

The ghats of Varanasi

Palliative Care in North India 15 – 29 November 2020

"The trip was fantastic. I loved all of it and would like to go on another such trip. It was great not to have to worry about anything and the palliative visits were good. Tour leader (David Oliviere) was also fabulous."

Robyn McIntosh, Palliative Care in North India, 2017





Visit the Taj Mahal at dawn

India is a land like no other in the richness and diversity of its people, its culture and its history. It is home to one of the world's oldest religions and some of its most beautiful man made structures, spectacular landscapes and wildlife and a vibrant and colourful society clinging to ancient traditions whilst embracing the modern world.

This tour starts in Delhi, a city where Mughal and colonial history rub shoulders alongside a vibrant contemporary culture. Continue to the pink city of Jaipur, onto Agra, dominated by the majestic Taj Mahal, to colonial Lucknow and the great spiritual centre of Varanasi, where life and death meet. The tour finishes in the Bengali capital of Kolkata, rich in literature and culture and the former capital of the British Raj. The varied cultural programme is balanced by a wide-ranging professional itinerary of visits, talks and meetings with palliative care practitioners in both rural and urban India.

Arrive in Delhi and check into the hotel. Hear an introductory talk giving some international perspective to palliative care before a welcome dinner in the evening. Next morning visit CanSupport, our supported project (see inside back page) to examine their excellent work in providing practical, emotional and spiritual support to cancer patients and their families. Gain an overview of palliative care in India before lunch hosted by CanSupport. Take an afternoon orientation tour of New Delhi, seeing the highlights of imperial Delhi, and visit the Shanti Avedna Sedan Hospice.

Take the Delhi metro to visit the palliative care department at the All India Institute of Medical Sciences (AIIMS), the most important hospital in India, and meet with clinicians and social



A silk shop in Delhi



The Palace of the Winds, Jaipur

workers. In the afternoon take a sightseeing tour of Old Delhi, once the capital of Mughal India, containing many medieval treasures. See the majestic Red Fort, built in 1648, and the great mosque, Jama Masjid. Walk through the narrow lanes of the Chadni Chowk, visiting the spice market and Jeweller's Lane, before returning to the hotel by metro.

The following day drive to the 'Pink City' of Jaipur, home to stunning hilltop forts and glorious palaces amidst the dusky pink buildings of the old town. Check into the hotel and spend the rest of the day at leisure, with options to visit the textile and jewellery bazaars of Jaipur.

Visit Bhagwan Mahaveer Cancer Hospital and Research Centre the following morning and meet with Dr Anjum Joad and the clinical team to hear about their pioneering work. There will be the opportunity to discuss and exchange ideas with professional counterparts. Continue to the Chakrapati Ayurvedic Centre and learn of traditional approaches to pain relief. Return to the hotel via the famous Hawa Mahal (Palace of the Winds), where the ladies of the harem were kept sheltered from prying eyes, and Jantar Mantar, a fascinating observatory dating back to 1693.

Next morning explore the ancient citadel of Amber Fort, remarkable for the way it combines both Hindu and Muslim elements within its ornate style, and the City Palace Museum. Spend the rest of the day at leisure.

The following day drive to the bird sanctuary of Bharatpur and visit on foot. Continue to the abandoned city of Fatehpur Sikri, built at the behest of the Mughal Emperor Akbar in 1571 and abandoned less than twenty years later. The beautiful red sandstone city remains perfectly preserved after hundreds of years. Continue to Agra and spend the rest of the day at leisure.

Rise early the next day to visit India's most famous monument, the Taj Mahal, created by Mughal Emperor Shah Jehan as an expression of his love for his wife, Mumtaz. Many have tried to describe the beauty of this white marble mausoleum, which is a perfect exercise in symmetry, set high against the blue sky. Return to the hotel for breakfast before driving to Lucknow, the setting for the 140-day Siege of Lucknow in 1857, and spend the rest of the day at leisure.





Amber Fort, Jaipur (top); The Imambara at Lucknow (above)



Next morning explore Lucknow, renowned for its culture, elegance and rich cuisine. Start with the Lucknow Residency, which became the stage for one of the most dramatic events of the mutiny and still bears the battle scars today. Visit the colossal tomb of Bara Imambara and drive by tongas to the Hussainabad Complex. In the evening there is the option to take a culinary tour of Lucknow's street markets and sample its delicious street food.

The following day drive to Varanasi, one of the holiest places in India. Varanasi is set on the banks of the River Ganges and is where Hindus come to purify themselves in the holy water and also to be cremated at the end of their lives. Arrive in the afternoon and transfer to the hotel before taking rickshaws to the river to visit the ghats, the long string of bathing steps leading down to the Ganges, where Hindus pray and chant by oil lamp in the evening.

