



The burnished rooftops of The Forbidden City in Beijing

Obstetrics and Gynaecology in China

25 March – 2 April 2018

With Yangshuo extension:
25 March – 5 April 2018

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

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



Royal College of
Obstetricians &
Gynaecologists



Jon Baines
tours



The Great Wall

Following many successful medical and maternity health tours we have run to China and beyond, this popular study tour explores the field of obstetrics and gynaecology in China. A full cultural programme, looking at contemporary and traditional culture and society, will provide context to the professional visits. Visit imperial Beijing; the ancient Silk Road city of Xi'an; Hangzhou, with its beautiful lake and teahouses; and dynamic, cutting edge Shanghai. There is an extension to the beautiful rural province of Guangxi. This tour provides excellent insight into the application of both Traditional Chinese Medicine and modern Western medical techniques. The tour includes a number of cultural visits and talks that complement the professional programme. Partners are very welcome.

The tour starts in Beijing, China's great imperial city, built on the most magnificent scale. Arrive and transfer to your hotel in the morning. The tour starts in the afternoon with a walking tour of the traditional hutong districts of Beijing and a visit to a community paediatric clinic before a welcome dinner in the evening.

Next morning visit the An-Tai Private Obstetrics and Gynaecology Hospital for a guided tour

and discussion. In the afternoon visit the vast expanse of Tiananmen Square and explore the magnificent Forbidden City, once barred to all but the inner royal circle. In the evening there is the option to see the astounding Beijing Acrobats.

Next morning drive out to visit the iconic Great Wall, with the opportunity to climb and walk along the Wall. In the afternoon visit the beautiful Summer Palace and take a boat trip across the lake. Enjoy a traditional Peking Roast Duck dinner in the evening.

Take the train to Xi'an, the ancient Silk Road hub and probably the world's first truly multicultural city. Visit the medieval city walls and stroll



Terracotta Warriors



The ancient city wall of Xi'an

through the bustling Muslim Quarter, including a Ming Dynasty house museum. Explore the area at night, when it comes to vibrant life, full of sights, sounds and sizzling smells from a multitude of food stalls.

Next morning early risers have the option to join the locals for early morning t'ai chi. Return for breakfast before visiting the amazing necropolis of the Terracotta Warriors. In the afternoon visit the Xi'an Hospital of Chinese Medicine and tour the herbal medicine pharmacy and the departments of acupuncture and tui na massage. In the evening there is an optional performance of traditional Tang Dynasty Theatre.

Take an early flight to Hangzhou the following morning. This historical city dates back 2,000 years and is full of spectacular architecture and scenery. As China has modernised, its maternity services have become more interventionist and medicalised. The Normal Birth Movement was founded by midwives in Hangzhou in response to this trend. Visit the impressive Hangzhou Women's Hospital the next morning, spending time at the Normal Birth Unit, and learn about their innovative midwifery projects.

Cruise on the tranquil expanse of the West Lake the next morning and see some of the beautiful

temples and teahouses. In the afternoon drive to Shanghai, China's most cutting edge city with a spectacular contemporary skyline and fabulous Art Deco heart. Visit the illuminated Bund and Pudong by night for an unforgettable introduction to the city.

Visit the acclaimed Shanghai Museum the following morning, its collections including ceramics, textiles, calligraphy, furniture, coins, bronze and sculpture. Take a walking tour of old Shanghai, learning about the development of China's most dynamic city. Visit the Bund, where Shanghai's role as an international trading centre - and opium entrepôt - began. Stroll through a traditional Shanghai-style lane neighbourhood and visit the French Concession, where the most successful Shanghai residents lived in unrivalled luxury. In the evening enjoy a farewell dinner.

Depart for the airport for your return flight the next day or join the extension to Yangshuo.



The sun sets over West Lake in Hangzhou (top); Midwives at the Hangzhou Women's Hospital (above)



“A very well organised trip”

Sunit Kumar Ghatak, O&G in China, May 2016

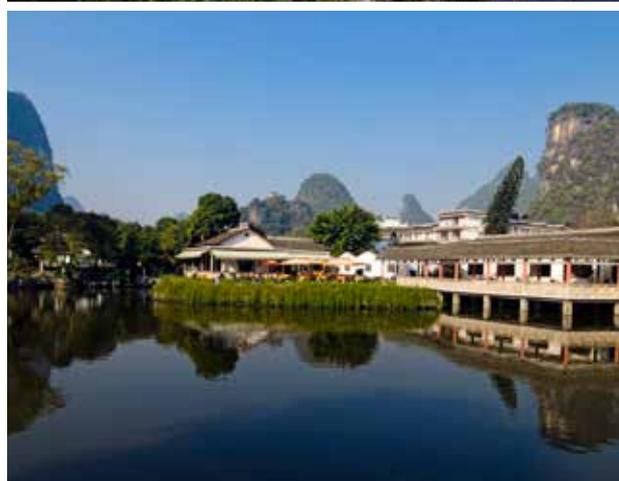
Yangshuo Extension

Fly from Shanghai to Guilin in Guangxi Province, a favourite of Chinese artists throughout the ages because of its spectacularly beautiful landscapes, and transfer to your hotel. In the afternoon visit a local gallery and enjoy the lovely landscapes on a stroll along the river.

