



Optometry in China  
18 April - 3 May 2009



Jon Baines  
tours



Optometry services have grown rapidly in China in the last ten years, with the help of education programmes, government support and international academic partnerships. China remains a fascinating fusion of ancient and cutting edge, and this is reflected in its approach to Optometry, which uses a combination of traditional Chinese Medicine and the latest Western technology from the US, UK, Australia and Canada. Learn about the development and practice of Optometry in China through specialist visits, talks and professional meetings, as well as experiencing the stunning landscapes, culture and society of this extraordinary land.

Fly directly to Shanghai, China's most spectacularly modern city with its sleek lines and fabulous Art Deco heart. Shanghai's buzz is a guaranteed adrenalin-boost and you will make the most of this superb city, with a cruise along the Huangpu River, a visit to the Bazaar in Old Shanghai and a stroll down the elegant Deco Bund. That evening, scale the heights of the Pearl TV Tower for fabulous views of the city by night.

Begin your professional visits the next day, starting with a visit to Shanghai Fudan Eye Hospital, where you will learn about the history of optometry in

China and how it is practised today. Visit an optometry practice and retail outlet in Shanghai's up market French Concession that afternoon. Finish your day with dinner in the beautiful French Concession.

Next day, drive to the "Hometown of Glasses", Danyang City, for a tour of a company devoted to every aspect of eyewear. The Danyang Kaidi Eyewear Manufacturing Company designs and manufactures glasses, optical frames and optical lenses and this is a fascinating opportunity to observe the process in its entirety. Drive to exquisite 2500 year old Suzhou and stay overnight in this tranquil and ancient town, visiting the illuminated gardens by night.



Tai Chi practiced on the Bund, the Shanghai embankment



The Humble Administrator's Garden, Suzhou (top)  
The Forbidden City, Beijing (above)

The theme of serene antiquity continues the next morning with a visit to the ancient water town of Tongli, a little like a Chinese Venice dating back to the 9th century. Walk through some of the whitewashed riverside houses and take a boat along the canals pleasantly shaded by willow trees. Return to Suzhou to explore its famous gardens, stopping to visit two of the most impressive examples: The Master of the Nets and The Couples Garden. Later that evening, transfer to the station for the overnight train to Beijing.

Beijing is China's great imperial city, built on the most magnificent scale. After transferring to your hotel, visit one of Beijing's most impressive sights, the vast expanse of Tiananmen Square. In the afternoon, visit Xi Yuan Hospital of Chinese Medicine, the biggest in the world, and tour the Herbal Pharmacy and the Eye Unit, Department of Acupuncture and Department of Tui Na Massage. Spend time discussing traditional medical practice in China with staff.

Drive to the historic seaport of Tianjin the next day, to visit its prestigious Medical University. While at the University, learn about Optometry education in China, international links and how TCM and Western Medicine are used side by side.

After lunch, take in the sights of this interesting former treaty port, including its superb Western Concession architecture, the excellent Antique Market and the unambiguous Ancient Culture Street. Enjoy a Peking Roast Duck Dinner back in Beijing in the evening.

Beijing does things on a grand scale, as you will discover the next morning when you visit the gigantic Xueliang Optical Store, the country's leading premium chain. After a modern edifice, visit an ancient one with a visit to the fabulous Forbidden City in the afternoon. Enjoy dinner in the atmospheric flurry of the Donghuamen Night Market, with the opportunity to see the famous Beijing Opera later.

A leisurely day of sightseeing follows, with a boat cruise to the beautiful Summer Palace in the morning, and a visit to the iconic Great Wall after lunch. Here you may choose to explore further with a walk along the wall or just climb up and admire the views.

Fly to Xian, the ancient Silk Road hub and probably the first truly multicultural city. Visit the old City Wall, which is intact after hundreds of years, the winding and chaotic street market, and take tea at a traditional Tea House.



The Herbal Pharmacy at the Xi Yuan Hospital, Beijing



countryside to the walled Tang Dynasty village of Jiuxian for lunch, before cruising back to Yangshuo along the Yulong River. The day finishes with a spectacular *Son et Lumiere* show (optional) in Yangshuo.

Fly back to Shanghai for a day at leisure, and enjoy the awesome spectacle of the world-renowned Shanghai Acrobats in the evening. Transfer to the airport to fly back to London the next morning.

The amazing necropolis of the Terracotta Warriors is of course world famous. Visit the Warriors and a Chinese medicine market in the morning, and return to Xian via another lesser known necropolis – the Tomb of Emperor Jingdi. This is an especially fascinating visit as the Tomb is still being excavated and we will be able to watch this in progress. In the evening, there is the option of attending a traditional Tang Dynasty Theatre Show.

