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Additional information, including detailed program brochures downloadable in pdf format and recent testimonials, can be found at www.doctorsontour.ca. The company is a licensed retail travel organization under The Travel Industry Act of Ontario thereby affording complete protection of all monies paid prior to departure. (TICO registration no. 50009110).

Contact us at - tel: 416-231-8466; toll free: 1-855-DOC-TOUR (362-8687); fax: 1-888-612-1459

e: info@doctorsontour.ca

Dr. Carolyn Stark, Rossland, B.C. >

Dr. Carolyn Stark is a practicing full-time Psychiatrist in rural British Columbia, at the Kootenay Boundary Regional Hospital and is on the clinical faculty at UBC. Her practice involves acute inpatient psychiatry, general outpatient psychiatry, ER psychiatry, and consult liaison psychiatry. Dr. Stark is originally from Ontario, received her Doctor of Medicine at the Northern Ontario School of Medicine and then completed her Psychiatry Residency at McMaster University. She now lives in the ski town of Rossland, British Columbia, and is married with two daughters. Her interests include downhill skiing, travelling and yoga.

The Destination... South Africa – Cape Town, Vineyard valley, Garden Route, Swaziland, Kwazulu-Natal, Kruger / Kapama Private Reserve, Johannesburg



A land of golden beaches, jagged mountains, rich safari plains, barren deserts and fertile winelands; South **Africa** encompasses all these things. The teeming wildlife is as diverse and spectacular as the scenery, with everything from elusive leopards and plodding elephants to playful penguins.

South Africa's cities are also enormously varied, with bustling <http://www.worldtravelguide.net/i/johannesburg> **Johannesburg** at its heart, and cosmopolitan <http://www.worldtravelguide.net/i/cape-town> **Cape Town** an enclave of European chic at the edge of the Atlantic Ocean. In between you can lose yourself for days on safari in the bush or explore quaint isolated towns breaking up the arid Karoo wilderness. The hot and humid seaside fun of <http://www.worldtravelguide.net/i/durban> **Durban** with its even hotter curries is another sharp contrast to the scattering of sedate resorts lining the pretty south coast Garden Route.

Abundant wildlife is one of South Africa's major attractions, with many game parks and reserves, including the world-famous **Kruger National Park** and **Hluhluwe / Umfolozi Reserve**, which deliver uniquely African sights, sounds, smells and memories - including the famed "Big Five" (lion, elephant, rhino, leopard and buffalo) as well as much more.

And, if the landscape sounds diverse, wait until you meet the people. South Africa boasts 11 official languages, mostly drawn from its indigenous population, while the colonialist legacy stirred Afrikaners, English and Indians into the mix. That blend has created a wonderful array of food, music and culture that offers something for everyone.

South Africa is affectionately known as the Rainbow Nation, with a bright racially harmonious future although the legacy of Apartheid, or racial segregation, is still evident in places, and a visit to Johannesburg's moving Apartheid museum and a tour of a vibrant township like Soweto are cultural highlights. In stark contrast, the city centres are glowingly modern with bold new architecture interspersed between colonial buildings of the past.

Cape Town was chosen as the World Design Capital for 2014, heralding a year-long program of design-focused events, while iconic Table Mountain has been named one of the New Seven Wonders of Nature, despite being extremely old.

On the political and economic side there is an underlying spirit of optimism and can-do attitude that continues from the glory days presided over by near-saint Nelson Mandela. The 2010 Soccer World Cup proved what the country can achieve when everybody pulls together, and left a legacy of improved transport, accommodation and sports facilities that benefit visitors and locals alike.

Further information can be found at -

<http://www.southafrica.net/za/en/>

The Academic Program (15 CME hours) ...

Complete details of our Academic Program will be provided in your full documentation package, however, as noted in the detailed itinerary, the program will include the following -

- **Academic Conference** (2 * 3 hours sessions) at the Protea Hotel Umfolozi and Kapama River Lodge with lectures by Canadian & South African medical experts & interactive discussions on current medical issues. Includes keynote presentations -
 - **"Presentation on the South Africa Health Care System" : Dr Harbor** - Chief Specialist & HOD of Family Medicine at the Ngwelezana Hospital in Empangeni
 - **Treatment Resistant Depression** – Dr. Carolyn Stark, Group Medical Director
- Visits to local, and contrasting, hospital facilities to meet with local physicians, review their facilities and learn about the health care system in the region -
 - **Groote Schuur Hospital**, a private hospital in Cape Town
 - **The Heart of Cape Town Museum** - dedicated to the world's first heart transplant and Dr. Christian Barnard
 - **Chris Hani Baragwanath Hospital** - a public hospital in Johannesburg
- Presentations on **African traditional healing practices** from a local **sangoma** (traditional healer)
- Visit to an **SOS Children's Village** in Cape Town

In addition, any physician who would like to make a short presentation at the Academic Conference should register their interest by completing the relevant section of the program registration form and the Group Medical Director, Dr. Carolyn Stark (e: Carolyn.stark@medportal.ca , tel: 1 (250) 921-4835 will contact you directly.

A certificate of attendance will be provided to all attendees of the Academic Program.

The detailed itinerary...

Day 1 – Mar 19, 2023 - Depart Toronto for Cape Town

Evening departure from Toronto for your flight to Cape Town, South Africa on KLM. Specific flight times / routing will be forwarded upon registration.

Day 2 – Mar 20 – Arrive Cape Town



*Sitting snugly between the harbor and Table Mountain, and affectionately known as the Mother City, **Cape Town** is widely considered to be one of the most beautiful cities in the world. Add to this the rich history of the city, the cultural diversity of its citizens and the well-developed tourism industry which offers a host of activities, and it is easy to see why Cape Town is one of South Africa's top tourist destinations attracting visitors from far and wide.*

Referred to as the city bowl because of the way it is contained between mountain and sea, the heart of Cape Town incorporates neighborhoods of great historical significance such as the Bo Kaap, Tamboerskloof and Oranjezicht. Within the city limits, visitors can take a trip into the past by following the Footsteps to Freedom walk or visiting the Castle of Good Hope and the Slave Lodge. The beautifully landscaped Company Gardens with its views of Table Mountain and its tree-lined avenues has within its boundaries both the South African National Gallery and the South African Museum and is a must-see for visitors to Cape Town. The Kirstenbosch National Botanical Garden set on the eastern slopes of Table Mountain is often used for outdoor concerts and is another attraction that nature-lovers will appreciate.

Evening arrival at Cape Town International Airport, where you will be met by your guide from our local tour operator partner who will assist you to your waiting coach. During the transfer to your hotel your local Tour Director will give you some brief information about your hotel, its surrounding and about Cape Town as well as explaining your program for the following days.

Overnight Cape Town.

Day 3 – Mar 21 - Cape Town (B, D)

Breakfast at the hotel.

This morning, take a visit to **Robben Island** (Weather Permitting). Cruel home of our Nelson Mandela for so many years, it's a highly charged and emotional moment when you visit the site of this suffering, and realize how far South Africa has come from those days. Here the leaders of the struggle against racial oppression, imprisoned for many long years, developed their concepts for a post-apartheid South Africa. Isolated from family and friends, the Mandelas, Sisulus, Mbekis, Kathradas and Sobukwes of the time proved heroic men of steel, never wavering in their hope of a new day. UNESCO's World Heritage Committee has chosen to mark this location for its 'triumph of the human spirit'.



This afternoon, enjoy the ultimate 'Mother City' experience, designed to orientate and give you a full-colour insight into the extraordinary magic of Cape Town to see iconic buildings, snippets of its history, and experiences unique to this City. First up, it's the cable car to the summit of the legendary **Table Mountain** (weather permitting) and from there, you'll be able to see the City and surrounding layout of this southernmost tip of Africa. You'll drive past the country's oldest building, **The Castle**, and a short distance away, the **Company Gardens**, both historically fascinating and well conserved. Your drive continues past Parliament **Buildings**, **City Hall and the Slave Lodge**, and you'll sense the depth of history via their distinctive architecture. Colonial then changes to colourful, as you move up the cobblestoned hills to the **Malay Quarter**, and marvel at the ice-cream colours of the quaint **Bo-Kaap homes**.

In the evening, enjoy a welcome dinner at **Gold Restaurant**.

Gold Restaurant - from the moment you walk through the glass doors into the aged brick interior, with its ancient doors, wooden beams and iron pillars, you will feel the heartbeat of this unique African restaurant in Cape Town. Start your evening with an interactive Djembe drumming session which will get you in tune with the African rhythms and songs for the rest of the night. A soothing hand washing ceremony will complete your interactive drumming experience. Sit down at your table in one of our beautiful dining areas, each adorned with unique African décor. A set 14 course menu consisting of Cape Malay cuisine and African cuisine will be served to you by a beautifully adorned member of staff who will explain each dish to you and from which country the dish originates.

Overnight in Cape Town.

Evening at leisure. Overnight in Cape Town.

Day 4 – Mar 22 - Cape Peninsular Tour (B, L)



Breakfast at the hotel and depart for a full day **Cape Peninsula tour**. The Fairest Cape...and it surely is! Sit back and relax, as you cruise along the exquisite stretch of coastline known as Millionaire's Paradise – from Camps Bay and Clifton to the exclusive beach hamlet of Llandudno – towards the charming working harbour of **Hout Bay**; embark on an up-close-and-personal **Seal Island cruise**. Back on terra firma, wind along the legendary Chapman's Peak Drive, hugging the cliffs and relishing the breath-taking ocean views, as you drive down to the wild and beautiful **Cape of Good Hope Nature Reserve**, an integral part of the world-renowned Cape Floral Kingdom. Take a ride up on the funicular for magnificent views.

