

# MASTER TRAVEL 2009 TOURS



In Calligraphy Street, Xian



MASTER TRAVEL  
LIMITED

## WELCOME TO MASTER TRAVEL

*Escorted tours with the personal touch*

For 15 years, Master Travel has been running tours for doctors, psychiatrists, nurses, midwives, teachers, architects, dentists, town planners, lawyers and many other professional groups.

With groups limited to 20 participants you will feel comfortable with your travelling companions and enjoy unbeatable personal care and attention from your British tour leader and local national guide.

Our years of experience and network of contacts open the doors to hospitals, care homes, schools, orphanages, factories, clinics, clubs and markets where you will meet local people living their normal daily lives.

These behind-the-scenes glimpses will teach you more about your destination than a simple sightseeing tour can ever do.

And of course we never forget the holiday magic, whether it's walking the Great Wall of China or snorkelling amongst the sea lions in the Galapagos.

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Master Travel is part of the MA Healthcare group.



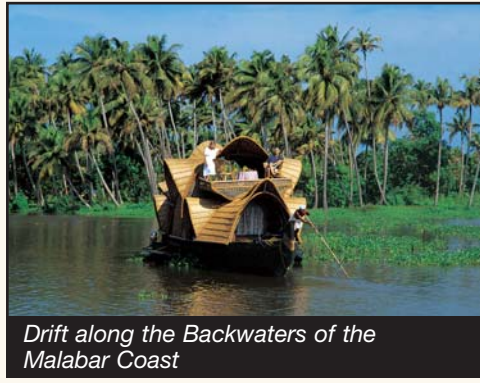
**Christmas in Budapest**  
**23 – 27 December 2008**



*The Chain Bridge stretches across the Danube to Castle Hill*

- Cross the Chain Bridge to Matthias Church and Fishermen's Bastion
- Absorb the traditional atmosphere of Vorosmarty Square Christmas market
- Experience the coffee-house culture in Café Gerbeaud
- Celebrate Christmas Eve Dinner at Café New York, Christmas Lunch at Gundel and *La Boheme* at the State Opera
- Recover with an open air dip in the Szechenyi Thermal Baths
- Cruise along the Danube, visit bohemian Szentendre and tour Godollo's Royal Palace

**Traditional and Contemporary Therapies in Southern India**  
**17 January – 1 February 2009**



*Drift along the Backwaters of the Malabar Coast*

- Take the Toy Train to the Hill Station at Ooty
- Travel by converted rice barge along the backwaters of Kerala
- See Ayurvedic medicine being practised and experience their treatments in an Ayurvedic resort
- Watch Kathakali Dance and Kalaripayattu, a Kerala martial art
- Enjoy tea at the Cochin Club, a family lunch in a spice garden and a Coorg lunch on a private farm
- Explore the chic French enclave of Pondicherry and relax on the white beaches of Fisherman's Cove

**Midwifery in Tanzania and Zanzibar**  
**31 January – 14 February 2009**



*Traditional dhow off Zanzibar*

- Visit city and rural hospitals to meet local midwives and see the different challenges of midwifery in Africa
- Safari to Ngorongoro Crater, home to lion, elephant, rhino, zebra and more
- Admire (but don't climb!) Mt Kilimanjaro
- Discover Bagamoyo's historical links with Dr Livingstone and the slave trade
- See dhows and a tinga tinga painter in tropical Dar es Salaam
- Bask on white beaches, lapped by the warm waters of the Indian Ocean, on the magical spice island of Zanzibar
- Enjoy the intoxicating atmosphere of Zanzibar's old Stone Town

**Venezuela**  
**8 – 22 February 2009**



*Exploring Canaima lagoon*

© Greg Johnston/LPI

- Travel through the heights of the Andes, the vast plains of Los Llanos and the "lost world" of Canaima
- Relax in a restored monastery and a luxury lakeside lodge
- Take the world's highest cable car up the Andes to Pico Espejo – three miles high!
- Visit villages where time has stood still in the Andean páramos (high plateau)
- Discover the wonderful bird, animal and plant life on a day's safari in Los Llanos
- Explore the cobbled streets of historic Ciudad Bolívar
- Take a day's expedition – with breakfast en route – by canoe, through jungles and under a waterfall to the Angel Falls

