



Dubrovnik Harbour

Physiotherapy study tour 14 – 26 May 2019

Post WCPT Congress 2019 tour

Milan • Padua • Venice • Bari • Corfu
Santorini • Mykonos • Dubrovnik • Venice

World Confederation for Physical Therapy
CONGRESS 2019
Geneva



Jon Baines
tours



The Grand Canal Venice

This tour and cruise has been designed to follow on from the WCPT General Meeting and Congress, which will be held in Geneva from 10-13 May 2019. Both tour and cruise are open to all, whether you attend the Congress or not.

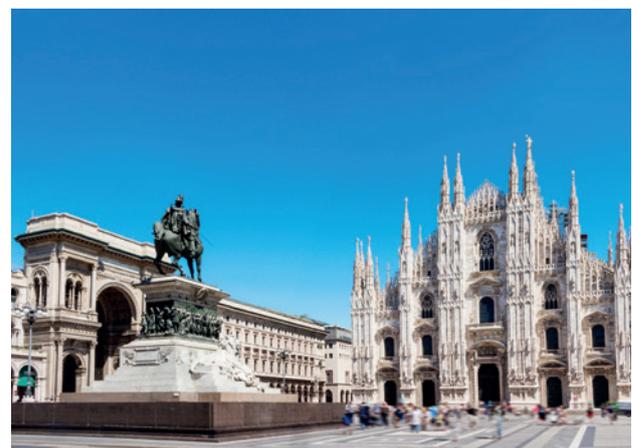
Travel to some of the loveliest parts of Italy, Greece and Croatia and combine a full cultural itinerary with a professional visit and lectures on the cruise. From Geneva take the train on a beautiful journey to Milan, passing the shores of Lake Geneva and rolling vineyards. Spend two nights in stylish Milan before taking the train to Padua. Tour this historic city and then explore Venice before boarding the Costa Deliziosa cruise ship to sail into the Adriatic Sea.

Over the next week cruise to Bari and onto the Greek islands of Corfu, Santorini and Mykonos then up the scenic Dalmatian Coast and visit Dubrovnik before returning to Venice. The cruise will combine CPD lectures with time to explore the ports and islands visited and to relax on the cruise.

Start the journey at Geneva railway station and board the afternoon train to Milan. Take the Simplon route which includes the famous

Simplon Tunnel opened in 1906, as well as great views along the shores of Lake Geneva and past vineyards and across the mountains to Milan. Arrive and transfer to the hotel with dinner in a local restaurant that evening.

The next morning explore this chic city known for its style, fashion and design. Visit the Duomo (Milan Cathedral) the largest church in Italy with 3,400 statues, the most in the world. Continue onto the Galleria Vittorio Emanuele II, the world's oldest active shopping arcade, housed over four stories and known for its luxury shops selling haute couture, jewellery and paintings; as well as restaurants, cafés and bars. See the exterior of the famed La Scala, Milan's Opera House. That afternoon take part in a culinary walking tour visiting some of the most famous and historical shops and learn of Milan's food



The Duomo, Milan



Galleria Vittorio Emanuele II, Milan

culture. That evening there is the option to attend a performance of the opera at La Scala (subject to the program and availability).

The next morning visit the Milan offices and factory of Roadrunnerfoot, a manufacturer of a range of prosthetics. The company is involved in the research, development and production of prosthetic limbs including specialist prosthetics for athletics. The company is also involved in a range of social programmes alongside training projects. In the afternoon take the train to Padua and transfer to the hotel.

The following day explore Padua on a walking tour taking in the two main squares, the Piazza della Erbe and Piazza dei Frutti, which for centuries were home to markets and the Palazzo della Ragione and continue to St Antonio Cathedral. In the afternoon visit the historic Padua University Medical School with its Renaissance Anatomical Theatre and the botanical gardens, dating back to 1545. There is also the option to visit the Scrovegni Chapel with its frescoes by Giotto.

Take the train the next morning to Venice exploring the many charms of the city by foot and by water with visits to the famous Piazza San Marco and the Basilica. Following a local lunch, the afternoon is free to explore “the City of Water” before returning to Padua in the late afternoon.