Lunch at a local restaurant. After lunch, meander back along the coast towards the City, visiting the historic naval port of **Simon's Town** and the endearing penguin colony at **Boulder's Beach**.

On your way back to Cape Town, you will visit the **SOS Children's Village** - Established in the year of South Africa's new democracy, Cape Town Village opened its doors to orphaned and abandoned children in 1994, and was honoured to be officially opened in 1996 by former President Nelson Mandela and our SOS-KDI President Helmut Kutin. Situated in Thornton, formally a "white" middle-class suburb, this Village is about 10km from Cape Town, and is home to 141 children. Because of it being set up at the time of South Africa's new democracy, it was the first Village that was able to take in SOS mothers and children of different races to live together under one roof. Up to eight children share a home with an SOS mother, and enjoy the love and security that living as a family brings.

SOS Children's Villages is the world's largest private child welfare organization operating 400 villages in 131 countries. They provide needy children stable homes and the prospect of an independent future. Every child lives in a 'family' house with trained local women serving as 'mothers'.

For tour participants that may wish to donate, SOS suggests stationary items (eg pens/pencils, markers, erasers) as well as educational material (books) for their children (Children at SOS are from ages 2-18).

<https://www.sos-childrensvillages.org/where-we-help/africa/south-africa/cape-town>



Evening at leisure. Overnight in Cape Town.

Day 5 – Mar 23 - Franschhoek winelands (B, L)

The Cape's 18 official wine routes, and two brandy routes, are among the most scenic in the world, featuring many historic wine estates that date back centuries. South Africa's winelands stretch from the Cape Overberg in the south-western Cape, through the Little Karoo and the West Coast into the adjacent province of the Northern Cape. The Cape Winelands are the most well-known, and include the Route 62 wine route, said to be the world's longest wine route.

Most **Cape wine estates** are characterized by classic Cape Dutch-style buildings and massive vineyards with picturesque mountains as a backdrop. There is also a distinct European influence in number of regions, thanks to the arrival of French Huguenot, Dutch and German settlers during the 18th century.

The **Franschhoek Wine Valley** is also famous for its food and is acknowledged as the 'gourmet capital of South Africa'.



Breakfast at the hotel.

Physicians will visit **Groote Schuur Hospital**. Locally renowned as the training ground for some of South Africa's best doctors, surgeons and nurses, internationally, Groote Schuur gained global fame when, in December 1967, a young University of Cape Town educated surgeon named Dr Christiaan Barnard completed the world's first successful human heart transplant on Louis Washkansky. Afterwards, visit the "**The Heart of Cape Town Museum**", dedicated to the first transplant.

This museum located in the Groote Schuur Hospital chronicles the world's first heart transplant, performed by Dr. Christiaan Barnard. The tour is led by one of the museum guides and consists of a 40-minute video followed by the guided tour through rooms designed to recreate the story of the first heart transplant, including the stories of the donor, recipient, transplant team, and the operation itself. The museum is filled with silicone replicas of the operation, old ventilators and operating room equipment, newspaper clippings, actual anesthesia records, congratulatory letters from all over the world, and more. The actual rooms that the operation took place in are part of the museum, making it extra special. The museum not only stands as a testament to the quality of South African medical practitioners, but also serves as a reminder that organ donors who die tragically are nonetheless heroic in their selfless commitment to a spirit of aiding others in their hour of desperation.

<http://www.gsh.co.za/> <https://heartofcapetown.co.za/>

Non-physicians will visit the **District Six Museum**.

District Six was named the Sixth Municipal District of Cape Town in 1867. It was established as a mixed community of freed slaves, merchants, artisans, labourers and immigrants and was a vibrant centre with close links to the city and the port. By the beginning of the twentieth century, however, the process of removals and marginalization had begun. The first to be forced out were black South Africans who were displaced from the District in 1901. As the more prosperous moved away to the suburbs, the area became a neglected ward of the city.

On 11 February 1966 it was declared a white area under the Group Areas Act of 1950, and by 1982, the life of the community was over. More than 60 000 people were forcibly removed to barren outlying areas aptly known as the Cape Flats, and their houses in District Six were flattened by bulldozers.

The District Six Museum, established in December 1994, works with the memories of the District Six experience and with that of forced removals more generally.

<http://www.districtsix.co.za/>

Following the medication education and partners programme, depart Cape Town for your winelands tour.

Lunch will be **Le Petite Ferme Restaurant**. A tradition built tirelessly by three generations, lunches at La Petite Ferme Restaurant are legendary. A feast of culinary delights that beguile and entertain, the food reflects the creative energy and raw talent of a dedicated staff combined with an abundance of fresh local ingredients. The restaurant has furthermore been listed by Conde Nast Traveller as one of the top 15 'Best Value' establishments in the world.



Check into your hotel in Franschhoek and the rest of the day at leisure to this traditionally French town which is the food and wine capital of the country with over 30 wine cellars and almost as many restaurants. Stroll the perfectly manicured main street with its wonderful collection of art and antique shops and galleries.

Evening at leisure to make your own choice from one of Franschhoek's many fine restaurants.

Overnight in Franschhoek.

Day 6 – Mar 24 - Cape Town - Oudtshoorn - Knysna (B, L, D)



Knysna is located along South Africa's famed Garden Route in the Western Cape. The town is famous for its oyster festival, warm people and the most magnificent views from Leisure Isle to the Heads. A visit to Knysna is a sublime mixture of adventure and relaxation and, for many, has become the pot of gold at the end of the Garden Route. It's famed attraction is the **Eastern and Western Heads**, a cavenous expanse where many a ship has met its doom. Today the **Featherbed Nature Reserve** pays homage to the richness of fauna and flora that Knysna has to offer.

Breakfast at the hotel and drive along the famous Garden Route, admiring the spectacular scenery along Route 62 as we proceed to Oudtshoorn, "Feather Capital of World". On the way, visit a local Safari Ostrich Ranch where you will be taken on a guided tour to learn about the breeding and ranching of these fascinating birds. Lunch will be at the ostrich farm and there will be an opportunity to purchase souvenir Ostrich eggs and leather goods at farm prices.

Later, and at the head of the picturesque Cango Valley, visit the spectacular underground wonder of the Klein Karoo - the Cango Caves. Situated in a limestone ridge parallel to the well known Swartberg Mountains, you will find the finest dripstone caverns, with their vast halls and towering formations.

Continue to Knysna and check in at your hotel.

This evening dinner will be served at one of the restaurants on the Knysna Waterfront. Overnight in Knysna.



Day 7 – Mar 25 - Knysna (B, L)

Breakfast at the hotel and transfer to the Knysna Waterfront to embark on a cruise and lunch on the Knysna Lagoon with the Featherbed Company. **The Featherbed Nature Reserve**, situated on the Western Head in Knysna, is the premier eco-experience on the Garden Route including a ferry trip on the Knysna Lagoon to the Western Head, 4x4 vehicle & trailer drive up the headland onto the Reserve, stopping at spectacular viewpoints, specialist guide giving information on history, fauna & flora, and an optional guided 2.2km walk through coastal forest and fynbos into ancient sea caves.

This walk will focus on the various medicinal properties and uses of the various plants found on the Reserve.



Lunch will be at an outdoor restaurant setting under a canopy of Milkwood trees.

Afternoon and evening at leisure. Overnight in Knysna.

Day 8 – Mar 26 – Knysna - Port Elizabeth ("Garden Route") - Durban (B, D)



Durban is South Africa's self-styled 'playground', where year-round warm weather encourages visitors to make the most of the province's outdoor lifestyle. It is also known as 'surf city' for its magnificent bathing and surfing beaches, which stretch along the city beachfront from Durban harbour in the south to Umhlanga in the north. An expansive paved promenade offers access to the best of these beaches – the Golden Mile – where joggers, cyclists, dog owners, surfers, bodyboarders and walkers enjoy early-morning and late-afternoon exercise. Culturally, Durban exhibits a mix of Indian, Zulu and colonial influences, reflected in the city's architecture and cuisine. Curries, seafood and fusion food are popular at beachfront restaurants, Wilson's Wharf and at the gourmet hot spots and coffee shops that line Florida Road and Helen Joseph Road while the art-deco style Suncoast Casino complex, flanking the promenade, houses seafood and curry restaurants, movie theatres, a casino and coffee shops.

Breakfast at the hotel. Drive along the **Garden Route** and cross South Africa's Garden of Eden, a combination of deserted beaches, peaceful lagoons, tropical forests and majestic mountains. The thousand year-old Big Tree can be spotted between Knysna and Plettenberg Bay. Arrival at Port Elizabeth Airport for your short flight to King Shaka International Airport, Durban.

Upon arrival, you will be met by your new coach and driver.

Before checking into the hotel, take an orientation tour of Durban, including the Botanical Gardens.

Dinner this evening will be at one of Durban's many fine Indian restaurants.

Overnight in Durban.

Day 9 – Mar 27 - Durban - Umfolozi Game Reserve (KwaZulu-Natal) (B, D)



The **Hluhluwe-Umfolozi Game Reserve** abounds in natural, historical and cultural heritage. Located within Zululand (formally known as **KwaZulu-Natal**), Hluhluwe is Africa's oldest game reserve known for the great Zulu kings Shaka and Dingiswayo who cared for the land. This impressive game reserve encompasses around 96 000 hectares of pure African wilderness. and, because of decades of conservation, it is home to a diversity of wildlife including the renowned Big-5 (lion, elephant, rhino, leopard and buffalo) as well as the http://en.wikipedia.org/wiki/Big_five_game - cite note-capstick-safari-1 elusive cheetah, wild dog and nyala. The Game Reserve was founded back in 1895. and with extensive trail networks and waterhole viewing hides, visitors are able to get close views of Africa's stunning animal life. The reserve has also just recently upgraded its game capture unit into the Centenary Capture Center, leading the way in safe animal capture and sustainable utilization including its. world renowned White Rhino conservation.

