



Church of the Spilled Blood, St Petersburg

Paediatric Medicine and Child Health in Russia

3 – 13 July 2022

3 nights Moscow – 2 nights Tver
– 2 nights Veliky Novgorod – 3 nights St Petersburg

With St Petersburg extension:

3 – 15 July 2022



Jon Baines
tours



Red Square, Moscow

This vast country has played many parts in world history and continues to do so. This tour will take you from Moscow, a modern economic and political capital with a long history, to the ancient city of Tver, which once rivalled Moscow as a power base. From here travel to the beautiful, ancient city of Veliky Novgorod, the birthplace of the Russian state, which was proclaimed here in 862. Continue to the magnificent heart of the Russian empire, St. Petersburg, which is without rival for grandeur.

The Russian childcare system has been supported by state and private contributions since the 18th century, when the first orphanages were set up by Catherine the Great – each orphanage with its own hospital attached. Russian paediatrics has always been an integral part of world science and practice. Karl Martens was the first chief doctor of the Moscow founding hospital and saved the wards

from the plague epidemic of 1771–1773. His treatise on this subject (published in Paris in 1784) had a great impact on the medical science of the day. Johann Heinrich Jänisch was the first doctor to vaccinate against smallpox at the same hospital in 1773–1780.

Under the Soviet system after 1917, maternal and child health received special attention. Child health was separated from adult health and highly qualified child doctors (paediatricians) were trained. For the first time in the world, medical faculties of universities began the training of child doctors in 1930 in the USSR.

With local guides in each city and a series of talks and specialist professional visits, gain deeper insight into the history of children, childcare and paediatric health, as well as the history and culture of this vast, contradictory and endlessly fascinating country.

Partners are very welcome.

Tour Leader

Professor Jenny Batch is a paediatric and adolescent endocrinologist at the Queensland Children's Hospital and Medical Director of Queensland Adolescent and Children's Endocrinology at the Greenslopes Private Hospital. She is Professor of Paediatrics at the University of Queensland. Jenny is a graduate of the University of Queensland and trained in paediatrics in Brisbane prior to training in paediatric and adolescent endocrinology at the Royal Children's Hospital (RCH) in Melbourne and the University of Cambridge in the United Kingdom.

Jenny worked as a paediatric and adolescent endocrinologist at RCH Melbourne, and was then appointed Professor of Paediatrics at the University of Queensland in 1997. She established the Department of Paediatric Endocrinology and Diabetes at the Royal Children's Hospital Brisbane.



Jenny is a keen traveller and led a highly successful study tour to India for Jon Baines Tours in early 2020.

The Hermitage within the Winter Palace, St Petersburg



3 nights Moscow – 2 nights Tver – 2 nights Veliky Novgorod – 3 nights St Petersburg



Day 1: Moscow (Sun, 3 July) D

- Pm:** Arrive in Moscow and check into the Novotel Moscow Kievskaya, a centrally-located modern 4-star hotel.
- Eve:** Welcome dinner at Buona on the 29th floor of one of Stalin's "Seven Sisters". These skyscrapers are one of the leading architectural legacies of the Stalinist period.

Day 2: Moscow (Mon, 4 July) B D

- Am:** Visit the iconic UNESCO listed Kremlin, a fortified complex at the heart of the city that contains the seat of the Russian Government and once housed the royal palaces. Visit the Armoury Chamber to see gold and silver from the period of the Tsars, imperial regalia and historic armour. Continue to Red Square and St. Basil's Cathedral and visit the famous GUM department store.
- Pm:** Visit the Russian Medical Museum and listen to a talk providing a background on children, child health and medical history in Russia. See the Moscow Orphanage or Foundling Home - an ambitious project conceived by Catherine the Great.

- Eve:** Walking tour around VDNKH, a park with museums and beautiful gardens, where locals spend the summer evenings. Dinner in the Armenian Pavilion.