Start your day with the locals atop the medieval city walls for a T'ai Chi session – or stay in bed! Visit the Tangdu Eye Hospital after breakfast. On to Guilin in Guanxi Province in the afternoon, a favourite of Chinese artists throughout the ages because of its spectacularly beautiful landscapes. That evening, if you choose, go cormorant fishing on the lovely Li River with some of the local fishermen.

Take in the natural beauty of the area with a scenic cruise along the Li River to the charming cobblestone village of Yangshuo, where you will stay for two nights. Visit the local village hospital in the afternoon and spend the rest of the day at your leisure, with a talk summing up Optometry in China in the evening.

Next day, the choice is yours. Spend the day at your leisure, or go bicycle or buggy riding through the



Terracotta Warriors (top); Cruise along the Li River to the village of Yangshuo (middle); See the spectacular Shanghai Acrobats on your last night in China (above)

# Itinerary 18 April - 3 May 2009

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

- 18 April (Sat) London**  
pm Depart for Shanghai
- 19 April (Sun) Shanghai** **L D**  
am Arrive and transfer to the hotel  
pm Cruise along the Huangpau, visit the Bazaar in Old Shanghai and the Bund  
Eve Visit the Pearl TV Tower
- 20 April (Mon) Shanghai** **B L D**  
am Visit Shanghai Fudan University Eye Hospital and learn of The History of Optometry in China  
pm Visit an Optometry Practice and retail outlet in the French Concession  
Eve Dinner in the French Concession
- 21 April (Tues) Shanghai / Suzhou** **B L D**  
am Drive to the "Hometown of Glasses" Danyang City and visit the Danyang Kaidi Eyewear Manufacturing Company. Visit the Design and R & D departments and view the manufacturing process for glasses, frames and optical lens.  
Return to Suzhou  
Eve Visit Suzhou's illuminated gardens
- 22 April (Wed) Suzhou** **B L D**  
am Visit the water town of Tongli and cruise along the Grand Canal  
pm Visit Suzhou's famous gardens (Master of The Nets and the Couples Garden)  
Eve Overnight train to Beijing  
Talk: 'What have the AOP ever done for us?'
- 23 April (Thurs) Beijing** **B L D**  
am Transfer from the station to the hotel  
Visit Tiananmen Square  
pm Visit Xi Yuan Hospital of Chinese Medicine and visit the Herbal Pharmacy, Eye Unit, Acupuncture and Massage departments
- 24 April (Fri) Beijing** **B L D**  
am Travel by train to Tianjin Medical University. Learn of Optometry Education in China; Curriculum and Registration; International Links; Chinese Medicine in Practice  
pm City tour of Tianjin  
Eve Peking Roast Duck Dinner
- 25 April (Sat) Beijing** **B L D**  
am Visit Xueliang Optical Store  
pm Visit the Forbidden City  
Eve Dinner at Donghuamen Night Market  
Option to see the Beijing Opera
- 26 April (Sun) Beijing** **B L D**  
am Travel by boat to the Summer Palace  
pm Visit the Great Wall  
Eve Option to explore Wangfujin Street Market
- 27 April (Mon) Beijing / Xian** **B L D**  
am Fly from Beijing to Xian and transfer to the hotel  
pm Visit the Old City Wall, Muslim Street Market and the Tea House
- 28 April (Tues) Xian** **B L D**  
am Visit the Terracotta Warriors and a Chinese medicine market  
pm Return via Tomb of Emperor Jingdi  
Eve Optional Traditional Tang Dynasty Theatre
- 29 April (Wed) Xian / Guilin** **B L D**  
am Optional early morning visit to the Medieval City Walls to watch (or take part in) Tai Chi. Visit the Tangdu Eye Hospital  
pm Fly from Xian to Guilin and transfer to the hotel  
Eve Optional cormorant fishing on the Li River with local fishermen
- 30 April (Thurs) Guilin / Yangshuo** **B L D**  
am Enjoy scenic cruise along the Li River to the picturesque village of Yangshuo and overnight  
pm Visit a Yangshuo Village Hospital and at leisure  
Eve Talk "Optometry in China – Summing Up"
- 1 May (Fri) Yangshuo** **B L D**  
am Optional bicycle (or buggy) ride to the walled Tang Dynasty village of Jiuxian or at leisure  
pm Cruise back along Yulong river to Yangshuo and at leisure  
Eve Optional Son et Lumiere
- 2 May (Sat) Guilin / Shanghai** **B L D**  
am Fly to Shanghai  
pm At leisure  
Eve Visit the Shanghai Acrobats
- 3 May (Sun) Shanghai / London** **B**  
am Transfer to Airport for flight to London Heathrow  
pm Arrive London Heathrow



## Hotels

### Shanghai

The Jianguo Hotel is a modern four star hotel located close to the French Concession. The hotel has large rooms, a pool, fitness centre, beauty salon, many restaurants, bars and a coffee shop.

