



Santa Maria Church on Lake Bled, Slovenia

Occupational Therapy Study Tour to Slovenia, Croatia and Bosnia

20 – 29 September 2021

COTEC - ENOTHE 2021 post congress tour





Dubrovnik

This fascinating study tour follows on from the 2nd COTEC – ENOTHE Congress in Prague from 15 - 18 September 2021. Take the train from Prague on a great railway journey via Vienna on the UNESCO-listed Semmering route to Ljubljana. Explore this stunning city and the beautiful Slovenian countryside and visit spectacular Lake Bled. Travel by train to Zagreb in Croatia before continuing by road to Sarajevo. Drive through dramatic mountain landscapes to the lovely towns of Mostar and Pocitelj before ending in Dubrovnik. There is a range of enlightening visits reflecting how occupational therapy has developed in these three countries.

Start your journey with a breathtakingly scenic train journey from Prague to Ljubljana via Vienna. Depart Prague in the morning and arrive in Vienna several hours later to change trains to Ljubljana. Here you will take the UNESCO-listed Semmering Route, first built in the mid-1800s, a pioneering railway that was one of the greatest feats of civil engineering of the time. This stunning route is one of the great railway journeys of Europe. Arrive Ljubljana and check into your hotel.

Slovenia's capital is a beautiful and very enjoyable city that is also one of Europe's greenest. Car traffic is restricted in the city centre, with the leafy riverbanks of the emerald green Ljubljanica River kept free for pedestrians and cyclists. In good weather the riverbanks throng with hundreds of people enjoying the terrace seating of cafes and bars in a city full of stunning architecture. On your first morning drive to one of Slovenia's most famous sights – beautiful Lake Bled, justifiably famous for its picture-postcard church on an islet and the medieval castle clinging to a rocky cliff, with some of the highest peaks of the Julian Alps



Take the UNESCO-listed Semmering route



Ljubljana

and the Karavanke as backdrop. Take a boat out to Bled Island and visit the Church of Mother of God. Return to the mainland and take a guided tour of Bled Castle which offers spectacular views of the surrounding mountains and countryside.

Return to Ljubljana to walk along the riverbank, taking in Preseren Square and the Town Hall. Take the funicular up to the castle and explore this mighty medieval fortress. Return to the river and board a cruise for a river-eye view of the lovely Slovenian capital.

Next morning visit the University Rehabilitation Institute to meet with members of staff and tour its departments. After lunch meet with the Occupational Therapy Association of Slovenia. Return to the hotel later in the afternoon with the evening at leisure.

Next morning take the train to Zagreb, another spectacular train journey. Arrive Zagreb early afternoon and visit an occupational therapy centre to meet with staff and learn about the services available in Zagreb and wider Croatia.

The following day is devoted to exploring the lovely city of Zagreb, famous for its wonderful 18th- and 19th-century Austro-Hungarian architecture. Take a walking tour of downtown Zagreb, which was largely built in the 19th and 20th century and was heavily influenced by Viennese architecture. Wander through the Upper Town's old red-roof and cobblestone streets, where the skyline is

skewered with delicate church spires. Spend the afternoon at leisure.

Next morning depart Zagreb and head to Bosnia and Herzegovina for the lovely town of Banja Luka. Visit one of the main occupational therapy clinics in the country on a professional visit before continuing to the capital of Sarajevo, arriving later in the afternoon. Relax after your journey before a short orientation walk to dinner.

Sarajevo's idyllic setting, its diverse heritage and its beauty make it one of Europe's most intriguing cities. A singular city where East meets West and ringed by mountains, it is both fascinating and spectacular. Its history is well known, especially during the twentieth century, for the assassination of Franz Ferdinand, the catalyst for the start of WW1, and the 4-year long siege in the 90s. Visit the Tunnel of Hope and Ghazi Husrev Bey's Mosque before time at leisure.



St Mark's Church, Zagreb (top); Sarajevo Town Hall (above)



Take a walking and coach tour and learn about the city's long history. Visit the site of the assassination of Franz Ferdinand, walk down historic Kazandziluk Street, where craftsmen have worked for centuries, visit the Jewish Quarter and see the cathedral. Experience Sarajevo's intriguing architectural medley, its vibrant street life and irrepressible spirit during an afternoon at leisure.