Breakfast at the hotel. Depart for the Umfolozi Game Reserve in Zululand, located between the Transkei border to the south and that of Swaziland to the north.

Check in to your hotel in the Umfolozi River area or, time depending head straight to nearby St. Lucia.

Lunch is independent.

In the afternoon take a **boat cruise on the Santa Lucia**, a spacious double-decker boat on the St Lucia Estuary. This is a two-hour relaxed interpretative cruise from the smartest vantage point (the water...) where you may be able to see hippo, crocodiles and other game species as well as a varied birdlife including possibly the fish eagle.

Following your boat cruise return to your hotel for the remainder of the evening.

Barbeque Dinner and Zulu dance performance at the hotel in Umfolozi. Overnight in Umfolozi.



Day 10 – Mar 28 - Umfolozi Game Reserve (B, L, D)



Early wakeup call prior to departing on your morning game drive in the Hluhluwe-Imfolozi park (tea/coffee/muffins will be available for an early snack and a full breakfast will be taken at the end of the game drive in the park). This is the legendary park where a dedicated team made worldwide conservation history with their successful efforts to bring the white rhino back from the brink of extinction. You won't simply be captivated with this game-rich reserve and the extraordinary beauty of the terrain, but also with the sense of history having been made here. Your game drive is conducted in specially modified open safari vehicles to enhance your game viewing with qualified, experienced guides with their intimate knowledge of the animal movements and habitats as well as the flora and rich bird life.

Following your morning game drive return to your hotel. Lunch will be at the hotel.

For physicians, there will be the Academic Conference at the hotel later in the afternoon.

Non-physicians will be able to relax and enjoy the hotel facilities.

Dinner at the hotel. Overnight in Umfolozi.

Day 11 – Mar 29 – Umfolozi - Swaziland (B, L, D)



Swaziland is tiny - 193km by 145km, one million souls (and being the smallest country in the Southern hemisphere...) - and is tucked in between the mega-nodes of South Africa's Mpumalanga Province, KwaZulu Natal and Mozambique. It is a verdant hilly region known as the Switzerland of Africa and, as one of the few remaining Executive Monarchies in Africa, culture and heritage are deeply engrained in all aspects of Swazi life, ensuring an unforgettable experience for all who visit. And despite its size, it's a stand-out state, packed full of stunning mountain scenery, winding rivers, friendly smiles, fascinating culture and great wildlife. <http://www.thekingdomofswaziland.com/>

Breakfast at the hotel and then drive to the enchanting **Kingdom of Swaziland**. Journey through stunning landscapes and nature conservations.

Visit the **Swazi Candles** factory, situated close to Manzini. The highly decorative Swazi Candles are hand-made using the age-old technique "millefiore" (literally "thousand flowers"), a technique that first surfaced in ancient Alexandria, but was perfected in the great glassmaking cities of Murano and Venice. On the African coast, these Venetian trade beads were used as a form of currency to barter for gold and ivory and they proved so popular that the North and West Africans came to make their own variation. Thus was born the African trade bead, albeit using special hard wax to create their colourful designs rather than glass

<http://www.swazicandles.com/>



A late lunch will be served at Sambane Restaurant located at Swazi Candles.



Continue with a short visit to the **glass factory at Ngwenya** (Siswati name for "crocodile"). Here a small group of Swazi craftsmen and women (with age old artistry) breathe life into enchanting interpretations of the animals and birds of Africa, imbuing each with its own irresistible personality. Since its rebirth in 1987, Ngwenya Glass has been an environmental success story as its products, which include a range of tableware, drinking glasses, vases, jugs and ornamental African animals, are all handmade from recycled glass, mostly from soft drink bottles, gathered from all over Swaziland.

Not only are the people of Swaziland encouraged to collect the bottles, but Ngwenya Glass works with the local schools to instill in the children a sense of environmental awareness. In exchange for building materials and the sponsorship of the soccer team, the students must participate in roadside clean-up campaigns.

<http://www.ngwenyaglass.co.sz/>

Continue to the hotel and check in.

Dinner at hotel.

Overnight in Swaziland.

Day 12 – Mar 30 – Swaziland – Kruger / Kapama Private Game Reserve (B, L, D)



The **Kruger National Park** is probably one of the most renowned game reserves in the world. Encompassing 20 million hectares of African flora and fauna, the Kruger National Park Game Reserve is a rich blend of natural wonders, historical heritage and archaeological sites, offering an authentic African wildlife experience that no visitor should miss. The Park was created in 1898 as a massive conservation effort in South Africa's Lowveld region. Cared for by SANParks, Kruger is uniquely diversified in both plant and animal life. This outstanding game reserve has become well-recognized around the world for its successful environmental management

policies and techniques and, as such, it has become the flagship of all of the national parks in South Africa. While visiting this massive retreat, visitors can expect to view a wide variety of species out of the 363 tree species, 34 amphibians, 147 mammals, 507 birds, 49 fish and 114 reptile species which call the reserve home.

Visitors to Kruger National Park never fail to be impressed by the sheer beauty of the landscape and this world-renowned game park offers the opportunity to see a variety of wildlife. The big draw is the Big 5 but not to be forgotten is the Little 5 which is the ant lion, elephant shrew, rhino beetle, leopard tortoise and buffalo weaver. Marvel at thousands of giraffe and birding enthusiasts can look out for the Birding Big 6, namely the kori bustard, martial eagle, ground hornbill, saddle-bill stork, lappet-faced vulture and Pel's fishing owl. And flora isn't let out of the picture either - look for these stunning trees: baobab, marula, fever tree and mopane.

Breakfast at the hotel.

This morning visit the Swazi village of **Matsamo**, where you will enjoy a traditional African lunch and sample local dishes. Tour the area, experience a folk dance and other cultural performing arts in the village as you discover Swazi customs and language which possess a strong Sotho influence.

There will also be a visit to a Sangoma to learn about **traditional healing practices** in Swaziland.

Then return to South Africa (clear customs at the Swaziland-South African border) and drive north in to the Kruger area and the Kapama Game Reserve, arriving at your lodge in the afternoon.



In South Africa and Swaziland, traditional healing is not a religion, but rather a cosmology. In traditional African healing, the physical, psychological, spiritual and ancestral worlds are interconnected and traditional healers are the mediums through which these worlds are communicated with.

Over 80% of the region's population regularly consult with traditional healers alongside general medical practitioners. Traditional healing practitioners, include both **sangomas** (traditional healer) and **nyangas** (traditional diviner) - the Southern African version of the shaman, traditional doctors who communicate with the spirit world and who treat ailments with traditional medicines.



In August 2003, South Africa launched the [National Reference Centre for African Traditional Medicines](#) to research African herbs and to evaluate their medicinal value.

In 2006, the [Medicines Research Council](#) (MRC) initiated toxicology studies to further study selected indigenous plants. To protect the intellectual property rights of traditional peoples, the MRC will conduct biomedical research on medicinal plants. South African President Thabo Mbeki appointed a presidential task team to look into all aspects of the promotion and regulation of African traditional medicines, including the development of a pharmacopeia.

Read more: <https://www.intechopen.com/chapters/65475> - African Traditional Medicine: A South African Perspective

In a traditional healing ceremony, which happen throughout the year in both cities and rural areas, the sangomas and nyangas enter a trance state in which they commune with the spirit world and their ancestors. These men and women believe that their ancestors have singled them out to follow a calling to practice traditional South African healing. If a call to heal is not answered, they believe there is a negative impact on the person ignoring the call, such as illness, instability or even insanity.

It is not easy to become a sangoma. The *twasa* is a rigorous journey full of hardships, personal confrontations and overpowering visions, aimed at psychically preparing the person for his or her vocation. It is the traditional healer's work to act as a medium between the spirit and physical worlds to discover the hidden causes behind misfortune or illness and prescribe appropriate action.

After checking in at the lodge (if time permits) freshen up before the evening's **game drive** followed by a delicious dinner in the dining room, or in the African style boma.

Overnight at the lodge in Kapama.

The **Kapama Private Game Reserve** is a 16000 Ha private game reserve and represents a piece of Africa as it used to be. With the mighty Drakensberg mountains in the distance and the iconic Kruger National Park adjacent to the east, Kapama has distilled the finest wildlife safari offerings for the enjoyment of guests of its luxury lodges. As part of the greater Kruger area, vast herds of buffalo, elephant and antelope are resident on Kapama, along with plentiful predators. The reserve is a slice of wilderness paradise far from the main Kruger Park which can sometimes become relatively crowded - it is a place of renewal and reconnection with the natural world. The iconic and most respected wild animals of Africa – the Big Five – are at home on Kapama, as are over 40 other mammal species and 350 different types of birds.

Day 13 – Mar 31 – Kapama Private Game Reserve (B, L, D)



Today, a full day of activities - start off with an early morning wakeup call and meet for tea and coffee prior to departing on your morning game drive that will allow you to take in the wild splendour and to search for big game amidst an amazing panorama. And, unless you've been up at dawn, driving out of camp as the morning sun illuminates thousands of glittering spider webs among the bushes, cruising slowly along the roads hoping for that overnight lion kill, or a leopard draped casually over the branch of a big tree, you've missed one of the world's greatest wildlife experiences. Upon returning to the lodge, a hearty breakfast will be served.

For physicians, In between your morning and afternoon game drives, there will be the second session of the **Academic Presentations at the lodge.**

For non-physicians, the safari lodge offers every comfort and convenience to relax in this pristine environment. Lunch will be served at the lodge as well as high tea a little later prior to departing on your afternoon game drive.

