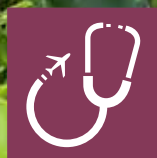




2020 Sri Lanka Clinical Conference



***Medical Tours
Australia***

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CONFERENCE ITINERARY

04 - 11 OCTOBER

B = Breakfast L = Lunch D = Dinner

- SUN 04** Depart Australia & travel to Colombo via Singapore. Transfer to our 5 star resort in Negombo
- MON 05** Morning visit to the local hospital then a tuk tuk trip around the fishing town of Negombo, known as 'Little Rome' for its number of Catholic churches. You'll see fisherman unloading their hauls, visit the Angurukaramulla Temple complex & view the beautiful paintings on the roof inside St Mary's Church. Afternoon conference sessions. BL
- TUE 06** Morning conference sessions before an exciting elephant encounter where you'll feed, walk & bath an elephant - a once in a lifetime experience! The organization was set up to rescue & care for captive Asian elephants so the elephants are well looked after. After lunch we'll tour a Spice Garden where you'll learn how numerous spices grow, the use of them by the locals & the benefits of spices & herbal medicinal plants. Overnight in Kandy BL
- WED 07** Morning conference sessions then a city tour in the Sacred City of Kandy, a UNESCO World Heritage Site. You'll visit the Temple of the Sacred Tooth Relic - Sri Lanka's most important Buddhist relic - located in the royal palace complex. We'll also watch a cultural dance show with drummers, fire stunts & elaborate costumes BL
- THU 08** Morning conference sessions & lunch before travelling south to the Dutch colonial city of Galle, with its UNESCO World Heritage fort BL
- FRI 09** This morning we tour a tea plantation & factory known for its virgin white tea, to learn the process from leaf to cup. After a walk in the plantation, you'll enjoy a cup of tea & cake & have a chance to sample up to 42 varieties. There'll be a stop at Koggala Beach to see the famous stilt fisherman & a guided walking tour of the 16th C Galle Fort. There'll be some free time to stroll on the ramparts or shop before our farewell dinner BL
- SAT 10** For those going home, have a relaxing morning before driving to Colombo for a city tour. Skyscrapers rise from where old buildings once stood but some parts still retain the old-world charm - a 100 year old clock tower, several British built colonial buildings, Pettah bazaar, the old Parliament & the beautiful red Jami Ul-Alfar Mosque. After dinner, transfer to the airport for your flight back to Australia. Arrive home on 11 October. BD
- Alternatively, join our post conference tour through Sri Lanka

CONFERENCE PACKAGE COSTS

DELEGATE \$4,996.00 ACCOMPANYING PARTNER \$3,865.00

CONFERENCE INCLUSIONS

- Economy class airfare to Colombo on Singapore Airlines
- Airport taxes
- 6 night's accommodation at 5 star resorts
- Daily buffet breakfasts, 5 lunches, 2 dinners & 2 morning teas
- Hotel Porterage
- Conference sessions incl room hire & AV equipment
- Hospital visit incl donation
- Tuk tuk tour of Negombo
- Elephant Walk Experience
- Visit of a Spice Garden
- Kandy city tour, Temple entrance fee & Cultural show
- Visit of Tea Factory with cup of tea & cake, Koggala fisherman stop & Galle walking tour
- Colombo city tour
- Air-conditioned coach travel throughout with English speaking guide & bottled water
- Guide & driver gratuities & local taxes
- Medical Tours Australia staff on site

PROGRAM

The program & speakers are being organised & will be available approx. 3 months prior to the conference. This education forms an Accredited Activity under the RACGP QI&CPD Program



POST TOUR - SRI LANKA

10 - 16 OCTOBER 2020

B = Breakfast L = Lunch D = Dinner

- SAT 10** Depart Galle & travel into the highlands with a stop at the Elephant Transit Home. They care for orphaned elephant calves until they are independent & able enough to be released back to the wild. You'll witness them coming in to be hand fed milk & then graze on leaves. You'll see lush countryside as we get closer to Ella at 1000 mtrs above sea level, with views of mist & clouds covering the summits of the mountain range. We'll have a photo stop at Ravanna Falls before arriving in Ella BL
- SUN 11** We'll board a train for a 2.5 hour scenic trip to Nuwara Eliya - considered to be one of the most beautiful train trips in the world - travelling past tea plantations where you'll witness workers in the fields picking tea, view mountains, beautiful valley views & waterfalls. We'll have lunch in Nuwara Eliya before travelling north for 4 nights in a resort that has a view of Sigiriya, a UNESCO World Heritage Site BL
- MON 12** First stop this morning is for a photo of Sigiriya rock fortress rising 200mts. It's not an easy 1,200 step ascent so we'll only see it from the ground. We'll continue onto the Dambulla Cave Temple - another UNESCO World Heritage Site - to view its magnificent wall paintings (the largest area of wall paintings in the world) & over 150 statues in & around the temple. There's time to relax at the resort before we embark on a late afternoon jeep safari in a local National Park. This time of the year is the Elephant Gathering, so you could see hundreds of elephants. You should also see some endemic primates & birdlife B
- TUE 13** Today will be spent at the UNESCO World Heritage Site of the Ancient City of Polonnaruwa, the 2nd capital of Sri Lanka in 993. We'll visit the ruins of the Royal Palace, the Gal Vihara (splendid statues in different poses carved out of rock), the Sacred Quadrangle (a group of beautiful & impressive ruins), the 54m tall Rankot Vihara, the huge & impressive Buddha statue at Lankatilaka & other historic attractions BL
- WED 14** The Ancient City of Anuradhapura was the 1st ancient capital of Sri Lanka & is still a sacred Buddhist religious centre. Today's sightseeing of this UNESCO World Heritage Site, includes the amazing Dagobas, Brazen Palace, the sacred 3rd century BC Bo-Tree (the oldest recorded human-planted tree in the world) & other sites. The Dagobas, gardens, palaces & exquisite sculptures show ancient Sri Lanka's creativity BL
- THU 15** After a leisurely morning, we leave for Colombo with lunch on the way. In Colombo we'll do a city tour. Skyscrapers rise from where old buildings once stood but some parts still retain the old-world charm - a 100 year old clock tower, several British built colonial buildings, Pettah bazaar, the old Parliament & the beautiful red Jami Ul-Alfar Mosque. After dinner, you'll be transferred to the airport for your flight back to Australia. Arrive home on 16 October BLD

POST TOUR COSTS

DOUBLE/TWIN SHARE - \$1,765.00 per person SINGLE SUPPLEMENT - \$407.00