



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

Chronic Disease Management and Palliative Care in Alice Springs and Uluru

1 – 7 August 2022

“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



Jon Baines
tours



Uluru at dawn

Experience Australia its most remote, historic and starkly beautiful in 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 palliative and end-of-life care in the company of Shyla Mills, CEO at Palliative Care Queensland.

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, explore the historic town of Alice Springs and learn about the inspiring work of the Indigenous-owned and run Purple House, which provides mobile dialysis units in the most

remote parts of Australia. Visit the striking new Alice Hospice, designed in collaboration with the Indigenous community, and meet the palliative care team to learn about community care. Meet with Dr Sam Heard, a GP and medical director of the Central Australian Aboriginal Congress. Visit the Royal Flying Doctor Service to learn about their work.

As you explore the region, learn about its ancient culture and walk through some breathtaking outback scenery. Visit spectacular Kata Tjuta and see Mt Conner and the Valley of the Winds. See Uluru in the early morning on a walk and at sunset. Stay at the at 5-star Sails in the Desert, have breakfast in the outback and marvel at the Field of Light as the sun goes down behind Uluru.

Tour Leader

Shyla Mills is the CEO at Palliative Care Queensland (PCQ) a leading charity and peak body in Australia and a member of the Flinders University research centre for Palliative Care, Death and Dying. She holds a Master of Public Health and Palliative Care and has a special interest in palliative care strategy and policy, public health palliative care as well as death and compassion literacy. Shyla has worked in palliative care across different settings including paediatrics, community and aged care throughout Australia, as well as internationally in India, Nepal, Mongolia and the UK. Prior to moving to Queensland, Shyla was a National Program Manager at Palliative Care Australia. Shyla is a board member for the international charity Foundation for Developing Compassion and Wisdom for over 10 years and was the former vice president of Palliative Care Nurses Australia.

Inspired by international models of palliative care, Shyla has successfully led the introduction



of several new community engagement programs at PCQ including Ambulance Wish Queensland (which when launched in 2019 reached over 155 million people online) and public education programs, Last Aid and PalliLearn. Shyla says her ambulance wish would be to watch one last sunset at the beach, with a glass of red wine surrounded by her two sons, husband, dog and friends.

Mt Conner (credit Emu Run Experience)



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



Day 1: Alice Springs (Mon, 1 Aug) **B 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 (Tue, 2 Aug) **B L**

- Am:** Hear a background talk on Palliative Care in the Northern Territory. Visit the Purple House, an innovative Indigenous-owned and run health service providing mobile dialysis units and remote clinics from its base in Alice Springs. Now operating 18 remote clinics and a mobile dialysis unit called the Purple Truck, Purple House is getting patients back home so that

families and culture can remain strong. Learn about their important work, bush medicine and their social enterprise. Meet with staff, volunteers and elders and enjoy a bush lunch with the team.

- Pm:** Visit the New Alice Hospice and its new unit, acclaimed for its culturally appropriate design. Meet with the palliative care team and learn of their work in Alice Springs and their community palliative care work which covers a huge area across the southern half of the Northern Territory. Meet with Dr Sam Heard OAM, a GP and medical director of the Central Australian Aboriginal Congress, and learn about their training programmes and GP involvement in end-of-life care.

Day 3: Alice Springs (Wed, 3 Aug) **B L**

- Am:** Talk on Palliative Care for First Nations and how the PEPA program works (Program for Experience in the Palliative Approach.) Visit the Royal Flying Doctors service and learn about their work and the history and the provision of medical and palliative care to outback Australia. Visit Alice Telegraph Station and the School of the Air.
- Pm:** Drive to Simpsons Gap in the West MacDonnell Ranges and take part in a guided walk learning of the geology of the region.
- Eve:** Enjoy a spectacular outback sunset from Anzac Hill.

Day 4: Alice Springs / Uluru (Thur, 4 Aug) **B D**

- Am:** Drive out to Erldunda in the precise geographical centre of Australia for an early breakfast (and to feed the emus and kangaroos) and see mighty Mt Conner.
- Pm:** Continue to Uluru and have lunch. 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 to check into the Desert Gardens Hotel and at leisure.
- Eve:** Enjoy a sunset barbeque 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 (Fri, 5 Aug)

B D

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.

Pm: Return to Uluru for lunch and at leisure.
Eve: Optional Sounds of Silence dinner.

Day 6: Uluru / Alice Springs (Sat, 6 Aug)

B D

Am: Drive back to Alice Springs, with stops en route.

Pm: Arrive Alice Springs later in the afternoon. Check into the hotel and freshen up before a wrap up meeting at the hotel.

Eve: Farewell dinner at Hanuman in the company of some of the local practitioners and speakers you've met during the tour.

Day 7: Alice Springs (Sun, 7 Aug)

B

Am: Depart Alice Springs.





The Field of Light, Uluru

Hotels

Quest (Alice Springs)

Quest Alice Springs is centrally located and provides a stylish and comfortable apartment experience. The rooms are quiet, comfortable and spacious. The hotel has a pool for guest use and the staff are very welcoming and helpful.

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.

*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, digeridoo performance, star talk and stargazing. The additional cost is \$229 per person. (4 hours)



Experience the optional Sounds of Silence dinner



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

The ground cost of the tour is \$3,285 per person sharing

The cost includes:

- The services of a tour leader, Shyla Mills.
- Qualified driver / guide from Day 2 to Day 7.
- Six nights' accommodation in twin-bedded rooms with private facilities in 4- and 5 -star hotels.

The single room supplement is \$660

- Breakfast and lunch or dinner daily on the tour.
- A full programme of cultural tours.
- Medical and professional visits and talks as per the itinerary.
- All admission fees
- All transport services
- GST

The cost excludes:

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



Ancient culture in the Red Centre

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.



Flying Doctor service at work (top); Making Bush Balm products at Purple House; 'Valley of the Winds' Kata Tjuta; Old telegraph station, Alice Springs (above)

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