Return to the lodge early evening where dinner will be served in the boma (weather permitting) or dining room. A **boma** is a traditional outdoor area (originally the meaning comes from a rural fortress or livestock pen also an outdoor entertainment area, usually thatched with open sides) where you will eat "African al fresco" under the stars accompanied by the night sounds of the savannah.

Overnight at the lodge in Kapama.



Day 14 – Apr 1 - Kapama - Panorama Route - Johannesburg (B, D)

*Known affectionately as the City of Gold, **Johannesburg** has been associated with wealth, opportunity and prosperity since gold was discovered on Langlaagte farm in 1886. It is a city that bustles with life and activity, and is the heart of South Africa in regard to politics, industry and the economy. Bright and bold, Johannesburg is filled with art, entertainment, local celebrities, music and theatre and dense with skyscrapers, townships, leafy suburbs and socialites. Recently revamped to host the World Cup games, the city built on a gold reef now offers supersized mall shopping, an electric nightlife and a flourishing art scene. Johannesburg does not forget its apartheid past: Constitution Hill, MuseuMAfrica and the Hector Pieterse Memorial & Museum all document the long walk to political freedom with compelling displays.*

Enjoy your final early morning game drive as the sun rises followed by breakfast at the lodge.

Check out of the lodge and depart for Johannesburg via the spectacular **Panoramic Route** in the northern Drakensberg - one breath-taking view after another.

The magnificent **Panorama Route** is best known for its cultural heritage and its dramatic landscapes. Stop at the **Blyde River Canyon Reserve**, home of the third largest canyon of its kind (and the largest "green" canyon) in the world with some of the best views in South Africa and marvel at the spectacular views of the canyon from **The Three Rondavels** scenic lookout. Although the visual element dominates, all your senses are enriched by the wealth of plant and animal life that the region supports: klipspringer, dassies, grey rhebuck, oribi, kudu, bushbuck, bushpig, monkeys, bushbabies, chacma baboons, and just about every kind of bird... including the famous eagles of the region. Other highlights on this spectacular drive include the Gold Rush territory with the town of **Graskop** and a visit to The Afrikan Silk Shop to learn about the age-old silk production and weaving process as well as **Pilgrim's Rest**, home to the early gold prospectors and a national monument in its entirety.

On arrival in Johannesburg check in to your hotel.

Dinner this evening will be at one of the restaurants in the fashionable Johannesburg suburb of Sandton, close to your hotel. Overnight in Johannesburg.



Day 15 – Apr 2 – Johannesburg – Toronto (Arriving Toronto Apr 3 (B, L))

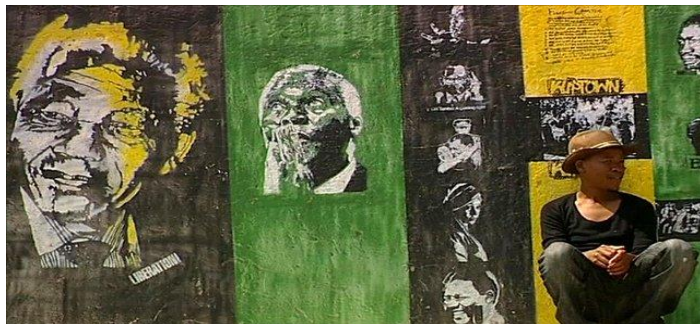
Breakfast at the hotel.

For **physicians**, there will be a morning visit to the **Chris Hani Baragwanath Hospital** - the largest hospital in the world, occupying around 173 acres, with approximately 3,200 beds and about 6,760 staff members. The hospital is in the Soweto area of Johannesburg, South Africa. (Soweto was a separate municipality from 1983 to 2002, when it was amalgamated to the City of Johannesburg.). It is one of the 40 Gauteng provincial (ie public) hospitals, and is financed and run by the Gauteng Provincial Health Authorities. It is a teaching hospital for the University of the Witwatersrand Medical School, along with the Charlotte Maxeke Johannesburg Academic Hospital, Helen Joseph Hospital and the Rahima Moosa Mother and Child Hospital.

<http://www.chrیشانibaragwanathhospital.co.za/>

Non-physicians will visit **Beechwood Gardens**, one of South Africa's most magnificent gardens which, in a city dedicated to change, has enjoyed a unique continuity. Of all the mansions built for the Randlords a century ago, this is the only one that has survived with its setting intact. The precipitous site of Brenthurst was one of the last to be sold, bought by Consolidated Goldfields of South Africa, who commissioned Sir Herbert Baker to design a house for their directors. Originally named Marienhof after Lippert's original homestead, the estate has been the home of the Oppenheimer family since 1922. Baker poised the house, with its tall Cape gables, high on the bare rock of the koppie, above a garden plunging with terraces and steep stone steps. Over the next half century, within its rugged setting and burgeoning forest, the garden gradually acquired a more elaborate structure and formality. This classic Johannesburg garden was laid out in 1945 by legendary landscape architect, Joane Pym and features magnificent trees including a colossal Water Oak believed to be one of the largest trees in Johannesburg.

Christopher and Susan Greig acquired the 3.5 acre garden some 12 years ago and have worked extensively on redesigning and landscaping this botanical sanctuary. The homestead was designed by Steffen Ahrends for the late Rudy Frankel of Tiger Oats in a romantic Flemish country style with a cedar shingle roof. The Greigs have created a rainforest, a water garden comprising six ponds and a bog, a colonnade, a formal rose garden, a lotus garden and a sunken vegetable garden.



After the morning activities, visit the famous township of **Soweto** (short for South Western Township). Today, Soweto, is a place of tremendous contrasts being the richest township in South Africa, but also still blighted by poverty. It is the country's most political township and has played a major role in the history of South Africa and is home to the only street in the world where two Nobel Peace Prize winners (Desmond Tutu and Nelson Mandela) once lived.

Start at the **Regina Mundi Church**, the largest Roman Catholic Church in South Africa. The Latin 'Reginae Mundi' means "Queen of the World" and refer to the Virgin Mary. Being able to accommodate up to 5000 people, the church first wrote its name in South Africa's history books during apartheid, when it opened its doors to anti-apartheid groups and provided shelter to activists. It was during the June 16, 1976 student uprisings, protesting students fled to Regina Mundi from Orlando Stadium to escape the police's bullets and teargas canisters. The police followed the students into the church, firing live ammunition and damaging the marble altar and crucifix. Bullet holes are still visible in the church ceiling and damaged marble stand provide tangible evidence of the violence of these police raids and the ensuring rush to evacuate the building. Due to the role it played as a place of gathering for the people of Soweto in the years before, during, and after the anti-apartheid struggle, it is often referred to as "the people's church" of "the people's cathedral". From 1995 to 1998, Archbishop Emeritus Desmond Tutu presided over Truth and Reconciliation Commission hearings at Regina Mundi. Later, in 1997, Nelson Mandela established 30 November as "Regina Mundi Day" to honour the church.
<https://www.southafrica.net/gl/en/travel/article/regina-mundi-church-a-symbol-of-hope>

Then, visit the **Hector Pieterse Museum**, and discover the cause of the riots which led to this boy's death as, on 16 June 1976, Soweto high school students took to the streets in a peaceful protest against the mandatory use of Afrikaans as a language of instruction in black secondary schools but which went so tragically wrong - one of the first major events that opened up the world's eyes to the Apartheid struggle. Soweto is unlike a suburb you've ever seen or been to, yet the history of struggle encapsulated here is a cornerstone of the South African story.

<https://www.southafrica.net/gl/en/travel/article/the-face-of-an-uprising-the-hector-pieterse-museum-soweto>



Lunch will be served at **Sakhumzi's Restaurant** on the popular & historic Vilakazi Street, in Orlando suburb of Soweto. Vilakazi Street is host to the original homes of Nelson Mandela and Bishop Tutu, not least it also hosts the site upon which Hector Pieterse (the 13yr old) as 1st victim of Soweto Student Uprisings was shot dead by Apartheid police. The cuisine is African township whilst the ambience aspires to complement a heritage tourism theme.

Time permitting, a short visit will also be made to **Nelson Mandela House**, a small museum situated opposite Sakhumzi's Restaurant which displays various memories of Mandela's life and upbringing in Soweto.

Transfer to Oliver Tambo International Airport (Johannesburg) for your return flight to Toronto, evening departure (KLM Airways).

If you are extending your stay in Africa for 3 nights to visit the Victoria Falls, Zambia, please refer to the extension itinerary later in this brochure.

Day 16 – Apr 3 – Arrive Toronto

Arrival in Toronto on the afternoon of Apr 3, 2023.

The hotels...

Location	Hotels
Cape Town (3 nights)	Southern Sun Waterfront (4*) www.tsogosunhotels.com/hotels/waterfront-cape-town/pages/overview.aspx
Franschhoek (1 night)	Protea Hotel by Marriott Franschhoek (4*) https://www.marriott.com/en-us/hotels/cptfr-protea-hotel-franschhoek/overview/
Knysna (2 nights)	Protea Hotel by Marriott Knysna Quays (4*) https://www.marriott.com/en-us/hotels/grjqu-protea-hotel-knysna-quays/overview/
Durban (1 night)	Protea Hotel by Marriott Umhlanga Ridge (4*) http://www.marriott.com/hotels/travel/durur-protea-hotel-umhlanga-ridge/
Umfolozi (2 nights)	Anew Hluhluwe (3*) https://anewhotels.com/hotels/hluhluwe-safaris/venues/
Swaziland (1 night)	Hilton Garden Inn Mbabane (4*) https://www.hilton.com/en/hotels/qmngigi-hilton-garden-inn-mbabane/
Kapama Private Reserve (2 nights)	Kapama River Lodge (5*) http://www.kapama.co.za/kapama-river-lodge/
Johannesburg (1 night)	The Maslow Hotel (4*) www.suninternational.com/maslow/Pages/default.aspx

As denoted above, the majority of the accommodation will be in 4* properties. (In the unlikely event that a property needs to be changed it will be substituted with one of a similar standard)

The price... Cdn \$8,495 / person
(Early Booking Price valid until August 15, 2022 – save \$500/person)

Pricing (exc. Insurance) / per person - Cdn\$	Inc. Air from Toronto
Per person (double occupancy)	
- registrations up to August 15, 2022	\$8,495
- registrations up to August 15, 2022	\$8,995
Single supplement	\$1,890
Single share fee (A)	\$ 300 **
Transportation / hotel taxes and fees	\$ 675
Academic program registration fee (per MD registrant)	\$ 800

(A) Single share matching fee – can't find a traveling partner but don't want to pay the single supplement? We'll keep our eyes open for similar clients and try and find you a compatible person to share a room with. However, if we are unable to find you a suitable companion the single supplement will be payable.