Next day depart Sarajevo for the pretty town of Mostar, famous for its iconic Old Bridge (Stari Most). Visit a 17th century Ottoman house and take a walking tour of the enchanting medieval old town before dinner. At dusk the lights of numerous millhouse restaurants twinkle, Kujundžiluk bustles with trinket sellers and the celebrated bridge forms a majestic stone arc between medieval towers.

The following day drive to Dubrovnik via Pocitelj, another jaw-droppingly lovely town. This stepped medieval fortress village is set in a steep rocky amphitheatre, crisscrossed with narrow stone paths lined with stone buildings. Continue to Dubrovnik.

Lord Byron called Dubrovnik 'the pearl of the Adriatic' and his words still chime true today. Dubrovnik is a remarkably beautiful city with an enviable natural setting perched high above the Adriatic Sea. Magnificent honey stone walls encircle the old city, guarding its baroque churches, monasteries, marble streets and town squares as they have done since medieval times. A history rich in culture and a long artistic tradition can be found in the museums, galleries and buildings, with a backdrop view of green islands studding the vivid blue Adriatic. Take a walking tour of the walled city and visit the Rector's Palace before a farewell dinner in the evening.

Depart Dubrovnik the following day or extend your stay.

If you wish to attend the tour but are not going to the congress, then you can either join the tour in Prague or meet the group in Ljubljana on the 28th September. If joining in Ljubljana please contact us for the revised cost.



Stari Most, Mostar (top); The rooftops of Dubrovnik (above)

Itinerary 20 – 29 September 2021

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

3 nights Ljubljana – 2 nights Zagreb – 2 nights Sarajevo – 1 night Mostar – 1 night Dubrovnik

20 Sept (Mon) Prague / Ljubljana

Am Depart Prague and take the train to Vienna
Pm Arrive Vienna and change trains to Ljubljana (there is a quick change of trains in Villach). Take the UNESCO-listed Semmering route and check into the central City Hotel

21 Sept (Tue) Ljubljana **B D**

Am Drive through the Slovenian countryside to beautiful Lake Bled. Take a boat out to Bled Island and visit the Church of Mother of God. Return to the mainland and take a guided tour of Bled Castle with spectacular views
Pm Enjoy a walking tour along the riverbanks of Ljubljana. Take the funicular up to the medieval castle to explore and learn about the city's history. Return to the riverside and take a cruise along the river

22 Sept (Wed) Ljubljana **B L**

Am Visit the University Rehabilitation Institute and meet with staff and tour its departments and facilities
Pm After lunch meet with the Occupational Therapy Association of Slovenia. Late afternoon and evening at leisure

23 Sept (Thur) Ljubljana / Zagreb **B D**

Am Scenic train journey to Zagreb
Pm Arrive in Zagreb early afternoon. Visit an occupational therapy centre and meet with staff to hear about services available in Zagreb and wider Croatia. Check into the stylish Dubrovnik Hotel

24 Sept (Fri) Zagreb **B L**

Am Walking tour of downtown Zagreb. Walk down the city's oldest streets of Upper Town and Kaptol, see Jelacic Square, the cathedral, Dolac Market and St Mark's Church
Pm Afternoon at leisure

25 Sept (Sat) Zagreb / Sarajevo **B L D**

Am Depart Zagreb and head to Bosnia and Herzegovina for the town of Banja Luka to visit an occupational therapy clinic, one of the main centres in the country
Pm Arrive late afternoon and check into the contemporary President Hotel, with time to relax before a short orientation walk to dinner

26 Sept (Sun) Sarajevo **B L**

Am Walking and coach tour of historic Sarajevo. Visit the site of the assassination of Franz Ferdinand and the Jewish Quarter and see the cathedral. Visit Kazandziluk Street, where craftsmen have worked for centuries
Pm Visit the Tunnel of Hope and Ghazi Husrev Bey's Mosque. Rest of afternoon at leisure

27 Sept (Mon) Sarajevo / Mostar **B D**

Am Depart Sarajevo to the pretty town of Mostar, known for its iconic old bridge
Pm Visit Biscevic House, a 17th-century Ottoman house, and enjoy a walking tour of the medieval town before dinner. Overnight at Mostar Hotel

