



Cormorant fisherman on the Li River, Yangshuo

AOG Dental Tour to China

18 October – 1 November 2013

“The tours have proved to be extremely popular and the participants, both doctors and partners, greatly enjoyed the experience. The tours are truly unique and blend together professional interests with leisure. I would have no hesitation recommending Jon Baines Tours as an organiser of study tours.”

Royal College of Obstetricians and Gynaecologists, London



CPD Applied For



Jon Baines
tours



The Great Wall

“This was a fascinating tour, providing an overview of the great contrasts that comprise China. It has changed my attitudes and further stimulated my interest in the country.”

Dr Maureen Van Ryssen, Healthcare in China, November 2009

This bespoke study tour has been especially designed for AOG members and provides a fascinating insight into China by looking at its history, contemporary culture and medicine, with particular focus on dental health. The tour has a highly practical focus on the uses of traditional Chinese medicine combined with a superb cultural programme that takes you to the major sites as well as taking you off the beaten track to offer an insider’s view into China. There is a solid professional programme and many opportunities to sample the rich and delicious range of regional cuisine within China.

Fly to Shanghai, China’s most cutting edge city with its spectacular contemporary skyline and fabulous Art Deco heart and check into your hotel. In the afternoon visit the Bund and the old bazaar before enjoying a welcome dinner.

Next morning visit Shanghai University Dental School before taking a walking tour of the old heart of the city including Nanking Road, People’s Square and the French Concession. There is the option of having dinner at Lost Heaven in the evening.



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



A canal in the water town of Suzhou (top); The burnished rooftops of the Forbidden City in Beijing (above)

Next morning drive to the exquisite 2,500 year old town of Suzhou. Visit its beautiful traditional gardens and one of the city's famed silk workshops, where contemporary designers use traditional methods. In the evening take a cruise along one of Suzhou's many canals and stay overnight.

Next morning visit a local dental clinic before taking the high speed train to Beijing, China's great imperial city, built on the most magnificent scale. Transfer to the hotel.

Visit the Guang An Men Traditional Chinese Medicine Hospital the following morning, where you will tour the departments of acupuncture, massage and the herbal pharmacy for a fascinating firsthand view of how the Chinese use their traditional medicine systems. In the afternoon visit the Beijing Dental Hospital and School. Return to the hotel, with the evening

option of seeing the spectacular Beijing Acrobats.

A relaxing couple of days of sightseeing follow, starting with a visit to the vast expanse of Tiananmen Square and the impressive Forbidden City, once barred to all but the inner royal circle. In the afternoon take a walking tour of the fast vanishing traditional hutong districts of Old Beijing. There is the option of seeing traditional Peking Opera in the evening.

The following morning drive to visit the iconic Great Wall followed by a visit to the beautiful Summer Palace in the afternoon, with a traditional Peking Roast Duck dinner in the evening.

Fly to Xian, the ancient Silk Road hub and probably the first truly multicultural city. After settling in to your hotel stroll along the medieval city walls and visit Muslim Street market and a traditional tea house.

The next morning visit the amazing necropolis of the Terracotta Warriors, followed by a visit to the local medicine market in Xian, which has been selling its wares for hundreds of years, and also the Jade Market. There is the option to see a traditional performance of Tang Dynasty theatre later in the evening.



The Herbal Pharmacy at the Xi Yuan Hospital, Beijing



“The visits were excellent value for money; overwhelmed with the variety of activities and introductions to ethnic life and traditions.”

Wendy Angliss, O&G in China 2012



The following day early risers have the option to join locals in a daily t'ai chi class on top of the ancient city walls. Return for breakfast before visiting the Military Dental Hospital and later in the day fly from Xian to Guilin.

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 spend two nights. Meet with Dr Shu, the local village health worker (traditionally known as a 'barefoot doctor') and visit some artists' workshops and galleries. In the evening there is the option of watching a wonderful 'son et lumière' show.



Spend the next morning exploring the beautiful countryside by bike or buggy past farms and villages. Spend the afternoon at leisure or take part in an optional cookery class in the classic spicy Sichuan style.

Fly back to Shanghai next morning and spend the rest of your final day at leisure, with a farewell dinner in the evening. Transfer to the airport next day to connect with your return flight.



Beijing Acrobats (top); Terracotta Warriors; Cruise along the Li River to the village of Yangshuo (above)

Itinerary 18 October – 1 November 2013

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

2 nights Shanghai - 1 night Suzhou - 4 nights Beijing - 2 nights Xian - 3 nights Guangxi Province - 1 night Shanghai