Flights are also available from **Montreal, Calgary and Vancouver**

REPEAT CUSTOMER DISCOUNT

If you have travelled with Doctors-on-Tour before, you are eligible for our Repeat Customer Discount. Simply deduct \$100 /person for each separate tour that you have travelled with the company on up to a maximum of \$300 /person (ie travelled on one previous tour, deduct \$100; two tours, \$200; three or more tours, \$300). **Please note, this discount is subject to the payment (s) for the tour being made by cheque.** The discount is to be made from the final balance payment with the deposit amount being paid in full.

COST EFFICIENT INVOICING !

For **invoicing** purposes re Academic Program registrants and their companions, we can also provide a separate invoice with the registrant's air cost plus 100% of the accommodation costs included in the registrant's invoice.

CANADIAN \$ PRICING !

Please note, unlike many programs offered by other companies which are quoted in US\$ (and are also usually land only prices excluding air fare), **our prices remain in Canadian\$** - and, with a premium now of around 30% (at June 2022) when paying in US\$, this makes a significant difference.

ONLINE REGISTRATION FORM

Our **online registration form** may be accessed via the direct link below -

<https://fs22.formsite.com/Doctorsontour/SAF2303RegistrationForm/index.html>

Full program information may also be found at -

<https://www.doctorsontour.ca/cme-programs-south-africa-upcoming-2303.php>

REGISTER BY AUGUST 15, 2022 AND SAVE \$1,000/COUPLE !!

Inclusions and Exclusions...

Inclusions –

- Round trip international flights from Toronto to Cape Town and Johannesburg to Toronto
- Domestic flight from Port Elizabeth to Durban
- Modern, air conditioned coach transportation
- All meet and greet services and arrival and departure transfers
- Accommodation for a total of 13 nights as specified
- 13 breakfasts, 9 lunches, 9 dinners in a combination of hotel and local restaurants (including wine tasting and lunch at a vineyard in the Franschhoek / Stellenbosch winelands and a Boma dinner and Zulu dance performance)
- Comprehensive daily itineraries including escorted tours of local cultural sites and museums
- Excursion on a 4x4 in the private natural reserve of Featherbed
- Wildlife Boat cruise on the St Lucia Estuary
- 5 game drives in 4x4 safari vehicles (Umfolozi and Kapama Private Game Reserve) with professional local English speaking driver-guides
- Academic program and visits to local medical facilities as indicated in the itinerary
- All admission fees (except those specifically noted above)
- Services of a local English speaking cultural expert and guide
- Portage
- Bottled water on coach

Exclusions –

- Beverages (both soft drinks and alcoholic beverages)
- Gratuities
- Travel insurance – please note, **travel insurance (including medical and trip interruption coverage) is highly recommended** for this tour. Coverage is available through Doctors-on-Tour – please check for further details in our brochure (see page 27)
- Airport departure taxes
- All items of a personal nature such as telephone / internet usage, laundry services etc

OUR PROGRAMS HAVE LIMITED CAPACITY !

SOUTH AFRICA IS ONE OF OUR MOST POPULAR PROGRAMS AND USUALLY BECOMES FULLY SUBSCRIBED WELL BEFORE THE EARLY BOOKING PRICING DEADLINE.

WE THEREFORE RECOMMEND REGISTERING (WITH A NON-REFUNDABLE DEPOSIT OF \$500 PER PERSON, PLUS APPLICABLE TRAVEL INSURANCE PREMIUM) AS SOON AS POSSIBLE IN ORDER TO GUARANTEE YOUR RESERVATION

Misc information you need to know...

Travel documentation and visas

An entry visa is not required for Canadian citizens for entry into South Africa. However, your passport must have an expiry date no earlier than 30 days after your scheduled departure date from South Africa and must have at least two blank pages for entry stamps for your South African Temporary Residence Permit that will be issued upon arrival.

Mandatory vaccinations

Proof of a full series of **vaccination against COVID-19** (any vaccines recommended and approved for use by the World Health Organization including currently 2 doses of AstraZeneca/Covishield, Pfizer or Moderna; one dose of J&J/Janssen ; and includes if vaccines have been mixed between and first and second doses), with the final dose having been received at least 2 weeks prior to the tour departure date,) is required for participation in this program. Your personal details on your vaccine certificate should correspond with the information on your passport. You should ensure you can present the digital version, with the QR code, or paper version when you arrive.

A negative COVID-19 test is not required.

A list of our full medical **recommendations** will be provided closer to departure – this will include up to date MMR, Hepatitis A/B vaccinations as well as malaria precautions.

COVID-19

We recognize that, for the foreseeable future at least, COVID-19 still has an impact on the way that we travel. We are continuously monitoring the situation in all of our worldwide destinations through guidance provided by the PHAC, CDC and WHO and we have been working with our exclusive local destination partners to ensure that travel to any destination that we offer is able to re-commence as safely as possible.

In addition to a Wellness Declaration Form that we will require you to complete and submit before joining your tour, each destination will have their own health screening requirements for entry.

At the current time (June 2022) all passengers travelling to South Africa must present -

- Proof of vaccination ((any vaccines recommended and approved for use by the World Health Organisation including currently 2 doses of AstraZeneca/Covishield, Pfizer or Moderna; one dose of J&J/Janssen ; and includes if vaccines have been mixed between and first and second doses), with the final dose having been received at least 2 weeks prior to the tour departure date

A particular destination's requirements may obviously be subject to change as each country's specific situation evolves and we are monitoring each of our planned destinations in order that we may provide you with the most specific up to date information which will be provided to you closer to your departure.

OPTIONAL EXTENSION – VICTORIA FALLS, ZAMBIA

(3 NIGHTS : APRIL 2 – 6, 2023)



When explorer David Livingstone became the first white man to set eyes on the falls, he famously described the crashing waters as exuding such power that they must have been "gazed upon by angels in their flight," and promptly named them for his queen. A century and a half later, the might and influence of the British crown has waned, but the Zambezi River still pounds the Batoka Gorge, drawing travelers to witness the spectacle as the falls plummet 100m (328 ft.), twice the height of Niagara.

Straddling the western border between the beautiful but poverty-stricken state of Zimbabwe and hot new safari destination Zambia, Victoria Falls is justifiably called one of the **Wonders of the Natural World** and has been designated a UNESCO World Heritage Site, spanning almost 2km (1 1/4 miles), making it the largest show of its kind on Earth. The sight of more than 9 million liters of water crashing down into the Batoka Gorge is one not easily forgotten; on a clear day, the veil of roaring spray can be seen from up to 80km (50 miles) away, and provides perpetual moisture to nourish the rainforest that clings to the cliffs opposite Victoria Falls. It is this phenomenon that gave the falls its local name: *Mosi-Oa-Tunya* -- literally, "The Smoke That Thunders."

Further information at -

<http://www.zambiatourism.com/>

Day 15 – Apr 2 – Johannesburg (B, L)

Daily program as per main itinerary (Day 15).

Evening at leisure as you spend an additional night in Johannesburg.

Day 16 – Apr 3 – Johannesburg - Victoria Falls, Livingstone, Zambia (B)

Breakfast at hotel.

After breakfast transfer to Oliver Tambo International Airport (Johannesburg) for your morning flight to Livingstone, Zambia - the gateway to the Victoria Falls. Upon arrival at Livingstone International Airport, you will be met by a representative from our local tour operator partner who will assist you to your waiting coach for transfer to your hotel.

Spend the afternoon at leisure until you are collected for your late afternoon sunset cruise.

Sunset and a sundowner on the Zambezi - the perfect way to end yet another African day. Take on a lazy, leisurely sunset cruise aboard one of the finest boats on the Zambezi, the **African Queen**. Take a drink as the sun sinks over the water, and you'll be increasingly mesmerised by the exquisite views of the wild African bush. Float past the Mosi-oa-Tunya National Park, and you're very likely to spot crocodiles, hippos, astonishing birdlife, perhaps elephants and whatever else comes down to the riverbank to drink. It's always a surprise, always a great sense of anticipation. And as the sun sinks lower, enjoy a selection of local drinks and tasty snacks served on board. (Local beverages are included under the tour inclusions – all other drinks (imported wine and spirits) will be for guests own account at the cash bar)



Evening at leisure. Overnight in Livingstone.

Day 17 – Apr 4 – Victoria Falls (B)



Breakfast at hotel and then take a **guided tour of the Falls**. An average 550 cubic litres of water from the Zambezi River crashes with great aplomb into the chasm below every minute, which is of course why the locals call Victoria Falls, Mosi-oa-Tunya, the smoke that thunders. The smoke is the permanent mist, spray, even rain, which hangs over the Falls and the surrounding forest...and the thunder? You'll hear it for yourself. The force and power of the Falls almost defies belief. Visit the Falls from the Zambian side, and when it's in full flow, you'll experience the showers from the crushing Falls below. Raincoats are a must!