**Paediatrics and Child Health in China**  
**21 February – 7 March 2008**



*Cormorant Fishing on the Li River*

- Visit a paediatric hospital, paediatric clinic, family planning centre, children's hospital, special needs school, herbal medicine market and rural practice
- Enjoy the acrobats of Beijing, traditional Tang Dynasty Theatre in Xian and a spectacular Son et Lumière in Yuangsho
- Learn of paediatric medicine, family planning, health promotion, immunisation, and the use of Traditional Chinese Medicine
- Visit the Forbidden City, Great Wall, Summer Palace and Terracotta Warriors
- Meet your professional counterparts and see the vastly different conditions and challenges in which they work

**Argentina and Chile**  
**22 February – 11 March 2009**



*Portly emperors of an icy kingdom*

- See the Tango in Buenos Aires and gaucho horsemanship in Patagonia
- Cross the Andes in three boats and four buses
- Explore the lakes, hot springs, waterfalls and volcanoes of Chile
- Visit mysterious Chiloe Island and learn about the Mapuche people
- See the unbelievable Perito Moreno Glacier, a 200 ft high, 3 mile wide river of jagged ice
- Sail through blue icebergs to the Upsala glacier, and to the "End of the World" in Tierra del Fuego
- See the penguins in Antarctica

## North India and Bhutan 24 February – 10 March 2009



*Dance of the Black Hat Magicians*

© Nicholas Reuss/LPI

- Walk up to Tigers Lair Monastery in Paro
- Take the Toy train to Ghoom Monastery
- See the sun rise over the Himalayas from Tiger Hill, Darjeeling
- Cross the Dochula Pass to the Punakha Festival in Bhutan
- Explore old Calcutta and learn of the Black Hole and Mother Teresa
- Enjoy tea at a Darjeeling plantation and drinks at the Tolly Gunge Club
- Visit Thimpu's traditional paper factory, folk museum and art school
- Explore the valleys, forests and villages of Bhutan

## Journey along the Yangtze 17 – 28 March 2009



*Two sampans in the Three Gorges*

- Cruise through the Three Gorges in five star luxury aboard MV Victoria Anna
- Visit the mighty Three Gorges Dam
- Zigzag through rising mists and forested mountains as you navigate Wu Gorge
- Pass through the dramatic Kui Gate where the sheer cliffs tower 1500 metres above
- See shoals of fish in the clear waters of the mystical Shennong Stream
- Visit Fengdu, "Ghost City", home to 48 Taoist and Buddhist temples
- Watch the sun come up on Marco Polo's favourite lake
- Hike along Nine Creeks and Eighteen Gullies Lane to the tea-fields of Longjing village

## Education in China 4 – 18 April 2009



*Impromptu choral welcome for Master Travellers*

- See the futuristic cityscapes of modern Shanghai and explore the fast-vanishing *hutongs* of old Beijing
- Explore the "City of Silk", the Summer Palace, the Forbidden City, the Great Wall and the Terracotta Warriors
- Visit secondary and primary schools, an orphanage, kindergarten and training college
- Travel by overnight express train to Beijing, by boat through the sublime landscapes of the River Li and by bicycle through the paddy fields of Guangxi
- Learn of the use of Chinese Medicine in special needs education
- Try *Tai Chi* in Bamboo Park, Chinese brush-work in Calligraphy street and snake wine in a medicine market

## Palliative Care in China 18 April – 2 May 2009



*Traditional therapies in palliative care*

- Learn of Chinese attitudes to death, end of life care and the role of the family
- Explore the Great Wall, the Forbidden City, the Summer Palace and the Terracotta Warriors
- Drift down the River Li through the surreal landscapes of Guangxi
- Meet Palliative Care professionals in hospices, colleges and hospitals in Beijing, Shanghai and Xian
- Cycle through the paddy fields to a rural clinic near Yangshuo
- Marvel at the Beijing Acrobats, explore the silk shops of ancient Suzhou

## Dementia and Elderly Care in China 2 – 16 May 2009



*Looking good in old age*

- Learn of the uses of Traditional Chinese Medicine and *Tai Chi* in dementia and elderly care
- Visit the Forbidden City, Great Wall, Summer Palace and Terracotta Warriors
- Discover the opportunities for private residential complexes in China
- Travel by overnight express train to Beijing, by boat through the weird and sublime landscapes of the River Li, and by bicycle through the paddy fields of Guangxi
- Visit state-funded and private retirement homes, care homes, clinics and community centres for the elderly
- Browse in Calligraphy Street and the *hutongs* of Old Beijing

