



Integrated Approaches to Healthcare in China

21 November - 6 December 2009

"The best way to understand and learn about how integrated healthcare works is to witness it in its original cultural context. This tour will provide an opportunity to experience how another culture utilises diet, exercise, the local community, environment and traditional methods of treatment alongside mainstream medicine. It will also be a unique opportunity to see China, meet its people and share the experience with other clinicians from the UK. Following The Foundation's tour last year to India, which received very high satisfaction ratings, this is our first to China and not to be missed."

Dr. Michael Dixon, Medical Director The Prince's Foundation for Integrated Health



Jon Baines
tours



This tour is run in conjunction with The Prince's Foundation for Integrated Health (FIH). It is specifically designed to show doctors how the Chinese apply an integrated and holistic approach to practising medicine, which ties in strongly with the ethos of the FIH. Traditional Chinese Medicine (TCM), diet, exercise, environment and Western medical techniques all have an integral role. The Chinese place strong emphasis on preventive medicine.

There will be a briefing meeting before the tour which will discuss the Chinese philosophical background to TCM. During the tour, there is ample opportunity for participants to ask questions and pursue their individual objectives.

A full cultural programme will provide a context to the professional visits and also the opportunity to enjoy the stunning landscapes, history and society of this extraordinary land.

Fly directly to Shanghai, China's most cutting edge city with a spectacular contemporary skyline and a fabulous Art Deco heart. Make the most of this vibrant city, with 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 the Traditional Chinese Medicine University and Museum, to hear a talk on the background to Chinese Medicine and an insight into how it is used in China. Visit a Neighbourhood Clinic, in the afternoon, where you will be given a background to Health Care in China. Finish your day with a private Welcome Dinner in the evening.

Next day, visit the Bund to witness preventive medicine for the elderly in action, at a t'ai chi class for older people. This will be followed by a visit to a Centre for the Care of the Elderly where you will hear a talk on 'Keeping Patients Healthy.' In the afternoon,



T'ai chi practised on the Bund, the Shanghai embankment



The Humble Administrator's Garden, Suzhou (top) The entrance to the Forbidden City, seen from Tiananmen Square (above)

drive to exquisite 2500 year old Suzhou and visit one of the city's famed silk factories. Stay overnight in this ancient town, visiting the illuminated gardens by night.

Suzhou is famed for its beautiful traditional gardens, as well as its silk. Next morning you will visit its renowned gardens before making a visit in the afternoon that will be of particular interest to GPs, the Neighbourhood Medical Centre. These centres function with a single doctor and are the closest that China comes to the British GP model. Here learn how community medicine is practised in China. Later that evening, transfer to the station for the first class overnight train to Beijing.

Beijing is China's great imperial city, built on a magnificent scale. After transferring to your hotel, you have a day to spend at your leisure, exploring the sights, immersing yourself in the bustling street scene or taking advantage of the excellent shopping

opportunities. In the evening, you will be warmly welcomed at a reception at the prestigious China Club.

The next day is devoted to a full day visit to the enormous Xi Yuan Hospital of Chinese Medicine, the biggest in the world, where you will tour the Herbal Medicine Pharmacy, the Departments of Acupuncture, Tui Na Massage, Dermatology and Music Therapy. During your full day's visit there will be ample opportunity to discuss medical practice in China with staff. In the evening, enjoy a lively dinner with the locals in the atmospheric Donghuamen Night Market.

A relaxing couple of days of sightseeing follow starting with a drive to visit the iconic Great Wall in the morning. Later, visit the beautiful Summer Palace and enjoy a traditional Peking Roast Duck Dinner in the evening. The following day, visit the vast expanse of Tiananmen Square and explore the impressive Forbidden City, once barred to all but the inner royal circle.

Fly to Xian, the ancient Silk Road hub and probably the first truly multicultural city. Once you have had time to settle in, visit Shaanxi People's Provincial Hospital where you can see TCM and western medicine being used side by side – a fascinating example of how the integrated approach works in practice. Later, there is the option to visit a traditional performance of Tang Dynasty Theatre.

Visit the local medicine market in Xian, which has been selling its wares for hundreds of years, and



The Herbal Pharmacy at the Xi Yuan Hospital, Beijing



in China and discuss what lessons can be applied to the UK.

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

afterwards, visit the amazing necropolis of the Terracotta Warriors. After lunch, stroll along the medieval City Walls, and visit the Calligraphy Street Market, stopping for tea at a traditional Tea House.

Next morning, early risers have the option to visit the ancient city walls to watch – or join - locals taking a daily t'ai chi class. Return for breakfast, before visiting the Blind People's Massage Clinic and School. Later in the day, fly from Xian to Guilin and transfer to your hotel.

Guangxi Province has been a favourite of Chinese artists throughout the ages because of its spectacularly beautiful landscapes. Enjoy a scenic morning cruise along the stunning 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 perhaps take the option of visiting the wonderful local Son et Lumiere show in the evening.