Day 3: Moscow (Tues, 5 July) B D

- Am:** Take in a different view of the city by using its famous metro, remarkable for some of its ornately decorated stations. Visit Bunker 42, a Cold War underground complex.
- Pm:** Visit the Veltischev Research and Clinical Institute for Paediatrics at the Pirogov Russian National Research Medical University to learn about contemporary paediatrics in Russia. Optional partner programme.
- Eve:** Option to see the Russian national dance show, Kostroma.

Day 4: Moscow / Tver (Wed, 6 July) B D

- Am:** Drive north past dachas and villages through the countryside to Tver, a once powerful city that rivalled Moscow in medieval times. While the medieval centre has not survived, the downtown area is dominated by attractive neoclassical architecture erected during the reign of Catherine the Great.
- Pm:** Explore the city, including Tver Imperial Palace, which was built in the 18th century as a place of rest for Catherine the Great during her journeys between the old and new capitals of Moscow and St. Petersburg.
- Eve:** Dinner and overnight at the modern Grand Hotel Zvezda, located in an elegant, historic building in a central location.

Day 5: Tver (Thurs, 7 July) B L

- Am:** Visit the Avaev Center of Specialised Medical Care – an NGO paediatric unit - and meet with local doctors and nurses. Partners visit the centre or at leisure.
- Pm:** Walking tour along the pedestrian central street in Tver. At leisure to explore the

waterfront along the Volga River.

Day 6: Veliky Novgorod (Fri, 8 July) B D

Am: Drive north to ancient Veliky Novgorod, a beautiful city renowned as the 'Birthplace of Russia', where Prince Rurik proclaimed the modern Russian state in 862. The Rurik dynasty went on to rule Russia for more than 750 years. The city was a major centre for trade, literacy, democracy and the spread of Orthodoxy.

Pm: Visit the City Children's Polyclinic to understand the history of the polyclinic and how primary health care works today. Visit the Church of the Nativity and hear Russian choral singing. Overnight at the comfortable, central Hotel Volkhov.

Day 7: Veliky Novgorod (Sat, 9 July) B L

Am: Full day sightseeing. Visit the Kremlin complex, the glorious Cathedral of St Sophia, which is the oldest church in Russia, and the gorgeously decorated Chamber of Facets, a Gothic chamber dating to 1433 that once housed Novgorod's Supreme Court and was the scene of many ceremonies and soirées.

Pm: Have traditional shchi soup for lunch in a local restaurant. Visit St. Yuriev Monastery, Russia's oldest monastery; Vitislavlitsy, an evocative open-air museum consisting of beautiful wooden peasant houses and churches, some dating back to the 16th century, all built without nails; and the ancient Rurik settlement, dating back to the 9th century.

Day 8: Veliky Novgorod / St Petersburg (Sun, 10 July) B L

Am: Transfer to the train station. Take the train to St. Petersburg, Russia's great imperial city, built by Peter the Great.

Pm: Take a private cruise through the canals of St Petersburg, the wonderful views of the grand buildings that line the waterside evoking the height of the Russian Empire. Transfer to the central Holiday

Inn St. Petersburg Moskovskie Vorota, an excellent and spacious new hotel.

Day 9: St Petersburg (Mon, 11 July) B

Am: Visit the paediatric division of Almazov National Medical Research Centre, one of Russia's leading research institutes, for a meeting and discussion with paediatricians, paediatric nurses and specialists. Orientation tour of St Petersburg to see the Church of the Spilled Blood, St. Isaac's Cathedral and the Peter and Paul Fortress. Walk along Nevsky Avenue.

Pm: Visit the Art Nouveau Eliseyev Emporium (an upmarket delicatessen and café). Continue to Yusupov Palace, one of the two remaining St. Petersburg residences of the monumentally wealthy Yusupov family, and the scene of Grigory Rasputin's assassination. It is one of the few aristocratic homes in the city to have retained many of its original interiors after the revolution.