Transfer to the port of Venice the next day and board the MS Deliziosa, your cruise ship for the

next seven days. The MS Deliziosa has 1,130 cabins in total including inside, outside and private balcony cabins and suites. The ship has four restaurants and 11 bars including a Cigar Lounge and a Coffee & Chocolate Bar. The large Samsara Spa is spread over two levels, with gym, baths, thalassotherapy pool, treatment rooms, sauna and Turkish bath. The ship has four Jacuzzis and three swimming pools, a multipurpose sports pitch and outdoor jogging and roller skating tracks. The entertainment comprises a cinema, grand bar with dance floor and theatre. There is also library and shopping centre and meeting and conference rooms and 340 original works of art on board.

Over the next week cruise through the Adriatic and Aegean, visit a number of beautiful and historic cities and the Greek Islands. While at sea listen to a series of professional lectures, relax and enjoy the coastal and island scenery, visit the spa and enjoy the onboard cuisine and entertainment.

The first stop is the elegant port of Bari, known



Anatomical Theatre, Padua (top); Bari (bottom)



for the Basilica of Saint Nicholas, the resting place of St Nicholas or Santa Claus, its narrow streets of artisan shops and its delicious local cuisine. Continue to the verdant green island of Corfu and explore Corfu old town with an elegant architectural heritage reflecting its Venetian, French and British rule. Stroll through the streets with Venetian fortresses, winding medieval lanes, a French-influenced arcade and the grand Palace of St. Michael and St. George. The town is famous for its ceramic work, locally made lace and cotton sweaters, alongside tasty Greek pastries.

Sail into the caldera of a vast extinct volcano and the most dramatic of Greek Islands, Santorini. The afternoon and early evening is yours to explore. There are options to visit local wineries, the fascinating archaeological museum depicting the Minoan civilization or relax at the bars and restaurants with a stunning setting perched on the caldera rim. Onto the glamour island of Mykonos with its tumble of white buildings, windmills and upscale shops and restaurants. Wander the enchanting warren of narrow pedestrian streets bedecked with bougainvillea and lined with picture-perfect, tiny churches, restaurants and boutiques.

The following day cruising at sea, visit Dubrovnik, the 'Pearl of the Adriatic' with its magnificent walled old town and timeless grace. Your cruise finishes back in Venice, where you will disembark or extend.



Historic Center of Corfu town (top); Mykonos; Santorini (bottom)

2 nights Milan – 3 nights Padua – 7 nights Adriatic and Aegean Cruise

14 May (Tues) Geneva / Milan D	19 May (Sun) Venice / Cruise B L D
Am At leisure	Am Transfer to Venice for the Cruise and board the MS Deliziosa
Pm Take the train to Milan along the shores of Lake Geneva and past vineyards. Arrive Milan and transfer to the hotel	Pm Cruise into the Adriatic
Eve Dinner at a local restaurant	
15 May (Wed) Milan B	20 May (Mon) Bari B L D
Am Morning walking tour of Milan, see the Duomo, the Vittorio Emanuele II Galleria, and the exterior of La Scala Opera House	Am Cruising – at leisure or lectures
Pm Enjoy a food tour around the city, visiting some of the most famous historical food shops	Pm Option to visit Bari
Eve Option to visit La Scala for a performance	Eve Depart Bari
16 May (Thur) Milan / Padua B	21 May (Tues) Corfu B L D
Am Visit Roadrunnerfoot	Am Option to visit Corfu
Pm Take the train to Padua. On arrival transfer to the hotel	Pm Cruising – at leisure or lectures
17 May (Fri) Padua B D	22 May (Wed) Santorini B L D
Am Walking tour of Padua taking in the two main squares, the Piazza della Erbe and Piazza dei Fruitti, and the Palazzo della Ragione	Am Cruising – at leisure
Pm Visit the St Antonio Cathedral, the famous renaissance Anatomy Theatre and the Orto Botanico di Padova. Option to visit the Scrovegni Chapel with its frescoes by Giotto	Pm Option to visit Santorini
Eve Dinner at a local restaurant	Eve Depart Santorini
18 May (Sat) Padua/ Venice/ Padua B L	23 May (Thur) Mykonos B L D
Am Take the train to Venice. Start your tour of this famous city visiting Piazza San Marco, and the Basilica.	Am Option to visit Mykonos
Pm After lunch explore the city with some free time before returning to Padua	Pm Depart Mykonos
	24 May (Fri) Cruising B L D
	Am Cruising – at leisure or lectures
	Pm At leisure or Open Forum
	25 May (Sat) Dubrovnik B L D
	Am Option to visit Dubrovnik
	Pm Cruising
	26 May (Sun) Venice B
	Am Disembark in Venice and transfer to the airport

