



In the Steps of Florence Nightingale A Study Tour to Istanbul

7 - 11 October 2010

Learn about Florence Nightingale in the Crimea and
enjoy a fully escorted cultural tour of Istanbul

"I was amazed that we managed to see so much in such a short time. It was all fascinating and the itinerary was well planned. We were so lucky to have Alex with us. He is so knowledgeable about Florence Nightingale. For me personally, the whole Florence Nightingale story has now come alive."

Margaret Povey, participant, Florence Nightingale Study Tour in Istanbul Sept 2008



Florence Nightingale Foundation



Jon Baines
tours



Sunset in Sultanahmet (location of your hotel)

Istanbul's history is as richly layered as one of its baklava pastries. The only city in the world that spans two continents, it is a bewitching dust-devil of cultures and influences spanning thousands of years. Follow in the footsteps of Florence Nightingale and see her story come alive in this fascinating city where you can step from Asia into Europe and back against a skyline studded with domes and slender haunting minarets.

Upon your arrival, you will transfer to your hotel in the heart of Istanbul's old quarter. That afternoon Alex Attewell will give a fascinating talk on the Crimean War, providing background to your visit to the Selimiye Barracks the following day. Your first evening will be spent enjoying a welcome dinner on the top floor, overlooking the minaret-spiked cityscape below.

The next morning, visit one of Byzantine Istanbul's most imposing sights, the Aya Sophia. Its huge arching dome, encrusted with exquisite mosaics, appears to stand unsupported thanks to brilliant engineering. Afterwards, drive to the Selimiye Barracks at Scutari, where Florence Nightingale tended thousands of Turkish and Allied soldiers during the Crimean War. During her two years here, she laid the foundations of modern nursing care and a museum has been dedicated to her in the northwest tower. Browse amongst her personal

belongings and visit the British Cemetery. Have a picnic lunch at a tea garden on the Bosphorus, visit the old Kuleli Hospital and cross the Bosphorus to explore the Egyptian Spice Market. Back at the hotel Alex will give a talk on Florence Nightingale, providing an insight into the real person and her achievements.

Next morning, hear a Turkish nurse give a talk on "Turkish Health Care and Nursing Today", before visiting the Florence Nightingale School of Nursing. Afterwards, head onto the Grand Bazaar, a



The Grand Bazaar



Blue Mosque (top) Aya Sofia (above)

labyrinthine colourful sprawl of stalls and shops selling everything from kilims to coffee pots. Stop at one of the numerous tea houses, try your hand at bartering with some of the world's experts, and spend the afternoon at your leisure here or back at the hotel. In the evening, enjoy a Farewell Dinner at the excellent local Karkoy Locanta restaurant.

Next morning, take the tram to the Blue Mosque, a triumph of harmony, proportion and elegance. Built in 1603, the 'blue' of the mosque refers to the superb Iznik tiles that line the walls. Visit Topkapi Palace, the residence of Ottoman sultans for almost four centuries and a dazzling display of royal Islamic architecture, and the spectacular underground Roman cisterns nearby. Hear Alex give a talk on 'A Background to Nursing and Medicine at the time of Florence Nightingale' before spending the rest of the afternoon at your leisure. Later that evening, take a magical evening cruise along the Bosphorus.

Spend your final morning at leisure in Istanbul, or take an optional tour to visit the Chora Church.

Itinerary 7 - 11 Oct 2010

7 Oct (Thurs) London / Istanbul

am Depart London on British Airways
pm Arrive Istanbul and transfer to the Sude Konak Hotel
Eve Talk 'The Crimean War and Scutari' - Alex Attewell and Welcome Dinner

8 Oct (Fri) Istanbul

am Visit the Aya Sophia. Visit Selimiye Barracks, Florence Nightingale Museum and the British Cemetery
pm Picnic lunch at a tea garden on the Bosphorus. See Old Kuleli Hospital, visit the Suliman Mosque with its collection of medical manuscripts and visit the Egyptian Spice Market
Eve Talk 'Florence Nightingale the Person' - Alex Attewell
 Optional Whirling Dervishes

9 Oct (Sat) Istanbul

am Talk: "Turkish Health care and Nursing Today" - Turkish nurse
 Visit Florence Nightingale Hospital
pm Visit the Grand Bazaar, then at leisure
Eve Farewell Dinner at Karkoy Locanta

10 Oct (Sun) Istanbul

am Visit the Blue Mosque, Topkapi Palace and the Underground Cistern
pm Talk: 'A Background to Nursing and Medicine at the time of Florence Nightingale' - Alex Attewell
Eve Departure for the Bosphorus cruise

11 Oct (Mon) Istanbul - London

am At leisure (Optional tour to Chora Church)
pm Depart on British Airways
Eve Arrive London

"A fabulous trip. Just as fascinating as Florence Nightingale was fascinating Istanbul. Thank you."

Pat Smedley, participant,
 Florence Nightingale tour Sept 2008



The Bosphorus by night

Tour Leader

Alex Attewell is the former Director of the Florence Nightingale Museum in St Thomas' Hospital in London. A history graduate of the University of Bristol, Alex trained as a social history Curator at Leicester University, qualifying with the AMA in 1992. Alex has written, broadcast and lectured on Florence Nightingale for 18 years. He serves on the board of several museums and galleries in London. Now he works as an independent consultant and writer in the heritage sector.

“Alex Attewell was fantastic - he looked after us all really well and gave some excellent talks. Top class tour leader!”

Drs Daniel and Hilary Haines, Florence Nightingale Study Tour in Istanbul Oct 2009

National Guide

Alp Kaya is a highly experienced and knowledgeable guide, having led tours in Istanbul and Turkey for over 20 years. Recently Alp has specialised in organising and guiding medical history groups and works with us on our tours and cruises.

“Most helpful, kind and informative. His knowledge is amazing. His ability to work ‘magic’ with restaurants, taxis and airports much appreciated.”

Brian and Jenny Teall on Alp Kaya, Florence Nightingale Study Tour in Istanbul Oct 2009



Cross the Bosphorus from Asia to Europe

The cost of the tour is £895.00 per person

The single supplement is £99.00

The cost includes:

- UK Tour Leader and lecturer throughout (Alex Attewell)
- Direct flights on the scheduled services of British Airways between London Heathrow and Istanbul.

It is possible to fly direct from Manchester to Istanbul. Please contact Jon Baines Tours for further details.

- UK airport tax
- Turkish Visa

In Istanbul the cost includes:

- Four nights' accommodation in twin-bedded or single rooms with private facilities in a boutique hotel
- Breakfasts daily
- Welcome Dinner, Farewell Dinner
- Picnic lunch
- All cultural and professional tours and talks
- Private Bosphorus Cruise
- Admission fees where applicable
- Local English speaking guide on the tours (Alp Kaya)
- All transport services and airport taxes

The cost excludes:

- Meals not mentioned
- All personal extras such as tips, portorage, laundry, inoculation fees and drinks
- All optional excursions, tours and visits
- Travel insurance

Please note, all itineraries in Istanbul are subject to change according to local conditions. Due to the nature of the tour places are limited. This tour requires reasonable fitness levels and good walking ability.

To book a place on this tour please request a booking form.

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