The wide basalt cliff, over which the falls plummet, transforms the Zambezi from a wide placid river to a ferocious torrent cutting through a series of dramatic gorges. Be enthralled by this natural masterpiece that is over 500,000 years in the making as you enjoy a walking tour which includes views of the spectacular Devil's Cataract and Rainbow Falls.

Enjoy the afternoon at leisure to participate in some optional activities, explore the local craft markets in Livingstone or simply relax at your hotel.

Evening at leisure. Overnight in Livingstone.

Day 18 – Apr 5 – Livingstone, Zambia - Johannesburg - Toronto (B)

Breakfast at hotel and some free before your transfer to Livingstone Airport for your early afternoon flight to Johannesburg and then onward return flight to Toronto (Air France).

Day 19 – Apr 6 - Arrive Toronto

Arrival in Toronto on the afternoon of Apr 6, 2023.

The hotels...	
Johannesburg, South Africa (1 night)	The Maslow Hotel (4*) www.suninternational.com/maslow/Pages/default.aspx
Livingstone, Zambia (2 nights)	Avani Victoria Falls Hotel (4*) https://www.avanihotels.com/en/victoria-falls

Accommodation will be in 4* hotels as noted above. (In the unlikely event that a property needs to be changed it will be substituted with one of a similar standard)

The price (to extend your stay...) Cdn \$1,780 / person

Pricing (exc. Insurance)

Per person (double occupancy) – standard room	\$1,780
Single person supplement	\$ 485
Transportation / hotel taxes and fees (per person)	\$ 275

Inclusions and Exclusions...

Inclusions

- Regional flights from Johannesburg - Livingstone (Zambia) - Johannesburg
- Modern, air conditioned coach transportation
- All meet and greet services and arrival and departure transfers
- Accommodation for a total of 3 nights as specified (including breakfast)
- Sunset cruise on the Zambezi (including local drinks / snacks)
- Guided tour of Victoria Falls
- All admission fees (except those specifically noted above)
- Services of a local English speaking cultural expert and guide
- Porterage

Exclusions

- Beverages (both soft drinks and alcoholic beverages) unless specifically included above
- Gratuities
- Airport departure taxes
- Entry visa for Zambia (US\$50)
- ZAWA National Park fee (US\$10),
- M.O.T Fees (Mosi-Oa-Tunya National Park fee) (US\$20)
- Travel insurance (see page 27)
- All items of a personal nature such as telephone / internet usage, laundry services etc

(Note: this optional extension will not be escorted from South Africa to Zambia but you will receive the services (local representative, guides etc) of our local tour operator partner in Zambia)

Misc information you need to know...

Entry visas

An entry visa is required for Canadian citizens for entry into Zambia (this can be obtained upon entry into the country, cost at June 2020, US\$50). In addition, your passport must have at least three blank pages with an expiry date no earlier than 6 months after your scheduled departure date from Zambia.

Mandatory vaccinations

Proof of a full series of **vaccination against COVID-19** (any vaccines recommended and approved for use by the World Health Organization including currently 2 doses of AstraZeneca/Covishield, Pfizer or Moderna; one dose of J&J/Janssen ; and includes if vaccines have been mixed between and first and second doses), with the final dose having been received at least 2 weeks prior to the tour departure date,) is required for participation in this program. Your personal details on your vaccine certificate should correspond with the information on your passport. You should ensure you can present the digital version, with the QR code, or paper version when you arrive.

A negative COVID-19 test is not required.

A list of our full medical **recommendations** will be provided closer to departure – this will include up to date MMR, Hepatitis A/B and typhoid vaccinations as well as malaria precautions.

COVID-19

We recognize that, for the foreseeable future at least, COVID-19 still has an impact on the way that we travel. We are continuously monitoring the situation in all of our worldwide destinations through guidance provided by the PHAC, CDC and WHO and we have been working with our exclusive local destination partners to ensure that travel to any destination that we offer is able to re-commence as safely as possible.

In addition to a Wellness Declaration Form that we will require you to complete and submit before joining your tour, each destination will have their own health screening requirements for entry.

At the current time (June 2022) all passengers travelling to Zambia must present -

- Proof of vaccination ((any vaccines recommended and approved for use by the World Health Organisation including currently 2 doses of AstraZeneca/Covishield, Pfizer or Moderna; one dose of J&J/Janssen ; and includes if vaccines have been mixed between and first and second doses), with the final dose having been received at least 2 weeks prior to the tour departure date

A particular destination's requirements may obviously be subject to change as each country's specific situation evolves and we are monitoring each of our planned destinations in order that we may provide you with the most specific up to date information which will be provided to you closer to your departure.

Travel insurance information... Coverage available through Manulife Insurance

We strongly recommend that you take out travel insurance to protect you against the unexpected due to, in particular, limited provincial health care coverage afforded to Canadians while traveling overseas and the cancellation provisions inherent in your booking. We offer the following insurance coverage options through Manulife Insurance, one of Canada's leading insurance providers –

NON-MEDICAL INCLUSIVE PLAN

There are **significant inherent cancellation penalties** associated with your booking as detailed in our booking terms and conditions and this insurance package provides coverage for cancellation penalties if you should have to cancel due to medical, or other listed, reasons either relating to yourself or a member of your immediate family. It also covers you for trip interruption costs short notice return flight home etc) for medical reasons again, either relating to yourself or an immediate family member as well as flight and travel accident and baggage insurance.

ALL INCLUSIVE PLAN

This plan provides coverage for all the components in the Non-medical Inclusive plan, plus unlimited health coverage while in the destination

"Cancel for any reason (CFAR)" coverage - NEW and at no additional cost !!

So long as you **purchase either of the two insurance policies above at the same time as your tour booking**, you are automatically entitled to this added benefit of CFAR coverage whereby, if you need to cancel your tour booking up to 14 days or more before departure **for any reason**, your policy will refund you up to a maximum of 50% of the cancellation penalties incurred. This is excellent peace of mind coverage to protect you against (50% of the) cancellation penalties incurred in a situation where the reason for cancellation is not one of the regular covered risks in your policy (ie it is essentially "change of mind" insurance).

PREMIUM PROTECTION PLAN ("PPP")

As a third option, Manulife is now also offering a new enhanced travel insurance policy, their **Premium Protection Plan ("PPP")**. This is Manulife's most comprehensive coverage, providing all the same types of coverage as the All-Inclusive plan (above) but with higher covered amounts in most areas. It is also a simplified policy in so much that, whereas the All-Inclusive plan and Non-medical Inclusive plan (above, and as is the case with most insurance company travel policies) have a list of specific covered events, the **PPP offers cancellation coverage for any unexpected and unforeseen event** (ie., any event, situation or circumstance that is beyond your control that prevents you from travelling) with only a few exclusions that apply.

An overview of the PPP may be found by clicking [here](#)

A comparison of the enhanced benefits provided by the PPP compared to Manulife's regular All Inclusive plan may be found by clicking [here](#)

A major benefit of the PPP is that coverage for reimbursement of inherent cancellation penalties under the **Cancel For Any Reason (CFAR)" coverage is increased to 80%** of the cancellation penalties incurred for all cancellation **up to 7 days or more before departure**.

Please note, the PPP is only available to clients under the age of 75 (at the date of purchase of the insurance coverage) and **must be purchased at the same time as the travel tour booking is made** (72 hour grace period).

A detailed overview of coverage benefits and limitations of each insurance policy that we offer through Manulife may be found at -

<https://www.igoinsured.com/Direct/ManulifeGlobal.aspx?ag=ONTOTPR&lang=E>

Manulife's insurance premiums (dependent upon your age at the time of purchasing insurance and your total tour costs) are below -

Total insurable costs (\$/person)	NON-MEDICAL INCLUSIVE								ALL-INCLUSIVE							
Age>	0-54	55-59	60-64	65-69	70-74	75-79	80-84	85+	0-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
4000 - 4500	406	406	454	487	536	743	1,040	1,040	474	474	581	669	878	999	1,472	1,472
4500 - 5000	440	440	494	534	590	817	1,135	1,135	508	508	622	716	932	1,060	1,567	1,567
5000 - 5500	474	474	535	582	644	892	1,229	1,229	542	542	662	763	986	1,121	1,661	1,661
5500 - 6000	507	507	575	629	698	966	1,324	1,324	575	575	703	810	1,040	1,181	1,756	1,756
6000 - 6500	541	541	616	676	752	1,040	1,418	1,418	609	609	743	858	1,094	1,242	1,850	1,850
6500 - 7000	575	575	656	723	806	1,114	1,513	1,513	643	643	784	905	1,148	1,303	1,945	1,945
7000 - 7500	609	609	697	771	860	1,189	1,607	1,607	677	677	824	952	1,202	1,364	2,039	2,039
7500 - 8000	642	642	737	818	914	1,263	1,702	1,702	710	710	865	999	1,256	1,424	2,134	2,134
8000 - 8500	676	676	778	865	968	1,337	1,796	1,796	744	744	905	1,047	1,310	1,485	2,228	2,228
8500 - 9000	710	710	818	912	1,022	1,411	1,891	1,891	778	778	946	1,094	1,364	1,546	2,323	2,323
9000 - 9500	744	744	859	960	1,076	1,486	1,985	1,985	812	812	986	1,141	1,418	1,607	2,417	2,417
9500 - 10000	777	777	899	1,007	1,130	1,560	2,080	2,080	845	845	1,027	1,188	1,472	1,667	2,512	2,512
10000 - 10500	811	811	940	1,054	1,184	1,634	2,174	2,174	879	879	1,067	1,236	1,526	1,728	2,606	2,606
10500 - 11000	845	845	980	1,101	1,238	1,708	2,269	2,269	913	913	1,108	1,283	1,580	1,789	2,701	2,701
11000 - 11500	879	879	1,021	1,149	1,292	1,783	2,363	2,363	947	947	1,148	1,330	1,634	1,850	2,795	2,795
11500 - 12000	912	912	1,061	1,196	1,346	1,857	2,458	2,458	980	980	1,189	1,377	1,688	1,910	2,890	2,890
12000 - 12500	946	946	1,102	1,243	1,400	1,931	2,552	2,552	1,014	1,014	1,229	1,425	1,742	1,971	2,984	2,984
12500 - 13000	980	980	1,142	1,290	1,454	2,005	2,647	2,647	1,048	1,048	1,270	1,472	1,796	2,032	3,079	3,079
13000 - 13500	1,014	1,014	1,183	1,338	1,508	2,080	2,741	2,741	1,082	1,082	1,310	1,519	1,850	2,093	3,173	3,173
13500 - 14000	1,047	1,047	1,223	1,385	1,562	2,154	2,836	2,836	1,115	1,115	1,351	1,566	1,904	2,153	3,268	3,268
14000 - 14500	1,081	1,081	1,264	1,432	1,616	2,228	2,930	2,930	1,149	1,149	1,391	1,614	1,958	2,214	3,362	3,362
14500 - 15000	1,115	1,115	1,304	1,479	1,670	2,302	3,025	3,025	1,183	1,183	1,432	1,661	2,012	2,275	3,457	3,457

