



A fruit seller with her baby in Sri Lanka

Midwifery and Childcare in Sri Lanka

15 – 29 September 2019

With Galle Extension

29 September – 2 October 2019

2 nights Colombo • 3 nights Habarana • 3 nights Trincomalee
• 3 nights Kandy • 2 nights Nuwara Eliya • 1 night Colombo

“We did a lot of varied things and I thank you for showing the beautiful country of Sri Lanka to me in such depth. I loved it.”

Elizabeth Ivill, *Midwifery and Childcare in Sri Lanka*, 2016



Jon Baines
tours



Herds of wild elephants at Minneriya National Park

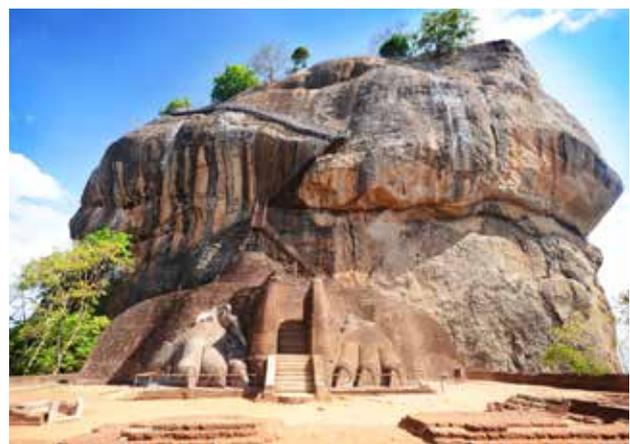
Welcome to Sri Lanka, a small island crammed full of treasures, including eight UNESCO World Heritage Sites. See mystical ruins, jungles, gleaming white tropical beaches, national parks with huge herds of elephants, vivid green mountains and mouth-watering cuisine. Its seas are home to dolphins, turtles and the world's largest colony of blue whales.

On this study tour you will travel from the colonial capital, Colombo, to the ancient cultural heartland of the island, through jungles to the coast at Trincomalee and into lush highlands. Along the way there is a wide range of professional visits that provide real insight into Sri Lankan midwifery, childcare and society. There is also ample free time to relax by the pool, join optional activities or explore.

Arrive in Colombo and transfer to your hotel. The itinerary starts next day with a visit to Colombo Maternity Hospital, where you will meet midwives and learn about approaches to midwifery and childcare. Afterwards visit the Ayurvedic Hospital to hear about Sri Lankan traditional medicine and enjoy a foot massage. Return to the hotel by rickshaw before your welcome dinner in the evening.

The following morning visit the Rainbow Centre and learn about their work providing education and welfare to disadvantaged children. Later drive to Habarana in the ancient cultural heart of the island, stopping en route at the elephant orphanage in Pinnawala. Check into Sigiriya Village Hotel and relax in the lovely gardens.

Early the next morning head out to the legendary sky citadel of Sigiriya, possibly the most spectacular site in Sri Lanka. Climb up in the cool of morning for dramatic views. Built in the 5th century on top of a vast 200m granite rock, the rock fortress is famous for its 'Lion Rock' and its 'Celestial Maidens' frescoes. Descend



The dramatic Lion Feet entrance at Sigiriya fortress



Your hotel in Trincomalee

the rock and visit a nearby village and its health clinic before enjoying a Sri Lankan cookery demonstration using local spices, followed by lunch. Return to the hotel and spend the afternoon at leisure or take the opportunity to view some local wildlife.

Next day visit the archaeological site of Ritigala. Explore the ruins of a monastic hospital dating from the fourth century and take a walking tour to see traditional medicinal plants that are still in use today. In the afternoon travel by jeep into Minneriya National Park to watch birds, deer and herds of elephants gather to bathe and graze by the enormous Minneriya Tank, a reservoir built in the third century. The park contains some of the largest herds of wild elephants in the world.

Next day visit the medieval capital of Polonnaruwa, which was the capital of the island between the 11th and 13th centuries. This superb site contains well-preserved ruins of palaces, bathing pools and rock sculptures. From here continue to Trincomalee and arrive at the beach resort mid-afternoon. Check into your beachside hotel and spend the rest of the day at leisure.

Trincomalee is an historic city with an ancient heritage. In the morning visit Trincomalee Hospital and learn about women's and children's health care in a provincial city. The afternoon is at leisure to explore the city, including the colourful temple and local market.