28 Sept (Tue) Mostar / Pocatelj / Dubrovnik **B D**

Am Drive to Dubrovnik via Pocatelj and take a walking tour of the old town. Check into the elegant Lapad Hotel
Pm Visit the Rector's Palace
Eve Farewell dinner

29 Sept (Wed) Dubrovnik **B**

Am Depart Dubrovnik or extend your stay



Lake Bled (Credit - www.slovenia.info, Jošt Gantar)



Korcula

Extension

There is the option to extend your stay along the beautiful Dalmatian coast after the tour. You can either stay longer in Dubrovnik or take a short cruise along the coast to visit the stunning islands of Croatia.

Cruise: Split to Dubrovnik (3-night cruise departing Wednesdays)

29 Sept (Wed) Dubrovnik / Split B D

Am Drive from Dubrovnik to Split by private transfer
Pm Board the yacht in Split

30 Sept (Thur) Split / Korcula Island B L

Am Sail towards Korcula Island, the birthplace of Marco Polo
Pm Lunch on board. Disembark to explore the fortified city of Korcula, its red roofs and defensive walls reminiscent of Dubrovnik

1 Oct (Fri) Korcula Island / Slano B L

Am Sail past Peljesac Peninsula, the biggest peninsula of the Dalmatian Coast, known for its vine covered slopes. Continue to the Mljet Strait and arrive at the Elaphiti Archipelago - a group of 14 islands and islets. Stop for lunch and swimming along the way
Pm Arrive in Slano in the late afternoon

2 Oct (Sat) Slano / Dubrovnik B

Am After breakfast on board sail back to Dubrovnik and disembark

There is also the option to sail from Dubrovnik to Split, passing the beautiful islands of Mljet and Hvar en route. These cruises depart on a Saturday, which means you will have 3 additional nights in Dubrovnik after the tour ends on the 7th October 2020. Jon Baines Tours can assist with any additional accommodation required, either at the tour hotel or another hotel.



Hvar (top); Split seafront (above)



Kastel Banja Luka, Bosnia

Tour Leader

Dr Kit Sinclair, PhD, OTR, HKROT, FWFOT, FAOTA 2016 is an international education consultant in the areas of occupational therapy service and curriculum development and is a leader in the field. A founding faculty member of the occupational therapy education programme in Hong Kong, she has continued in senior academic and research posts for over 35 years. Kit served as President of the World Federation of Occupational Therapists from 2002-2008 and retains the title of WFOT Ambassador. She is an Honorary Fellow of the World Federation of Occupational Therapists and Fellow of the American Occupational Therapy Association. She is editor of the prestigious WFOT Bulletin. Kit has given many guest lectures and workshops around the world and has been instrumental in global and national policy development in collaboration with WHO and national governments.

“Kit was highly professional and well respected throughout China – it felt like an honour to be part of her group.”

Kate Loxton, Occupational Therapy in China,
March 2017

**The cost of the tour is
USD \$3,068 (excluding
International flights and
airport transfers)**

The cost includes:

- 9 nights' accommodation in medium grade twin bedded rooms with private facilities

Single room supplement is USD \$501

- Tour leader (Kit Sinclair)
- Meals as per the brochure
- A full programme of professional and cultural visits, including admission fees where applicable
- Transport by train (Prague to Ljubljana and Ljubljana to Zagreb) and private coach
- Services of English-speaking local guides
- Tips

The cost excludes:

- International flights and airport transfers
- Meals not mentioned and drinks with meals
- All optional excursions, tours and visits
- Travel insurance
- Visa (if required)

Flights:

Flights are not included in the cost of the tour, but we can assist with booking them for you. Please get in touch for further details.

For full details and prices of the extension cruise, please get in touch with our London or Melbourne office. All cruise options are subject to availability.



Pocitelj, Bosnia

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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Ljubljana (Credit - www.slovenia.info, Andrej Tarfila) (top); Bled Castle; Ghazi Husrev Bey's Mosque, Sarajevo; Clocktower, Dubrovnik (above)



Jon Baines
tours