Rise at dawn the next day to cruise the River Ganges to see pilgrims offering puja (respects) to the rising sun, before walking through the old town of Benares for breakfast. See the Golden Temple and visit the Bharat Mata Temple, with the rest of the day at leisure in Varanasi.

Next day visit the Pain and Palliative Care Unit at Benares Hindu University and learn of spiritual care. You will also visit their Ayurveda healing centre. Spend the rest of the day at leisure before flying to Kolkata in the evening, where you will transfer to the hotel.

Drive out to Thakurpukur and visit the Saroj Gupta Cancer Centre and Research Institute the following morning and learn of their fascinating history and inspiring work today. Return and spend the rest of the day at leisure in Kolkata.

Kolkata was the centre of the Raj until 1911 and has long been a hub of Bengali literature, music and philosophy. It has a long and diverse history that has left a legacy of magnificent temples, buildings and parks, which you will see on a sightseeing walk of old Kolkata the next morning. Visit the Writer's Building, the Victoria Memorial and the Maidan. In the afternoon visit the Anglican Cathedral, Park Street Cemetery and the Mother Theresa Museum before a farewell dinner that evening.

Depart Kolkata the following day.





A devotee in Varanasi (top); The Victoria Memorial, Kolkata (above)

3 nights Delhi – 3 nights Jaipur – 1 night Agra – 2 nights Lucknow – 2 nights Varanasi – 3 nights Kolkata

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Am		Arrive Delhi

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Pm Talk: "Palliative Care – the International

Context"

Eve Welcome dinner

16 Nov (Mon) Delhi

Am Visit CanSupport for an overview of

palliative care in India

Pm Lunch hosted by CanSupport and meet

some of their volunteers. Orientation tour of New Delhi. Visit the Shanti

Avedna Sedan Hospice

17 Nov (Tue) Delhi

Am Board metro train to visit AIIMS Palliative

Care Department and meet clinicians

and social workers

Pm Sightseeing tour of Old Delhi. Walk

through the narrow lanes of the Chadni Chowk, visit the spice Novket and walk

along Jeweller's Lane.

18 Nov (Wed) Delhi / Jaipur

Am Drive to Jaipur

Pm At leisure. Option to visit the textile and

jewellery bazaars of Jaipur

19 Nov (Thur) Jaipur

Am Visit Bhagwan Mahaveer Cancer

Hospital and Research Centre

Pm Visit to the Chakrapati Ayurvedic

Centre and learn of traditional

approaches to pain relief. Return to the hotel via the Palace of the Winds and

Jantar Mantar Observatory

20 Nov (Fri) Jaipur

Am Visit Amber Fort and the City Palace

Museum

Pm At leisure

21 Nov (Sat) Jaipur / Agra

Am Drive to the bird sanctuary of Bharatpur

and visit by foot. Explore the ancient abandoned city of Fatepur Sikri

Pm Drive to Agra. Arrive and transfer to the

hotel and at leisure

22 Nov (Sun) Agra / Lucknow

Am Visit the Taj Mahal before breakfast.

Drive to Lucknow

Pm Arrive late afternoon and at leisure

23 Nov (Mon) Lucknow

Am Visit the Lucknow Residency and the

Bara Imanbara

Pm Driven by tongas (horse drawn carriages)

to Hussainbad Complex

Eve Optional: Culinary tour of Rumi

Darwaza (the Lucknow Novkets)

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24 Nov (Tue) Lucknow / Varanasi

Am Drive to Varanasi

Pm Arrive Varanasi and transfer to the hotel
Eve Rickshaws to the river and visit the

ghats of the Ganges

25 Nov (Wed) Varanasi

Am Rise at dawn for Ganges cruise to see

pilgrims offering puja. Walk back through the old town of Benares to the hotel for breakfast. See the Golden Temple and

visit the Bharat Mata Mandir

Pm At leisure in Varanasi

26 Nov (Thur) Varanasi / Kolkata

Am Visit the pain and palliative care unit at

Benares Hindu University. Learn of traditional cultural beliefs around death

Pm At leisure

Eve Fly to Kolkata and transfer to the hotel

27 Nov (Fri) Kolkata

Am Drive to Thakurpukur to visit the Saroj

Gupta Cancer Centre & Research Institute

Pm At leisure in Kolkata

28 Nov (Sat) Kolkata

Am Sightseeing walk visiting old Kolkata

including the Writer's Building. Visit the

Victoria Memorial and the Maidan

Pm Visit the Anglican Cathedral, Park Street

Cemetery, Mother Theresa Museum

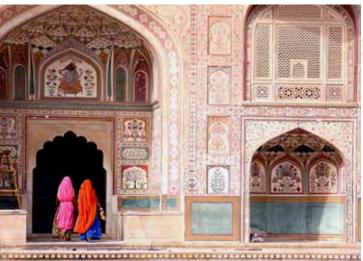
Eve Farewell dinner

29 Nov (Sun) Kolkata

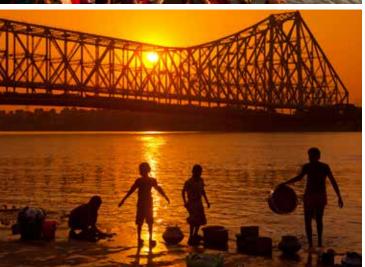
Am Depart for airport for flight home

"Very interesting visits provided good opportunity to gain understanding and insight re palliative care in variety of settings throughout India. Really wonderful teams and each visit made for excellent interaction."