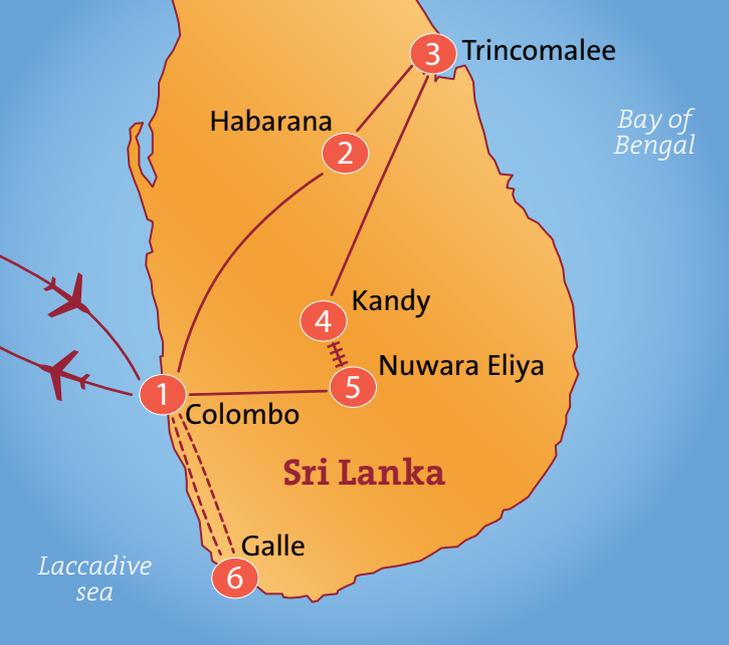
The following day there is the option to go whale and dolphin spotting (please note that sightings can't be guaranteed) or to spend time at leisure.

Continue to Kandy, stopping en route at the cave temples of Dambulla, built in the 1st century BC and featuring ancient frescoes and hundreds of statues of Buddha. You will also visit the spice plantations of Matale, where nutmeg, cinnamon and pepper are grown, and watch a cookery demonstration, followed by a delicious Sri Lankan lunch that incorporates many of the spices. Arrive in Kandy, the colonial capital, and spend the rest of the day at leisure.

The next morning visit the Temple of the Sacred Tooth, which houses one of Buddhism's most sacred relics – a tooth of Buddha, collected from his funeral pyre. See brightly robed monks performing the blessing ceremony with drums and trumpets. Afterwards explore the lovely city of Kandy, set around an ancient artificial lake amidst rolling hills.



The attractive lakeside town of Kandy (top);
Afternoon tea at the Grand Hotel (above)



highlands. Explore this colonial hill station - built by the British in the 19th century - with its half-timbered mock-Tudor houses containing inglenook fireplaces and billiard tables, a golf course, race track and clubs.

The next day visit the Somerset Tea Estate and tour the plantation and tea factory. Continue to their health clinic (this tour's supported project) and learn of their ante-natal, post-natal and maternal care and immunisation. Later that day enjoy afternoon tea at the Grand Hotel before stepping back in time with dinner at the Hill Club, founded in 1878 by British planters.

Drive back to Colombo the following day and transfer to the Ozo Hotel. Enjoy a farewell dinner in the evening.

Next day depart for the airport or take the three-night extension to Galle. Drive along beautiful coastline to this atmospheric colonial walled city, which boasts the best-preserved sea fort in Asia. Explore its narrow streets, city walls and secluded courtyards and mansions at your leisure, as well as visiting the Geoffrey Bawa Gardens (see itinerary for details).

The following day visit the Peradeniya Children's Hospital and learn of education and training in Sri Lanka. Continue onto the Royal Botanical Gardens of Peradeniya to see crops such as coffee, tea, nutmeg, rubber and quinine, as well as its excellent orchid house and the medicinal herbal section. Later that day visit Kandy's gemstone market to see Sri Lanka's famous sapphires being cut and polished.

The following morning take the train to Nuwara Eliya for a glimpse of colonial life in the cooler

A plantation in Nuwara Eliya



Itinerary 15 – 29 September 2019

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

2 nights Colombo – 3 nights Habarana – 3 nights Trincomalee – 3 nights Kandy
– 2 nights Nuwara Eliya – 1 night Colombo

15 Sept (Sun) Colombo **B D**
Pm Arrive and transfer to the hotel
Eve Dinner at the hotel

16 Sept (Mon) Colombo **B D**
Am Visit Colombo Maternity Hospital
Pm Enjoy a foot massage at the Siddhalepa Ayurveda Hospital and travel by rickshaw back to the hotel
Eve Welcome dinner

17 Sept (Tue) Colombo / Habarana **B D**
Am Visit the Rainbow Children's Centre
Pm Drive from Colombo to Habarana, visiting the elephant orphanage in Pinnawala on the way. Arrive and check into Sigiriya Village
Eve Dinner at hotel

18 Sept (Wed) Habarana **B L D**
Am Visit the legendary sky citadel of Sigiriya, famous for the 'Lion Rock' and its frescoes of 'Celestial Maidens'. Visit a local village, including its local health clinic. Take part in a cookery demonstration using local spices followed by a delicious lunch
Pm At leisure
Eve Dinner at hotel

19 Sept (Thur) Habarana **B D**
Am Option to visit the ancient site of Ritigala, including the historic Ayurveda hospital, or at leisure
Pm Later in the afternoon visit Minneriya National Park and see large herds of elephants and huge flocks of birds

20 Sept (Fri) Habarana / Trincomalee **B D**
Am Visit Sri Lanka's medieval capital, Polonnaruwa
Pm Continue to Trincomalee, check into the hotel and at leisure

21 Sept (Sat) Trincomalee **B D**
Am Visit Trincomalee Hospital
Pm Explore the town's historic and cultural sites and visit the markets