Enjoy a scenic morning cruise along the stunning Li River to the cobblestone village of Yangshuo. Visit a local maternity hospital and examine baby massage and water therapy. In the evening there is the option to see the spectacular son et lumière show, set against a backdrop of lake and mountains.

Next morning cycle through beautiful countryside past paddy fields and mountains. Meet with a village health worker (traditionally known as a ‘barefoot doctor’) at her local clinic and learn about rural health care at work. Spend the afternoon at leisure or join an optional Sichuan cookery class at Cloud 9, where you will enjoy your final dinner.

The following morning drive from Guilin to Shanghai to join your flight home.



The Pudong in Shanghai (top); A traditional herbal pharmacy; A waterwheel on the Li River near Yangshuo; Yangshuo (above)

Itinerary 25 March – 2 April 2018

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

3 nights Beijing – 2 nights Xi'an – 1 night Hangzhou – 2 nights Shanghai

25 Mar (Sun) Beijing **D**
Am Arrive Beijing and transfer to the Holiday Inn Temple of Heaven
Pm Take a walking tour of Beijing's hutongs (old neighbourhoods) including a community paediatric clinic
Eve Welcome dinner

26 Mar (Mon) Beijing **B D**
Am Visit The An-Tai Private Obstetrics and Gynaecology Hospital
Pm Visit Tiananmen Square and the Forbidden City
Eve Optional visit to the Beijing Acrobats

27 Mar (Tues) Beijing **B D**
Am Visit the Great Wall
Pm Visit the Summer Palace
Eve Peking roast duck dinner

28 Mar (Wed) Beijing / Xi'an **B D**
Am Train to Xi'an and transfer to the hotel
Pm Visit the city walls and the Muslim quarter
Eve Visit the night market

29 Mar (Thur) Xi'an **B D**
Am Optional early morning tai chi. Return to hotel for breakfast. Visit the Terracotta Warriors
Pm Visit Xi'an Hospital of Chinese Medicine
Eve Optional visit to Tang Dynasty theatre

30 Mar (Fri) Xi'an / Hangzhou **B D**
Am Take an early flight to Hangzhou
Pm Visit Hangzhou Women's Hospital and their Normal Birth Unit

31 Mar (Sat) Hangzhou / Shanghai **B D**
Am Cruise on the West Lake and visit the teahouses and temples
Pm Drive to Shanghai
Eve Take a walking tour along the Bund to see the illuminated Bund and Pudong

1 Apr (Sun) Shanghai **B D**
Am Visit the Shanghai Museum
Pm Walking tour exploring Old Shanghai visiting the Nanjing Road, the Bund and the French Concession and Tian Zi Fang
Eve Farewell dinner

2 Apr (Mon) Shanghai **B**
Am Depart for flight home or take extension

"It was a very well organised tour. The (local) tour leader, John, was superb."

Alberto and Ursola Vella, Gynaecology & Fertility in China, 2016

Extension

2 Apr (Mon) Shanghai / Guilin **B D**
Am Fly from Shanghai to Guilin
Pm Visit local gallery

3 Apr (Tues) Guilin / Yangshuo **B D**
Am Scenic cruise along Li River to Yangshuo
Pm Visit a rural maternity hospital. Examine baby massage and water therapy
Eve Option to see the spectacular son et lumière show

4 Apr (Wed) Yangshuo **B D**
Am Cycle (or buggy) ride through local villages. Meet with a village health worker at village clinic
Pm At leisure. Optional cookery class at Cloud 9
Eve Dinner at Cloud 9

5 Apr (Thur) Yangshuo / Guilin / Shanghai **B**
Am Drive to Guilin for onward flights to Shanghai

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



Mother and baby in Shanghai



The stunning scenery around Yangshuo

Hotels

Jianguo Hotel (Beijing)

A very comfortable 4-star hotel with spacious rooms and a lovely lobby area. Facilities include a pool, fitness centre and restaurant.

Jianguo Hotel (Xi'an)

This is a lovely hotel situated in central Xi'an. It has spacious, comfortable rooms, good service and very good amenities including a bar and restaurant, a pool and a gym.

Guangyin Hotel (Hangzhou)

This is a comfortable, modern hotel situated in central Hangzhou in the midst of a shopping district. The rooms are spacious and there is a charming revolving restaurant on the 32nd floor.

Ocean Hotel Shanghai (Shanghai)

A centrally located 5-star hotel, situated near the North Bund, this modern hotel offers spacious, well equipped rooms and facilities including a fitness centre and indoor swimming pool.