Next day, meet with a village health worker, traditionally known as a 'barefoot doctor', to see rural health care at work. The afternoon is free to spend at your leisure, enjoying the beauty of the surroundings. The day finishes with a discussion group on the 'Lessons Learnt'. Here the group will share views on integrated approaches to health care



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 21 November - 6 December 2009

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

- 21 Nov (Sat) London**
Pm Depart London for Shanghai
- 22 Nov (Sun) Shanghai**
Am Arrive and transfer to the hotel
Pm Visit the Yu Garden and the Bund. Go up to the viewing platform on the top of the Pearl TV Tower
- 23 Nov (Mon) Shanghai**
Am Visit the Traditional Chinese Medicine University and Museum
 Talk: "Chinese Medicine and its use in China"
Pm Visit a Neighbourhood Clinic
 Talk: "A Background to Health Care in China"
Eve Welcome Dinner in a private room
- 24 Nov (Tues) Shanghai / Suzhou**
Am Visit an older people's t'ai chi class
 Visit a Centre for Care of the Elderly
 Talk: "Keeping Patients Healthy"
Pm Drive to Suzhou and visit the silk factory
Eve Visit the illuminated gardens
- 25 Nov (Wed) Suzhou**
Am Visit the famous gardens of Suzhou including the Master of the Nets and the Couples Gardens
Pm Visit Neighbourhood Medical Centre
Eve Overnight train to Beijing
- 26 Nov (Thurs) Beijing**
Am Arrive in Beijing and at leisure
Pm At leisure
Eve Reception at the China Club
- 27 Nov (Fri) Beijing**
Am Full day visit Xi Yuan Hospital of Chinese Medicine and tour of Departments of Acupuncture, Massage, Herbal Medicine Pharmacy, Dermatology and Music Therapy
Eve Dinner in the Night Market
- 28 Nov (Sat) Beijing**
Am Visit the Great Wall
Pm Visit the Summer Palace
Eve Peking Roast Duck Dinner
- 29 Nov (Sun) Beijing**
Am Visit Tiananmen Square
Pm Visit the Forbidden City
Eve Optional visit to Peking Opera

- 30 Nov (Mon) Beijing / Xian**
Am Fly to Xian and transfer to the hotel
Pm Visit Shaanxi People's Provincial Hospital that uses TCM and western medicine
Eve Optional visit to traditional Tang Dynasty Theatre
- 1 Dec (Tues) Xian**
Am Visit local Chinese medicine market.
 Visit the Terracotta Warriors
Pm Visit the City Walls, the Calligraphy Street Market and a traditional Tea House
- 2 Dec (Wed) Xian / Guangxi Province**
Am Optional early morning visit to City Walls to watch or take part in t'ai chi. Return for breakfast
 Visit the Blind People's Massage Clinic
Pm Fly from Xian to Guilin
- 3 Dec (Thurs) Guangxi Province**
Am Enjoy scenic cruise along the stunning Li River to the village of Yangzhou
Pm Visit Yangzhou village hospital
Eve Optional visit to the Son et Lumière show
- 4 Dec (Fri) Guangxi Province**
Am Meet with village health worker (barefoot doctor)
Pm At leisure
Eve Discussion Group "Lessons Learnt"
- 5 Dec (Sat) Guangxi Province / Shanghai**
Am Fly from Guilin to Shanghai
Pm At leisure
Eve Shanghai Acrobats
- 6 Dec (Sun) Shanghai / London**
Am Transfer to the airport for flight home



Elderly Chinese woman having a rest in the Forbidden City



Modern Shanghai's skyline (top); the Summer Palace, Beijing; walk along the ancient city walls of Xian; the village of Yangshuo (above)

Hotels

Shanghai

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

Suzhou

The modern Holiday Inn Hotel has stylish rooms with coffee & tea facilities and is known for its excellent service. A traditional street market is a short walk from the hotel.

Overnight Train

Board the train at 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

Located in the north west of Beijing, the very new four star deluxe Royal King Hotel has large, comfortable rooms all equipped with high-speed broadband internet access. The facilities include an indoor swimming pool, spa, fitness centre, steam baths and Jacuzzis. The hotel has many restaurants, cafes and bars.

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 café.

Guilin

The Bravo Hotel has large rooms and is located on Banyan Lake Promenade opposite the lake and a park. 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

Michael Dooley is a Consultant Obstetrician and Gynaecologist and a Fellow of the Royal College of Obstetricians and Gynaecologists. His special interest is in reproductive endocrinology. Michael has always been interested in a holistic, integrated team approach to patient care. He was Director of Sports Science and Medicine for the British Equestrian Federation between 1994 and 2002. He is now gynaecologist at The Olympic Medical Institute at Northwick Park. Michael has opened The Poundbury Clinic in Dorchester, concentrating on women's integrated healthcare, and also works in London at Harley Street and The Lister Hospital. In collaboration with the award winning journalist, Sarah Stacey, Michael has written a book 'Your Change, Your Choice: The integrated approach to the menopause and beyond'. He is sole author of 'Fit for Fertility' and is developing a Fit for Fertility programme for his patients.

Project Details

The Prince's Foundation for Integrated Health

is a charity founded by the Prince of Wales on the principle of empowering people to take equal responsibility for their own health by looking at all aspects of lifestyle. The initial focus is on prevention but after that, by treating illness by bringing together mainstream medical science with the best of other traditions. Complementary interventions may range from stress reduction techniques to therapies like acupuncture or nutritional therapy.

www.fih.org.uk

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
- Comprehensive Briefing notes
- Briefing meeting in London (one month prior to departure)
- The services of an experienced tour leader

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, tea and beer with meals
- All Admission fees
- Services of 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.

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.



Acupuncture in action (top); enjoy a night at the Peking Opera; the herbal medicine market, Xian; Li River Guanyang Province (above)

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