## Tibet, Shangri La and Yunnan 16 – 31 May 2009

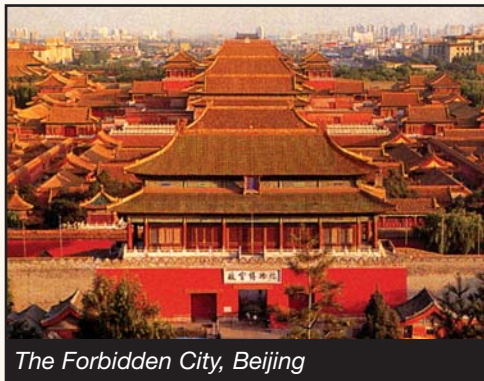


*Monks debating at Sera Monastery*

- Visit the temples, palaces and monasteries of Tibet and Shangri La
- Meet three of the "lost tribes" of China in remote Yunnan
- Cross the mighty Brahmaputra in a wooden boat, and see the Yangtze explode through Tiger Leaping Gorge
- See the Three Pagodas, Black Dragon Pool and the 1,000 Camellia Tree monastery
- Cycle to Baisha and meet the extraordinary Dr Ho
- Watch the debating monks of Sera Monastery, learn of Dr Rock, hear about Flying Tigers and meet a Dongba

## Dental study tour to China

13 – 28 June 2009



The Forbidden City, Beijing

- Visit the Terracotta Warriors, walk the Great Wall and explore the Forbidden City and the Summer Palace
- Discover the world of Traditional Chinese Medicine and its continuing relevance to dentistry in modern Chinese life
- Contrast dental standards and delivery in clinics from ultra-modern Shanghai down to the paddy fields of rural Guangxi
- Travel by train to Beijing, by boat down the River Li and by bicycle in Yangshuo
- Join in *Tai Chi* in Bamboo Park, learn Chinese Calligraphy in Xian and barter in the night markets of Shanghai and Xian

## Ladakh

14 – 27 August 2009



Monk sounding Puja horn © Andrew Bain/LPI

- Take the world's most spectacular flight over the Himalaya to remote Ladakh, India's "little Tibet"
- Join an early morning *Puja* ceremony at the beautiful Thiksey monastery
- Meet the boarders of Lamdon School, some who have a 10 day walk to get there
- Stay in an oasis in a high mountain desert
- Learn how the *amchi* bring traditional medicine to the far-flung villages
- Drive over the vertiginous Khardungla pass (5,578 metres)
- Camp in the Nubra Valley, "the orchard of Ladakh"
- Ride a Bactrian camel over bleached white sand dunes to Deskit bazaar
- See the sun go down on the Taj Mahal

## The Silk Road

28 August – 13 September 2008



Long haul travel across the desert

- Travel by camel across the great sand dunes of Mingsha to Crescent Moon Lake
- Cross the Hex Corridor, the Taklamakan Desert and the Torugart Pass from west China to Kyrgyzstan
- Visit the western edge of the Great Wall, Heavenly Lake, the Flaming Mountains and the Thousand Buddha Caves
- Haggle at the fabled markets of Kashgar and Yenisar
- Enjoy wine tasting, Uyghur dancing, sand therapy and a night in a yurt
- Take an extension in the Great Silk Road City of Constantinople (Istanbul)

## Midwifery in China

12 – 26 September 2009



Bundles of joy © Keren Su/LPI

- Visit a maternity hospital, paediatric centre, midwifery school, medicine market, orphanage and rural practice
- Wander through the gardens of Suzhou and behind the scenes of the Beijing Opera
- Learn of the use of baby massage, herbs in childbirth and acupuncture
- Explore the Summer Palace, Forbidden City, Terracotta Warriors and the Great Wall
- Meet with local midwives, traditional healers, family planning experts and teachers
- Travel on the Shanghai Express to Beijing and through rural Guilin by bicycle
- Meet a 'barefoot doctor' in the paddy fields

## Healthcare in Uganda and Zanzibar

September 2009

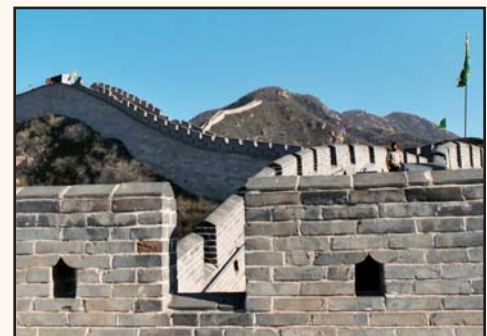


Elephants enjoying an evening drink

- Safari by jeep, boat and on foot to see the wildlife of Lake Mburo National Park
- Meet Bishop Charles and hear his choir
- Visit the Kampala University Hospital, the Kasubi tombs and Independence Park
- Take a ferry across Lake Victoria to the remote Ssesse Islands
- Delight in the singing and dancing of the children of Kisimula in the remote bush land
- Lend a hand at Ssesse Islands' local clinics and schools, run by the Reach the Youth Uganda foundation
- Chill out on the white beaches and warm waters of the magical spice island, Zanzibar