Eve: Option to see the Russian Ballet, subject to the ballet program.

Day 10: St Petersburg (Tues, 12 July) B D

Am: Visit one of the world's largest and oldest museums, the Hermitage. Set in the magnificent Winter Palace and adjoining buildings, it has over three million items in its collection, a fraction of which are on display in 360 rooms.

Pm: Take a hydrofoil to Peterhof Palace Complex to visit the most spectacular of all the summer residences of the tsars. Crowning the hill, it commands a magnificent view over stunning gardens filled with fountains, including the Grand Cascade, gilded statues and the Gulf of Finland beyond. Visit the Bathhouse Wing for an intimate glimpse of Imperial daily life. Return to the city by coach.

Eve: Farewell dinner.

Day 11: St Petersburg (Wed, 13 July) B

Am: Depart St Petersburg or take extension.



The Catherine Palace

St Petersburg Extension

This extension provides the opportunity to explore more of the unrivalled grandeur of Russia's cultural centre, including the breathtaking Gold Room in the Hermitage and magnificent Catherine Palace. Built by Peter the Great as a display of imperial Russia's growing status and fine-tuned by his successors, who added their own fabulous palaces and cathedrals, St Petersburg grew to be the Romanov's showcase capital and Russia's first great, modern city.

Day 11: St Petersburg (Wed, 13 July) B

Am: Visit Peter and Paul's Fortress, the oldest landmark in St. Petersburg, which contains the Royal Mint, the Romanov tombs and Peter and Paul Cathedral. Continue to the excellent Faberge Museum.

Pm: Visit the fabulous Gold Room in the Hermitage Museum, a spectacular collection of gold, silver, and royal jewels that belonged to the Russian tsars. The Gold Room includes archaeological treasures such as Scythian gold, ancient Greek and Oriental jewellery from India, Iran and China, as well as superb examples of ceremonial Oriental weapons. There

will also be time to explore other parts of the Hermitage at your leisure.

Day 12: St Petersburg (Thurs, 14 July) B D

Am: Drive to Pushkin and visit the enormous Catherine Palace, a stunning building with a blue and white façade, which contains the famous Amber Room.

Pm: Visit the elegant neoclassical Pavlovsk Grand Palace.

Eve: Visit the Vodka Museum and dinner with vodka tasting.

Day 13: St Petersburg (Fri, 15 July) B

Am: Depart St Petersburg.



Inside the Hermitage Museum



St Basil's Cathedral, Moscow (top); The Trinity Lavra of St. Sergius in Moscow, the spiritual centre of the Russian Orthodox Church; The Kremlin complex, Veliky Novgorod (above)

The cost of the tour is USD \$3,990 per person sharing

The cost includes:

- 10 nights' accommodation in twin- bedded rooms in medium grade hotels

The single room supplement is USD \$546

- Tour leader (Professor Jenny Batch)
- Comprehensive briefing notes
- All breakfasts and other meals as mentioned
- All transport
- A full programme of cultural visits
- A full programme of professional visits and talks
- Admission fees where applicable
- One guide in Moscow, Tver and Novgorod and another guide in St Petersburg
- Tips

The cost excludes:

- International flights and airport transfers
- Meals not mentioned
- All personal extras such as portorage, laundry, inoculation fees, and drinks
- All optional excursions, tours and visits
- Travel insurance
- Visas

The cost of the extension is USD \$699 per person sharing and includes:

- 2 nights' accommodation in twin- bedded rooms in medium grade hotels

The single room supplement is US \$165

- All breakfasts and other meals as mentioned
- All transport
- A full programme of cultural visits
- Admission fees where applicable
- Guide
- Tips

The cascades at Peterhof Palace



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.



An opulent metro station, Moscow (top); The Kremlin by the Volga, Moscow; Traditional wooden architecture at Vitoslavlitsy; Peter and Paul Fortress, St Petersburg (above)

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