18 Oct (Fri)	London		28 Oct (Mon)	Xian / Guangxi Province	B D
Pm	Depart London for Shanghai		Am	Optional early morning visit to city walls to watch or take part in tai chi. Return to hotel for breakfast. Visit the Military Dental Hospital	
19 Oct (Sat)	Shanghai	D	Pm	Fly from Xian to Guilin	
Am	Arrive and transfer to the hotel		29 Oct (Tues)	Guangxi Province	B L
Pm	Visit the Bund and the old Bazaar		Am	Enjoy scenic cruise along the stunning Li River to the village of Yangshou	
20 Oct (Sun)	Shanghai	B L	Pm	Meet with Dr Shu (a 'barefoot doctor') and visit the artists' workshops and galleries	
Am	Visit Shanghai University Dental School Sightseeing tour of Shanghai including Nanking Road, People's Square and the French Concession		Eve	Optional visit to the son et lumière show	
Eve	Option of dinner at Lost Heaven		30 Oct (Wed)	Guangxi Province	B D
21 Oct (Mon)	Shanghai / Suzhou	B D	Am	Cycle or buggy ride through the villages of Guangxi Province visiting local school, tea house	
Am	Drive to Suzhou		Pm	At leisure. Optional Sichuan cookery class	
Pm	Visit the traditional Chinese gardens and the silk bazaar		31 Oct (Thur)	Guangxi Province / Shanghai	B D
Eve	Evening canal cruise		Am	Fly from Guilin to Shanghai	
22 Oct (Tues)	Suzhou / Beijing	B D	Pm	At leisure	
Am	Visit a local dental clinic. Take the high speed train to Beijing		Eve	Farewell dinner	
Pm	Arrive and transfer to the hotel		1 Nov (Fri)	Shanghai / London	B
23 Oct (Wed)	Beijing	B D	Am	Transfer to the airport for flight to UK	
Am	Visit Hospital of Chinese Medicine. Tour departments of acupuncture, massage and the herbal medicine pharmacy		Eve	Arrive London Heathrow	
Pm	Visit Beijing Dental Hospital and School (partner programme available)				
Eve	Option to visit the Beijing Acrobats				
24 Oct (Thur)	Beijing	B L			
Am	Visit Tiananmen Square and the Forbidden City				
Pm	Take a walking tour of Beijing's hutongs				
Eve	Optional visit to Beijing Opera				
25 Oct (Fri)	Beijing	B D			
Am	Visit the Great Wall				
Pm	Visit the Summer Palace				
Eve	Peking Roast Duck dinner				
26 Oct (Sat)	Beijing / Xian	B D			
Am	Fly to Xian				
Pm	Walk the city walls and visit Calligraphy Street, Muslim Street Market and a tea house				
27 Oct (Sun)	Xian	B L			
Am	Visit the Terracotta Warriors				
Pm	Visit the herbal medicine market and the Jade Market				
Eve	Optional visit to traditional Tang Dynasty Theatre				

“(The tour) was very well organised. I was very impressed with the organisation.”

John Stratton, O&G China 2012



A Beijing hutong



Hotels

The Ocean Hotel (Shanghai)

Located at the bustling North Bund Shipping Zone, the 5-star Ocean Hotel Shanghai has undergone an extensive three year renovation programme. It features an revolving restaurant with superb views on the top floor, various dining and drinking options, a fitness centre, indoor pool, spa and minigolf.

Bamboo Grove Hotel (Suzhou)

Located on the outskirts of Suzhou, this hotel combines modern style with traditional Chinese touches with spacious rooms. There is a lovely garden with a canal, plus a pool and gym, a bar and two restaurants.

Presidential Hotel (Beijing)

A large, elegant and very comfortable hotel situated just minutes away from Tiananmen Square, the Forbidden City and Bird's Nest Olympic Stadium, The Presidential Hotel facilities include a pool, sauna and steam room and a selection of cafés, restaurants and bars.

New World Hotel (Xian)

The New World Hotel is located within ten minutes walk of the city walls and provides spacious accommodation and good amenities including a pool and a spa.

Bravo Hotel (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.

Green Lotus Hotel (Yangshuo)

This attractive, modern 5-star has a superb location facing onto the Li River and backed by mountain peaks. Centrally situated, it is minutes walk from the town centre, but far enough removed to enjoy the peace of its beautiful surroundings.

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



A traditional garden

National Guide

Zhang Zhong Jiu (known as Cheung) has worked with Jon Baines since 1994, taking healthcare and cultural groups around China. Educated in Beijing and London and widely travelled Cheung is extremely knowledgeable and popular with our groups for his ability to bring China's history and society to life with personal anecdotes. Having led a wide variety of professional groups over so many years, his breadth of knowledge is second to none.

“Cheung (the national guide) was an amazing organiser, totally unflappable. The tour was quite a logistical ‘tour de force’.”

Francoise Hivernel, Medicine in China 2012

CPD

The tour includes CPD talks and professional visits. If you are interested in gaining CPD points, please contact us to supply your GDC number.

“I would highly recommend the tour to anyone wanting an introduction to China.”

Derrick Thompson, China 2012

The ground only cost of the tour is £1,690 per person sharing a room

The ground only cost does not include international flights and transfers on arrival and departure

The cost includes:

- Comprehensive briefing notes
- 13 nights' accommodation in twin or double-bedded rooms with private facilities in 4- and 5-star hotels.

The single room supplement is £370

- Breakfast and dinner throughout the tour
- Tea, water and beer with meals in China
- A full programme of medical visits and talks and cultural tours as per the itinerary
- Admission fees where applicable
- Full-time English speaking national guide in China (Zhang Zhong Jiu)
- All transport and airport taxes in China

The cost excludes:

- Meals not mentioned
- All personal extras such as water, portorage, laundry, inoculation fees and drinks and all tips
- All optional excursions, tours and visits
- Travel insurance
- Visa
- International flights (see below)

Flights

We can help book your flights on Virgin Atlantic between London Heathrow and Shanghai. The outbound flight is overnight and the inbound is daytime, so you can mix classes of flights (eg fly out Premium Economy and return Economy).

These flights will fill quickly so it is essential to book soon.

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.

*“This was the best
educational tour that I
have been on.”*

Richard Speed, O&G in China 2012



Acupuncture in action (top); enjoy a night at the Peking Opera;
One of Suzhou's traditional gardens; Li River Guanxi Province (above)

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