## Medicine in China

10 – 25 October 2009



Walk the Great Wall of China

- Admire the futuristic cityscape of Shanghai and the ancient charm and cobbles of medieval Suzhou
- Explore Traditional Chinese Medicine at Beijing's renowned Xi Yuan Hospital
- Travel by overnight express train to Beijing and by boat through the weird and sublime landscapes of the River Li
- Visit the Forbidden City, Great Wall, Summer Palace and Terracotta Warriors
- Cycle through the paddy fields of rural Guangxi to meet a "Barefoot Doctor"
- Browse in Calligraphy Street and the *hutongs* of Old Beijing

**Peru and Bolivia**  
**2 – 19 October 2009**



*High in the Andes, the Inca Citadel of Machu Picchu*  
 © Mark Daffey/LPI

- Travel the Inca trail to Machu Picchu
- Explore Cuzco's Inca ruins and the remains of Tiwanacu's civilization
- Go white water rafting on the Urubamba
- Enjoy breathtaking views of Lake Titicaca from Sun Island and gaze at stars from the Huatajata Observatory
- Learn of traditional Inca healing and barter in colourful Indian markets
- Stay in a hotel built of salt in the remote Salar Uyuni (salt flat)
- Meet the people on floating islands and in Andean villages
- Visit the witch doctor's market in La Paz and explore colonial Sucre

**Community Care in China**  
**24 October – 7 November 2009**



*The unsinkable marble boat, Summer Palace, Beijing*

- Learn of the role of Traditional Chinese Medicine in the care of mothers and babies, chronic illness and elderly care
- Explore the Forbidden City, Great Wall, Summer Palace and Terracotta Warriors
- Visit local government and charitable organisations and centres that are pioneering care in the community
- Take the boat through the weird and sublime landscapes of the River Li
- Visit an Orphanage School, a Blind People's Massage Clinic and a "Barefoot Doctor"

**Ecuador and the Galapagos**  
**25 October – 10 November 2009**



*The albatross mates for life*

- Cruise by riverboat down the Amazon and cruiser around the Galapagos
- Take a train down the Devil's Nose and up the Cotopaxi volcano
- Barter in Cuenca market and explore Inca ruins in Ingapirca
- Discover medicinal plants in the rainforest and fish for piranha from a dugout
- See a Shaman ritual, swim with river dolphins and snorkel among sea lions
- Walk the white coral beaches of the Galapagos and marvel at the giant turtles and prehistoric iguanas

**Physiotherapy in China**  
**7 – 21 November 2009**



*Exercise on the banks of the Li River, Guilin*

- Learn of acupuncture, massage, meditation and conductive education
- Visit the Forbidden City, Great Wall, Summer Palace and Terracotta Warriors
- Join a *Tui Na* massage workshop with the staff of Beijing's renowned Xi Yuan Hospital
- Travel by overnight express train to Beijing and by boat through the weird and sublime landscapes of the River Li
- Cycle through the paddy fields of rural Guangxi to meet a "Barefoot Doctor"
- Browse in Calligraphy Street and the *hutongs* of Old Beijing

**Sri Lanka**  
**16 – 31 January 2010**



*Beneficiaries of the Yala Fund*

- Visit Sirigiya Rock, the Polonnaruwa ruins, Dambulla Cave Temple and Kataragama pilgrimage site
- Explore the markets of Pettah and Galle, and join the locals' evening promenades on the seafront
- Visit a school, hospital, farm and home of people who have benefited from the Yala tsunami charity
- Relax on the golden beaches of Mount Lavinia and Negombo
- See the wildlife from a boat on Muthurajawela lagoon and on an early morning game drive in Yala National Park
- Enjoy the scenic train ride to Bandarawela and see tea being produced on Dampatenna Estate

**Primary Care in Cuba**  
**February/March 2010**



*Travel in Period style around Havana*

- Visit the Ministry of Public Health, a hospital, a polyclinic and a medical school
- Enjoy the Tropicana Cabaret, a daiquiri on Daiquiri Beach, and a salsa at the Salsa Palace
- Meet GP's, health workers, educators and specialists and learn of Primary Health Care, family medicine and life in Cuba today
- Tour a rum still and a cigar factory, and see the sun set over Havana Bay from Morro Castle
- Explore the beautiful Viñales Valley and travel by boat through its subterranean caves
- Explore Trinidad City, a UNESCO protected colonial gem
- Chill out on the beautiful Varadero Beach