### Suzhou

The modern Nanlin Hotel is set in a large tree - lined compound in the old town with elegant rooms and excellent service.

### Overnight Train

Board the train in Suzhou at 8.30pm and arrive in Beijing at 7.30am the following morning. Travel first class staying in comfortable four berth compartments and enjoy a group dinner on the train.

### Beijing

The Capital Hotel is a four star hotel located in the heart of Beijing, a short walk to Tiananmen Square, the Forbidden City and the famous Wangfujin Street with its shops and night market. To the north lie the back lakes, surrounded by a meandering network of old alleyways (Hutongs) and courtyards. The hotel has many restaurants and bars and an indoor swimming pool with sauna and spa.

### Xian

The Aruam Hotel is located in Central Xian a walk from the city walls and the market. Facilities include a small pool, restaurant and cafe.

### Guilin

The Bravo Hotel has large rooms and is located on Banyan Lake Promenade opposite the lake. The hotel has an outdoor pool, fitness centre and sauna.

### Yangshuo

The Paradesa Yangshuo has lovely gardens between the various parts of the hotel. Located in the middle of town and walking distance from West Street's cafes, shops and the Li River, yet removed from the bustle by a small bridge.

## Tour Leader

### David M. Shannon

David M. Shannon graduated with a Doctor of Optometry degree from Southern College of Optometry, Memphis, Tennessee in 1986. He divides his time between the family practice Shannon and Carton Ltd in Notting Hill, London and Johnson and Johnson Vision Care where he acts as a professional affairs consultant. David is also the AOP Board member responsible for OT (Optometry Today) and the immediate past chair of their new Education Committee. Currently he sits on the Membership Committee. He has travelled extensively through the USA and more recent adventures include visits to Israel, Hong Kong, Thailand and Taiwan.

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## Project Details

### ORBIS International

ORBIS International is a nonprofit organisation whose mission is to eliminate avoidable blindness by strengthening the capacity of local eye health partners in their efforts to prevent and treat blindness. China is estimated to have as many as 6.6 million blind people, 80 percent of whom live in rural areas that are typically underserved. ORBIS's goals in China are to raise public awareness about eye health and ensure that quality eye care is readily available, sustainable and affordable for all. This tour will be making a donation to Orbis China.

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## Climate Care

Every time you fly, carbon dioxide and other greenhouse gases are released into the atmosphere. These gases are the cause of climate change. In conjunction with Climate Care we can help you offset your carbon emissions through a range of renewable energy projects benefiting communities around the world, as well as combating climate change. To calculate your carbon emissions click on the Climate Care link on our web site where you will be given the option of paying to offset your emissions if you wish.

## The cost of the tour is £2,580.00 per person

### No Compulsory Single Supplement

Single travellers do not have to pay a single supplement. Jon Baines Tours allow you to opt to share a twin room with a fellow tour participant. However to guarantee a single room or if no partner is available you must pay the supplement.

### The cost includes:

- Economy flights on the scheduled services of Virgin Atlantic between London Heathrow and Shanghai

**Premium Economy Upgrades from £620 return or £310 one way.**

**Please contact Jon Baines Tours for details**

- UK airport tax
- Chinese Visa (UK citizens only)
- Comprehensive Briefing notes
- Briefing meeting in London (one month prior to departure)
- The services of a tour leader (David Shannon)

### In China the cost includes:

- 13 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first class hotels

### The single room supplement is £395.00

- Overnight on the Shanghai Express 1st Class
- Full board throughout (Breakfast, lunch and dinner daily)
- An allowance of soft drinks and tea with meals
- All Admission fees
- Specialist English speaking national guide
- All transport services and taxes in China

### The cost excludes:

- Meals not mentioned
  - Tips
  - All optional excursions, tours and visits
  - Travel Insurance
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**NB Please note all itineraries in China are subject to change according to local conditions. Places on this tour are strictly limited.**

**If travelling from outside the UK please contact us to arrange airport transfers.**

# About Jon Baines Tours

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.

Whether your journey is for study or pleasure, we make sure that you travel, understand and enjoy.



Modern Shanghai's skyline (top); enjoy a night at the Peking Opera; the herbal medicine market, Xian; Li River Guanxi Province (above)

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