Take the train past vineyards along Lake Geneva





The Costa MS Deliziosa

Hotels and Cruise Ship

Hotel Sanpi Milano, Milan

Hotel Sanpi Milano is a lovely boutique hotel in the vibrant neighbourhood of Porta Venezia. The hotel is a restored nineteenth century palace with a beautiful inner garden. Hotel Sanpi Milano has an excellent location close to many restaurants, the Duomo and Vittorio Emanuele II Galleria.

Hotel Al Prato, Padua

A boutique hotel, the Al Prato is known for its airy light design and excellent service. The hotel is located in the heart of Padua by the Botanical Gardens.

The MS Deliziosa

Inside and outside cabins are 17 m² and veranda cabins are 20m² and all have a private bathroom with shower, wash basin and toilet, a desk, three-section closet with hanging space and shelves, and a flat-screen television with satellite TV. Cabins are all air-conditioned and have a mini-bar, safe, hairdryer and a phone. Outside cabins and above also feature a sofa (some fold out to create additional sleeping areas), and cabins with balconies each have two metal-and-mesh chairs and a small table outside. Larger suites are also available. Please contact us for details.



Al Prato Hotel (top); The Pool on the MS Deliziosa; Balcony Cabin (bottom)

Tour leader

Libby Soderholm is an experienced sports physiotherapist and business owner with over 25 years' experience. She owns and manages 2 large busy practices in Western Australia; Grange Physiotherapy in Rockingham and Mandurah Physiotherapy. Grange Physiotherapy has been the recipient of a variety of small business awards in 1999 and 2012. Both clinics are involved in student placements and new graduate mentoring programs.

Libby currently consults for complex cases and was a sports physiotherapist at the 2000 Sydney Olympics. In 2001 she was the recipient of the Kim Beasley "Service to the Community" Award. Libby is currently the West Australian representative and vice chair on the National Physiotherapy Business Australia Committee, and works with the Australian Physiotherapy Board on the Registrations and Notifications Committee.

Libby is currently the Australian representative of IPPTA (international Private Physical Therapy Association) which is a subgroup of WCPT (World Confederation of Physical Therapy). She has been involved with mentoring, and lecturing to students, new graduates and business owners, and has an interest in new graduates being prepared for private practice. Libby loves music and traveling and travelled on two previous physiotherapy study tours to India and China.



Greek cafe

**The cost based on inside cabins on the cruise. USD \$2,997
Single supplement USD \$648**

**The cost based on outside cabins on the cruise. USD \$3,294 per person
Single supplement USD \$803**

**The cost based on outside cabins with balconies on the cruise.
USD \$3,577 per person
Single supplement USD \$843**

The cost includes:

- Comprehensive briefing notes
- Tour leader (Libby Soderholm)
- Five nights accommodation with private facilities in Italy (Milan and Padua) in medium grade hotels
- Seven nights' accommodation with private facilities on the MS Deliziosa cruise ship. Cabin costs vary according to grade. Costs and single supplements are given above
- All transport (including 2nd class train from Geneva to Milan) and rail and bus transfers within Italy
- Meals as per the itinerary in Italy
- All meals on the cruise ship (not on excursions)
- Private specialist CPD lecture programme
- All onboard entertainment
- Admission fees where applicable
- Services of local English speaking guides
- All tips

The cost excludes:

- International flights and transfers
- All personal extras such as laundry, inoculation fees and drinks
- All optional excursions on the cruise, tours and visits
- Travel insurance (Mandatory) and visas



The canals of Venice

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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St Marks Venice (top); Padua; Hellenic Temple, Corfu; Dubrovnik (above)



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