The flower market in Kolkata (top); Women inside Amber Fort, Jaipur; Varanasi; Howrah Bridge in Kolkata at sunset (above)

Hotels

Ashtan Sarovar Portico (Delhi)

A contemporary business style hotel, the Ashtan Sarovar Portico has a central New Delhi location, close to a market, with comfortable, wellappointed rooms and very good customer service.

Lemon Tree Hotel (Jaipur)

A very comfortable, attractive hotel with spacious rooms that also provides a warm welcome, a good restaurant and a small outside pool area.

Courtyard by Marriott (Agra)

An excellent 5-star hotel in a quiet location, Courtyard by Marriot has spacious, very comfortable rooms and efficient, friendly staff. Amenities include a health centre, swimming pool and spa.

Fortune Park BBD (Lucknow)

A contemporary style hotel in a central location with spacious, comfortable rooms, the hotel amenities include very good restaurants, bar, spa and pool, alongside excellent customer service.

Ramada Inn (Varanasi)

A contemporary business style hotel, the Ramada has spacious, comfortable rooms with large beds. Amenities include good restaurants, a pool, day gym, spa and salon and the hotel adjoins a well-equipped shopping mall.

Lalit Hotel (Kolkata)

The Lalit Great Eastern is a heritage landmark luxury hotel located in the main business and shopping district of Kolkata. Built in 1841, The Lalit Great Eastern has been restored to its original glory, combining Victorian, Edwardian and contemporary styles. This stylish hotel provides excellent rooms and food as well as good facilities.

Tour Leader

David Oliviere is a consultant in psychosocial palliative care, a social worker, an educationalist and a clinical supervisor. He is former director of Education and Training at St Christopher's Hospice in London and visiting professor at the School of Education and Health Sciences at Middlesex University. David was involved in founding Pilgrim's Hospice, Canterbury, before joining the North London Hospice as Director of Social Work. Subsequently, David worked as Community Care Advisor for ethnic minorities and refugees, London Borough of Enfield, and as Macmillan Principal Lecturer in Palliative Care at Middlesex University, whilst practising at the Macmillan Support Team in Barnet Hospital. David has contributed to several publications, spoken internationally and has jointly edited a number of books. He currently practises as a couple and bereavement counsellor and is joint lead for a new theatre project in palliative care education, "Stories That Speak".

"David [Oliviere] was fantastic – he is warm and gentle and went out of his way to include everyone. It was obvious throughout India that he is well respected."

Susan Chorlier, Palliative Care in North India, 2017

Project

CanSupport was founded by Harmala Gupta, a cancer survivor and a support person for others, in 1996. In 1991, Harmala had started the first cancer support group in India, Cancer Sahyog. The CanSupport mission is to enable people with advanced cancer and their families to make informed choices and decisions and to receive appropriate physical, emotional, social and spiritual support.

The ground only cost of the tour is USD \$3,995

(excludes international flights and transfers)*

The cost includes:

- Comprehensive briefing notes
- The services of a tour leader (David Oliviere)
- 14 nights' accommodation in good medium grade to 5-star hotels

The single room supplement is USD \$992

- Breakfasts daily and lunch or dinner daily
- A full programme of professional visits and cultural tours as per the itinerary
- Admission fees where applicable
- Full-time English speaking national guide
- All transport in India
- Tips

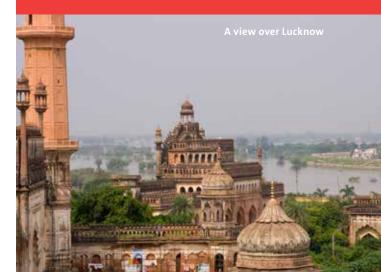
The cost excludes:

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

* We can organise flights if required; please contact the London or Melbourne office to discuss.

"I really enjoyed the tour, the group was amazing – travelling with like-minded people just made the experience even more wonderful."

Colleen Prentice, Palliative Care in North India, 2017



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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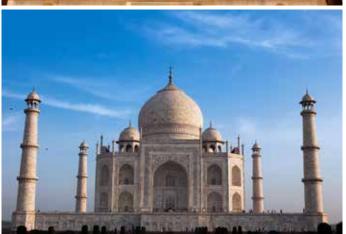
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A boating lake in Delhi (top); A courtyard in Amber Fort, Jaipur; The Taj Mahal; Rajasthani women in traditional dress (above)