Total insurable costs (\$/person)	PREMIUM PROTECTION PLAN (PPP)		
Age>	0-69	70-74	75+
4000 - 4500	675	1,296	
4500 - 5000	750	1,440	
5000 - 5500	825	1,584	
5500 - 6000	900	1,728	
6000 - 6500	975	1,872	
6500 - 7000	1,050	2,016	
7000 - 7500	1,125	2,160	
7500 - 8000	1,200	2,304	
8000 - 8500	1,275	2,448	
8500 - 9000	1,350	2,592	
9000 - 9500	1,425	2,736	
9500 - 10000	1,500	2,880	
10000 - 10500	1,575	3,024	
10500 - 11000	1,650	3,168	
11000 - 11500	1,725	3,312	
11500 - 12000	1,800	3,456	
12000 - 12500	1,875	3,600	
12500 - 13000	1,950	3,744	
13000 - 13500	2,025	3,888	
13500 - 14000	2,100	4,032	
14000 - 14500	2,175	4,176	
14500 - 15000	2,250	4,320	

Coverage not available if age 75 or over at the date of purchasing insurance

For residents of Ontario, simply accept your choice of insurance (Non-medical Inclusive, All-Inclusive or Premium Protection coverage) on our *online* registration form and we will apply the premium above on your invoice confirmation (if using our *pdf* registration form, enter the applicable premium from the above table when completing the registration form)

For residents of Canadian provinces other than Ontario, insurance regulations state that travel insurance should be taken out directly with Manulife Insurance, albeit through a direct web link hosted on our web site, ie you should purchase your travel insurance policy by simply following the link below to take advantage of our preferred rates with Manulife) via our company's exclusive Manulife link:

<https://www.igoinsured.com/Direct/ManulifeGlobal.aspx?ag=ONTOTPR&lang=E>

Non-Canadian residents

For residents of countries outside of Canada (including the USA), insurance regulations allow us to sell **"Trip Cancellation"** insurance (this policy includes both trip cancellation and trip interruption coverage but not medical coverage). Hence it is not possible for non-Canadian residents to purchase either the All Inclusive or Premium Protection plans from Manulife. We do find that many of our overseas clients already have medical insurance through other channels and therefore, if this is the case, you may purchase "Trip Cancellation" coverage by following the link below to purchase the "Trip Cancellation" insurance policy (taking advantage of our preferred rates with Manulife) via our company's exclusive Manulife link:

<https://www.igoinsured.com/Direct/ManulifeGlobal.aspx?ag=ONTOTPR&lang=E>

IMPORTANT INFORMATION

Travel insurance that may be available through your credit card

When considering any of the travel insurance policies above, if you believe you may have coverage through your **credit card** we would strongly advise checking with the credit card company the actual coverage afforded to ensure it covers medical, trip cancellation and trip interruption as not all of these items are covered (or may only offer limited coverage as to trip duration or insured \$amount in the event of a claim - sometimes as low as only \$1,000 per person) by all kinds of cards. Also, most coverage through credit card benefits does not include Cancel For Any Reason (CFAR) coverage.

Testimonials...

What our physicians have said about our previous educational escapes...

"Great hotel facilities, excellent service – an extremely enjoyable, and educational, week

Dr. Doug Wooster, Toronto – Chile, 2005

"Great company, well organized and interesting tours, educational lectures and great food (and wine....!) – Fantastic trip!"

Dr. Ray Martin, Toronto – Argentina, 2006

"Thanks for planning such an amazing trip. Our congenial group enjoyed so many rich experiences together and collected memories to last a lifetime. Each day was an adventure!

Andrea Maurice – Vietnam / Cambodia, 2007

"I want to express our appreciation for a wonderful trip. The tour operator and the guides were excellent and everything went very smoothly.... this was a tremendous trip which we will need to review again over the coming days to catalogue and appreciate all the places we visited and the marvelous things we saw.. Thanks again for all the hard work in putting the trip together with the memorable result that was achieved...

Dr. Rudy Hyles, Mississauga – Ecuador & The Galapagos, 2008

"Wonderful people! Wonderful places!"

Dr. Phil McGuire, Ottawa – Peru, 2009

"The organization and accommodation were both excellent. We were always looked after with consideration and provided with a wide variety of interesting activities and experiences. The guides were most helpful and informative. A wonderful tour!"

Dr. Michael Dales, Toronto - Ecuador & The Galapagos, 2009

"I do not have words to express my appreciation and admiration for the your hospitality and service provided by your company and your partners on the ground in India"

Dr. Sudhir Pandya – Northern India, 2009

"A wonderful trip. It was amazing to see so many different animals co-existing on the beautiful African plains. The Kenyan and Tanzanian people we met were gracious and welcoming.

Our host/trip manager was excellent - very bright, knowledgeable, good problem solver, great people skills - a delightful man who really made our trip memorable. Our guide/driver was also excellent - very knowledgeable, an excellent driver and keen to make our safari experience a good one. We had lots of fun and learned a lot from him. I loved the parks and reserves - the Serengeti and Ngorongoro are absolutely amazing".

Andrea Maurice, Toronto – Kenya & Tanzania – March, 2010

"The guides throughout the trip were superb, well informed with excellent local knowledge and willing to discuss any topic! The visits to the local hospitals were excellent. A fantastic tour!"

Dr. Linda Stirk, Toronto - Ecuador & The Galapagos (and Peru), 2010

"We had a great visit to the Falls. Stefani was a very helpful guide. The hotel and facilities were fabulous. The tour overall was an exciting experience. Thanks to you both and Ian for the hard work and planning.

Drs. Hirsch and Indra Rastogi, Ancaster – Brazil, 2011

"In addition to exploring the fantastic sights of Northern India, our group visited local hospitals and clinics to learn more about how medicine is practiced in India as well as in the SOS Children's village in Jaipur and the Mother Teresa charity Mission in Agra" - Dr. Serge Puksa, Northern India, 2011

"We found this tour to be a wonderful adventure... even more than we had anticipated. The planning and attention to detail on the ground ensured we had a comprehensive introduction to the many wonders of Ecuador. I will definitely consider participating in another program and will be certain to share details with my colleagues"

Dr. Alison Kelford, Oakville - Ecuador & the Galapagos, 2011

"The trip surpassed all my expectations. The country itself was far more interesting than I thought and the tour itself was very well organized. The wineries were a treat and the physicians and their spouses were lots of fun. I would be happy to do another trip! "

Dr. Steven Traplin, Guelph – Spain Gourmet tour, 2011

"Spain greatly surpassed my expectations, offering wonderful gastronomic experiences, lavished with outstanding wines and extremely hospitable people with a culture and history that is as rich as deep. Fernando Garcia, through his many connections, was able to allow us access to exclusive vineyards, where we were submerged in to the local cuisine and regaled with their finest wines".

Dr. Peter Bloch, Oakville – Spain Gourmet tour, 2011

"Our guide was excellent, enthusiastic and knowledgeable. Cooking classes were good and the hotels were excellent"

Dr. Barbara Flanagan, Charlottetown – Vietnam, Laos & Cambodia, 2012

"Excellent! Loved the trip and well worth it. Life changing experience, excellent speakers and very well organized. Met some great people and will keep in touch for future trips. Will definitely book another doctors-on-tour trip in the future"

Dr. Janel Gracey, London – Bali, 2012

"A quick personal note to tell you how much we enjoyed our trip to Spain & Portugal. The whole agenda was well planned and well carried out. The winery visits and dinners were amazing, we learned so much about the history and making of Port."

Dr. Blair Fraser, Guelph – Spain & Portugal, 2012

"We had a magical time in Machu Picchu - such a spiritual time at daybreak - our guide was great! Many thanks for the fabulous trip - memorable and well organized. Your company does such a great job and such an opportunity for us, and what a great group of people to share such an amazing trip with".

Dr. Paul Bates, London – Ecuador & the Galapagos, Peru 2012

"What an amazing trip this was! Your company did such a fantastic job – well organized with wonderful support staff – everything left on time, great food, weather & traveling companions – and (our guide) Gonzalo was the best ! Thank you very much for such an unforgettable adventure".