22 Sept (Sun) Trincomalee **B D**
Am Early morning option to view sea mammals. Full day at leisure
Eve Dinner at the hotel

23 Sept (Mon) Trincomalee / Kandy **B L D**
Am Drive to Kandy en route visiting the cave temples of Dambulla. Visit the spice plantations of Matale
Pm Enjoy a delicious Sri Lankan lunch. Arrive Kandy and transfer to the hotel

24 Sept (Tue) Kandy **B D**
Am Visit the Temple of the Sacred Tooth Relic of Lord Buddha. See the blessing ceremony
Pm Explore Kandy

25 Sept (Wed) Kandy **B D**
Am Visit Peradeniya Children's Hospital
Pm Continue to the Royal Botanical Gardens. Visit the gemstone market

26 Sept (Thur) Kandy / Nuwara Eliya **B D**
Am Scenic train journey to Nuwara Eliya
Pm Check into the hotel and orientation tour of the hill station

27 Sept (Fri) Nuwara Eliya **B D**
Am Visit the Somerset Tea Estate and clinic
Pm High tea in the garden of the Grand Hotel
Eve Dinner at the Hill Club

28 Sept (Sat) Nuwara Eliya / Colombo **B**
Am Drive to Colombo
Pm Farewell dinner

29 Sept (Sun) Colombo
Am Depart or take the Galle extension

Extension

29 Sept (Sun) Colombo / Galle **B**
Am Visit the Lunuganga Estate and gardens
Pm Continue to Galle

30 Sept (Mon) Galle **B**
Am At leisure

1 Oct (Tue) Galle **B**
Am At leisure

2 Oct (Wed) Galle / Colombo **B**
Am Depart for the airport

NB All itineraries in Sri Lanka are subject to change according to local conditions.



The massive rock fortress of Sigiriya rising up out of the jungle

Hotels

Ozo Hotel (Colombo)

Known for its service, excellent breakfast and quiet comfortable rooms, the Ozo Hotel has a stylish rooftop pool and lounge.

Sigiriya Village (Habarana)

This hotel has spectacular Sigiriya Rock as its backdrop. Spread over 26 acres of gardens and lotus pools, the hotel provides a swimming pool and chalet style accommodation.

Trinco Blu by Cinnamon (Trincomalee)

A stylish retro-chic beachside hotel with comfortable rooms, a lovely pool and spacious landscaped grounds.

Suisse Hotel (Kandy)

The former home of Lord Mountbatten and overlooking Lake Kandy, the hotel has an outdoor swimming pool, sun deck, sauna and spa.

St Andrew's Hotel (Nuwara Eliya)

Step back into colonial Ceylon at the mock Tudor country house hotel. Wake up to a typical English breakfast of bacon and eggs and enjoy a stiff brandy at night.

Fort Bliss Galle (Galle extension)

This stylish and peaceful colonial style property overlooks the ramparts of the famous 17th century Dutch fort.



The view across Sigiriya Village swimming pool (top);
St Andrew's Hotel, Nuwara Eliya (above)



Take the train from Kandy through the hills

Tour Leader

Ruth King is the Midwifery Advisor, Education Unit for the Australian College of Midwives (ACM) a role she has held for over five years. In her spare time she works clinically as a midwife at a variety of maternity services around South Australia. Prior to working for the ACM Ruth worked in a midwifery continuity of care caseload model at the Women's and Children's Hospital, Adelaide. In this time she completed her 1st Class Honours, which examined the practices and perspectives of women eating during labour. Ruth is widely travelled and loves to explore new destinations.

"We were welcomed by the hospitals and clinic... everyone was very warm towards us. Just a great tour."

Mary C. Norton, Midwifery and Childcare
in Sri Lanka, 2016



Trincomalee

**The cost of the tour is:
US \$3,212 per person
(excluding international
flights and transfers)**

**Please contact us if you would like
help with or advice on organising
your flights.**

The cost includes:

- The services of a tour leader (Ruth King)
- 14 nights' accommodation in twin-bedded rooms with private facilities in first-class and heritage hotels

The single room supplement is: US \$692

- Breakfast and lunch or dinner daily (all meals on 18 and 23 September)
- All admission fees
- Services of an English speaking national guide
- All transport services and taxes in Sri Lanka (excluding arrival and departure transfers)
- All tips

The cost excludes:

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

**The cost of the extension is:
US \$417 per person sharing and
includes:**

- Three nights' accommodation in twin-bedded rooms with private facilities at the hotel

The single room supplement is: US \$168

- Breakfasts daily
- Visit to the Lunuganga Estate
- Return transfer from Colombo

The cost excludes:

- Meals not mentioned and drinks with meals
- All optional excursions, tours and visits

*"(The local guide) was very
attentive. She would do
her best to accommodate
individual requests."*

Fiona Smith, Midwifery and Childcare
in Sri Lanka, 2016

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.



Traditional stilt fishermen (top); A blue whale; The Golden Buddhas in Dambulla Caves; A view of Galle – extension (above)

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