“Many thanks for (the) wonderful introduction to China. I learnt so much...”

Shona Charters, Gynaecology & Fertility in China, 2016

Extension Hotels

Waterfall Hotel (Guilin)

The Lijiang Waterfall Hotel is across the street from a lakeside park with two beautiful pagodas, near a pedestrian area full of restaurants and shops. This is a well appointed and spacious hotel with the unusual attraction of a nightly waterfall cascading down the outside of the windows of the rooms.

Green Water Resort (Yangshuo)

The upmarket resort has a peaceful yet central location near both the Li River and shops and cafés.



Water therapy in Yangshuo

Tour Leader

Professor Keith Edmonds is a retired consultant obstetrician and gynaecologist and adjunct professor of obstetrics and gynaecology at Imperial College in London. His clinical practice was at Queen Charlotte's and Chelsea Hospital, which became part of Imperial College Healthcare. He was the clinical program director for women and children's services for 20 years and was a member of the management board of ICHT. His special interest was in paediatric and adolescent gynaecology and he is extensively published in this area of expertise. He has published a number of books and has been editor of Dewhurst's Postgraduate Obstetrics and Gynaecology for the past 20 years. He is currently a non-executive director of NHS Resolution, the government body responsible for all legal claims against the NHS. He has lectured internationally in many countries worldwide and has travelled extensively. Professor Edmonds was a participant on a previous Jon Baines tour to China.

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 many years, his breadth of knowledge is second to none.

“John (national guide) was superb; knowledgeable, sense of humour, patient, resourceful and a delight to see each morning.”

Mr Brian Kileff, Gynaecology & Fertility in China, 2016

Ground cost of the tour is US \$2,842 per person sharing (excluding international flights and transfers)

The cost includes:

- The services of a tour leader
- 8 nights' accommodation on a sharing basis in medium grade and first class hotels

The single room supplement is US \$522

- 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
- All transport services and taxes in China
- Tips

The cost excludes:

- International flights and transfers
- Meals not mentioned
- All optional excursions, tours and visits
- Travel insurance
- Visa

Ground only cost of the tour extension is US \$972 per person sharing (excluding international flights and transfers)

The cost includes:

- 3 nights' accommodation on a sharing basis in medium grade and first class hotels

The single room supplement is US \$232

- 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
- All transport services, tips and taxes in China

The tour price does not include international flights. If you require help booking flights to China please contact the London or Melbourne office.

The tour professional programme is eligible for CPD. Please contact us after the tour to request an attendance certificate.

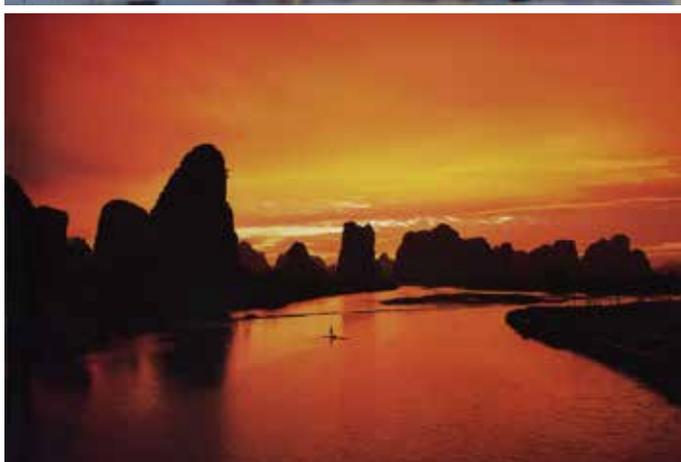
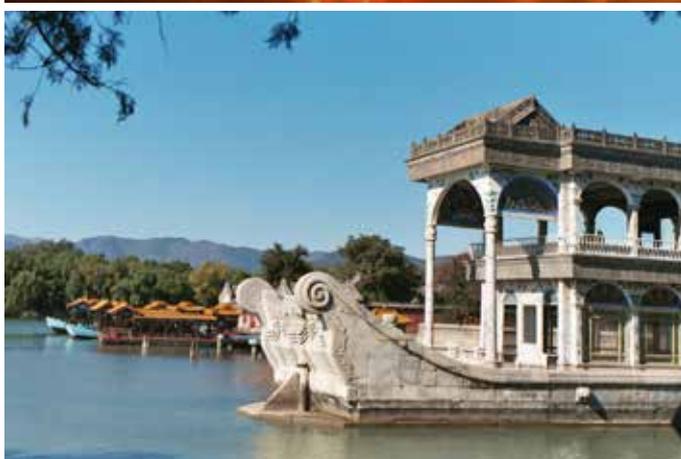
About Us

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 amazing Beijing Acrobats (top); The Summer Palace near Beijing;
Tai chi on the Bund; Sunset in Yangshuo (above)



Jon Baines
tours