# TOURS LIST FOR 2009

DESTINATIONS	DATE
	<b>2008</b>
Christmas in Budapest	23 – 27 December
	<b>2009</b>
Traditional and Contemporary Therapies in Southern India	17 January – 1 February
Midwifery in Tanzania and Zanzibar	31 January – 14 February
Venezuela	8 – 22 February
Paediatrics and Child Health in China	21 February – 7 March
Argentina and Chile <i>Extensions to Antarctica or Iguazu, Brazil</i>	22 February – 11 March <i>9 – 21 March</i> <i>10 – 14 March</i>
North India and Bhutan	24 February – 10 March
Midwifery in China	7 – 21 March
Journey along the Yangtze	17 – 28 March
Medicine in China	21 March – 5 April
Education in China	4 – 18 April
Palliative Care in China	18 April – 2 May
Dementia and Elderly Care in China	2 – 16 May

DESTINATIONS	DATE
	<b>2009</b>
Mental Health in China	16 – 30 May
Tibet, Shangri La and Remote China	16 – 31 May
Medicine in China	30 May – 14 June
Dental study tour to China	13 – 28 June
Ladakh	14 – 27 August
The Silk Road	28 August – 13 September
Midwifery in China	12 – 26 September
Tibet, Shangri La and Yunnan	12 – 27 September
Healthcare in Uganda and Zanzibar	September
Medicine in China	10 – 25 October
Peru and Bolivia	2 – 19 October
Community Care in China	24 October – 7 November
Ecuador and Galapagos	25 October – 10 November
Physiotherapy in China	7 – 21 November
	<b>2010</b>
Sri Lanka	16 – 31 January
Primary Care in Cuba	February/March



## CONTACT DETAILS

To obtain full brochures for the specific tours that interest you, call **FREEFONE 0800 58 77 329** or **020 7501 6742**

Or email [tours@mastertravel.co.uk](mailto:tours@mastertravel.co.uk)

Or complete the coupon below and fax **020 7978 8322** or send to **Master Travel, FREEPOST (SE7045), London SE24 9BR**



Name(s).....

Address.....

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|---|--|---|--|--------------------------|
| <input type="checkbox"/> Christmas in Budapest                                    | <input type="checkbox"/> Midwifery in China (Mar 09)                 | <input type="checkbox"/> Medicine in China (May 09)                   | <input type="checkbox"/> Peru and Bolivia        | <input type="checkbox"/> |
| <input type="checkbox"/> Traditional and Contemporary Therapies in Southern India | <input type="checkbox"/> Journey along the Yangtze                   | <input type="checkbox"/> Dental study tour to China                   | <input type="checkbox"/> Community Care in China | <input type="checkbox"/> |
| <input type="checkbox"/> Midwifery in Tanzania and Zanzibar                       | <input type="checkbox"/> Medicine in China (Mar 09)                  | <input type="checkbox"/> Ladakh                                       | <input type="checkbox"/> Ecuador and Galapagos   | <input type="checkbox"/> |
| <input type="checkbox"/> Venezuela  | <input type="checkbox"/> Education in China                          | <input type="checkbox"/> The Silk Road                                | <input type="checkbox"/> Physiotherapy in China  | <input type="checkbox"/> |
| <input type="checkbox"/> Paediatrics and Child Health in China                    | <input type="checkbox"/> Palliative Care in China                    | <input type="checkbox"/> Midwifery in China (Sept 09)                 | <input type="checkbox"/> Sri Lanka               | <input type="checkbox"/> |
| <input type="checkbox"/> Argentina and Chile                                      | <input type="checkbox"/> Dementia and Elderly Care in China          | <input type="checkbox"/> Tibet, Shangri La and Remote China (Sept 09) | <input type="checkbox"/> Cuba                    | <input type="checkbox"/> |
| <input type="checkbox"/> North India and Bhutan                                   | <input type="checkbox"/> Mental Health in China                      | <input type="checkbox"/> Healthcare in Uganda and Zanzibar            |  |                          |
|   | <input type="checkbox"/> Tibet, Shangri La and Remote China (May 09) | <input type="checkbox"/> Medicine in China (Oct 09)                   |  |                          |

I do not wish to receive any future mailings from Master Travel