK.”*

Dianne Matthews, Midwifery Study Tour to Sri Lanka, September 2019

A jabiru in Kakadu



1 night Darwin – 2 nights Kakadu – 1 night Katherine – 3 nights Darwin



## Day 1: Darwin (Sun, 10 Oct) **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, 11 Oct) **B D**

- Am:** Visit The Royal Darwin Hospital and hear a talk giving the background to women's, maternal and infant health in the Northern Territory and meet local midwives. Drive to Adelaide River and board a cruise. Learn about the floodplain ecosystem, the history, wildlife and some 40,000 years of human interaction with this stunning environment. Witness the power of the Australian Estuarine (Saltwater) Crocodile as they jump out of the water to feed.
- Pm:** Drive to Jabiru with a lunch stop en route and check into Cooinda Lodge.
- Eve:** Dinner at Mimi Restaurant.

## Day 3: Kakadu (Tues, 12 Oct) **B L**

- Am:** Optional Yellow Water sunrise cruise before breakfast through the beautiful wetlands. Following breakfast drive to Jabiru and visit Bowlai Cultural Centre and meet with the community midwife at the local clinic.
- Pm:** Drive to the spectacular UNESCO Heritage listed Ubirr Rock Art site. Return to Cooinda Lodge and at leisure.

## Day 4: Kakadu / Katherine (Wed, 13 Oct) **B D**

- Am:** Visit the Warradjan Cultural Centre. Drive to Katherine.
- Pm:** Arrive in Katherine and visit beautiful Katherine Springs before driving to Nitmiluk Gorge in the late afternoon. 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.
- Eve:** Return and check into the hotel.

## Day 5: Katherine / Darwin (Thur, 14 Oct) **B D**

- Am:** Visit the Katherine community clinic and the allied health team, including the midwife.
- Pm:** Drive to Darwin via 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. Lunch at the Butterfly Farm (client account).
- Eve:** Dinner at Hanuman restaurant.

## Day 6: Darwin / Tiwi Islands (Fri, 15 Oct) **B L**

- Am:** Transfer to the port to take the ferry to Wurrumiyanga in the Tiwi Islands - 'the islands of smiles'. The Tiwi people are internationally renowned for their individual style of art including carvings and bright textile designs and many

Tiwi artists have exhibited around the world. On a tour with a Tiwi guide learn of their community and culture and visit the Patakijiyali Museum and the Mission Precinct.

**Pm:** Following a box lunch meet with the local midwife and learn about community midwifery. Continue to Tiwi Design to see their wonderful gallery and shop. Take the ferry back to Darwin and arrive late afternoon.

### Day 7: Darwin (Sat, 16 Oct)

**B D**

**Am:** Visit the Museum of Darwin and see a private screening of the documentary DJĀKAMIRR, a powerful documentary about the importance of birthing on country that examines Yolngu women's culture, their midwifery traditions and their aspirations for maternity services. Following the screening there will be a discussion group with some of those involved in the making of the documentary.

**Pm:** Explore the history of Darwin on a bus tour and learn about the city's history

through the 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.

**Eve:** Drinks with local midwives followed by farewell dinner on the waterfront.

### Day 8: Darwin (Sun, 17 Oct)

**B**

**Am:** Depart Darwin.

**All itineraries are subject to change according to local conditions.**

*“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**

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 \$96 pp.

### **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.



Stokes Hill Wharf, Darwin (top); Art in the Tiwi Islands Credit Tourism NT / Shaana McNaught; Take the ferry to the Tiwi Islands Credit Tourism NT / Shaana McNaught (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 Ruth King
- 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 midwifery 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

If you have to cancel due to Covid border closures, you will receive a 100% refund. This refund applies until the day of departure.



The Tiwi Islands, Credit NT Tourism / Mark Fitz

# 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); Artist in the Tiwi Islands (Credit tourism Australia / Mark Fisher); Yellow Water Cruise, Kakadu National Park; Jumping crocodiles on the Adelaide River (credit Tourism NT) (above)

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