Jack & Lore Brown, London - Ecuador & the Galapagos, 2012

"I have been fortunate to enjoy four trips with doctors-on-tour since 2009 - to Ecuador, Vietnam/Cambodia/Laos, India and Bali. All these tours were wonderful. Well-organized, excellent accommodations, top notch guides, remarkable CME experiences that broaden one's outlook on medicine and great leaders of the tours. You should seriously consider taking one of these exotic trips. Beats lying on a beach!"

Dr. Linda Rapson, Toronto – 2013

"We enjoyed our extension to the UAE and saw an amazing amount in a short time. Our guide was very helpful, informative and pleasant and we appreciated how he was able to inform us about the country, it's people and customs. Excellent !"

Drs Christopher & Margaret Ibey, Parry Sound, On. – United Arab Emirates, 2013

"The whole trip was wonderful and very well organized. We appreciated the advance preparation information packages. The hotel accommodation was excellent and the guides provided a lot of background information in Indian culture and society which made the trip even more valuable as a learning experience. We enjoyed all of it – including meeting Dr. Peter, & Mary, Bloch (Group Medical Director) and the great people in the group!"

Dr. Ron Eliosoff, Ottawa - South India, 2013

"Excellent trip – hotels, guides, food and company and we saw such wonderful sites.
Dr. Martin and Eileen McIntyre, Brantford - Vietnam, Cambodia & Laos, 2013

"We had a wonderful trip. It was such an interesting mix of people that we laughed all the way through - an amazing experience and a fabulous time. The Pantanal was awesome and we also totally loved the old colonial town of Paraty. We enjoyed ourselves so much we are thinking of signing up for another one soon. Thanks again - you did a wonderful job - it was a dream".
Dyana Driscoll, Toronto – Brazil, 2013

"I was extremely pleased with my second trip through Doctors-on-Tour to Kenya & Tanzania - the tour was one of the most amazing things I have experienced!"
Dr. Kerri McGuire, Ottawa - Kenya & Tanzania, 2013

"Fantastic experience! Every detail to perfection."
Dr. Les Marien, Orangeville, On. - Spain Gourmet, 2013

"Had a great time! Very well organized"
Dr. Yusuf Januwala, Ipswich, Queensland, Australia - Ecuador (Galapagos) & Peru, 2013

"Our guide was amazing - so professional and knowledgeable. Great itinerary - Well done !"
Dr. Susan Smith, Frederickton, N.B - South Africa, 2014

"I want to give you some feedback on our amazing trip to South Africa. Our guide was exceptional; lunch at La Petite Ferme was a highlight, great food, wine and scenery; in Swaziland, the glass factory was very good the candle factory was great; Kapama River (Game) Lodge - amazing ! Soweto - great ! South African Airlines were great to travel with friendly service and, overall, it was a great trip"
Dr. Steve and Marg Szarka, Hamilton, On. - South Africa, 2014

"We had a wonderful trip. Places we stayed during the tour were all very nice and every one had a good time. Your local tour manager was wonderful, extremely helpful and very well organized. Thanks again for all your help"
Dr. Kumar Banerjee, Vancouver, B.C. - South India, 2014

"We felt the tour is one of the best (CME tours) we have been on. We keep missing the great Chilean wines and Argentinian beef. Right sized group and great company. CME tours were interesting and informative. Our guides were good and I enjoyed learning about the country from their comments".
Dr. Eduardo Aenlle, Fallbrook, California - Chile, Argentina and Patagonia Cruise, 2014

"It was an amazing trip thru Vietnam, Cambodia & Laos. It exceeded all our expectations. Our group leaders were gracious hosts. Their thirst for adventure and generosity of spirit added so much to our trip. The group we traveled with were a great bunch and we hope to cross paths in the future. The CMEs were informative and I enjoyed seeing the varied medical sites in each country"
Dr. Tom Stark, Timaru, New Zealand - Vietnam, Cambodia & Laos, 2014

"Macchu Picchu and Galapagos were the highlights. Wonderful guides, very well organized and enjoyable. Tour leader did a great job !"
Dr. Michael Garner, Montreal, QC - Ecuador (Galapagos) & Peru, 2014

"Our guide was absolutely fabulous - she took superb care of us and added so much to the trip through her knowledge of New Zealand history, flora and fauna. Peter and Mary (Bloch) were wonderful medical leaders - calm, helpful, interesting and vivacious- kudos to them."
Drs. Peter & Louise Bobeckko, Toronto, On. - New Zealand, 2015

"I really enjoyed this tour - Rajasthan and Agra are beautiful. Our tour escort, Kumar, has great people skills, and has been very attentive to everyone's needs - Himanshu has been an excellent guide and is very knowledgeable. We would love to return to India on your South India program"
Dr. Rajalaxmi Wong, North Bay, On. - North India, 2015

"The trip to South Africa was awesome - I would rank it up there with my favorite so far with Doctors on Tour. The people in our group were wonderful - it was a total joy and I can see now why South Africa is one of your favorite destinations"

Dyana Driscoll, Toronto, On.- South Africa, 2015

"Bob and I enjoyed the time shared with each of you in Bali,
My expectations for the tour were met and exceeded. It really was a small window into the Balinese culture.
To (our group leaders) Bonnie and Mel, Thanks! Hope this isn't our last tour.
You all were interesting and gracious, Terima Kasih. Salamat Jalan"
Dr. Bob & Evelyn Lawler, Gibsonia, PA - Bali 2015

"We had a fabulous experience, enjoying a fun group of travelers and loving the beautiful art and history of Spain.
The warm, friendly and family culture feeling of Spain was memorable and a testimony to the connections of Chef Fernando Garcia".

Dr. Gerry Mittler, Vancouver, BC - Spain Gourmet, September 2015

"Thank you for your excellent guidance during our trip to Ecuador. the trip was very good, and the logistics and handling of the group were excellent"

Dr. David Spence, London, On - Ecuador (including the Galapagos and Amazon), 2015

"The trip was exceptional in every way. Our guide was more than just a tour guide - the knowledge she shared was detailed and interesting - what an ambassador for her country! The high level of care that she offered was above and beyond anything that we have ever experienced. We thoroughly enjoyed every minute of this trip! Thank you!"

Dr. Les Marien, Orangeville, On - New Zealand, 2016

"An enjoyable and enlightening tour"

Dr. Brian Davies, Sarnia, On. - China, 2016

"A great exposure to Balinese culture and the spiritual aspects behind their healing philosophy"

Dr. Karyn Klapcecki, Toronto, On. - Bali, 2016

"A most excellent tour escort - genial, helpful, very knowledgeable and organized. Very well chosen sights and experiences"

Dr. Michael Garner, Montreal, Qc. - South Africa, 2016

"An extremely interesting, informative and invigorating tour. The medical CME components were excellent and I'm glad that we were able to see and experience so much".

Dr. Paula Chalmers, Vancouver, B.C. - South Africa, 2017

"Myanmar was very well organized and our guide was excellent - the best I have ever had! The sites and activities in Bhutan were very enjoyable and the local medical facilities and clinics that we visited as part of the CME were good"

Dr. Brenda Cholin, North Battleford, SK - Myanmar & Bhutan, 2017

"It was an incredible tour - we saw so much !"

Dr. Mo Meghji, Kitchener, On. - Argentina & Chile, including Patagonia cruise, 2017

"This was a very good tour. The progress that the country has made over the years has been very significant. However, China still has multiple levels of Red Tape, both public and private that will not change ever, so it must be accepted. Overall a 9.5 out of 10 !"

Dr. Ted Erb, Waterloo, On. - China, 2017

"It was our first trip with your company. John and I loved it. The itinerary was perfect. Busy days followed by quieter ones. Lorna and Ashley were lovely and so capable! The coordination was superb. Thank you. We had the trip of a lifetime!"

Dr. John Gapski, Mississauga, On. – Ecuador & Galapagos, 2017

"We really enjoyed traveling with an interesting group of professionals which gave us the opportunity to visit places where the public normally does not have easy entry. Excellent pre-departure information and the tour was well-balanced with a mixture of historic and social highlights, while travelling through very different landscapes and areas of the country. The public/private health care system was well described on the Groote Schuur Hospital tour and the children's' song and dance performance at SOS children's village in Cape Town was touching. Our local tour guide was outstanding [5+++] and provided excellent context for the political, economic and social aspects of SA. He was calm, professional, responded quickly to everyone's needs and was very proud of his country".
Helle & Tony Tosine, Toronto, On. – South Africa, 2017

"That was a fantastic trip and great experience of a lifetime with all the close encounters with African wildlife animals. Thanks again for Doctors-on-Tour organizing such a trip"
Dr. Steven Xie. Donvale, BC - South Africa, 2017

"Everything was excellent! We had a wonderful time. Hotels were superb. Thank you again for the well organized, all details worked out, great trip!"
Dr. Andrea Cordas, Burlington, On. – South India, 2017

"We really enjoyed New Zealand and the services provided by your company. The Academic Conference presentations were top caliber and contained information useful to both the specialist and generalist. I enjoyed getting to know and learning from the other group participants. We would recommend this trip and plan to travel with Doctors on Tour again".
Dr. John Britt, Winston-Salem, NC - New Zealand, 2018

We arrived home safe and sound from beautiful Bhutan and Myanmar. It was a good trip and wonderful to experience the unique sites and culture of both places. The local guides, itineraries and accommodations were outstanding.
Dr. Alison Kelford, Oakville, On. – Bhutan & Myanmar, 2018

We enjoyed our trip very much. The hotels we stayed in were superb, the itinerary was great and the guides, both in Bhutan and in Myanmar, were fabulous. Overall it was a wonderful, memorable trip. Thank you very much!
Dr. Sabine Ernsting, Adelaide, South Australia - Bhutan & Myanmar, 2018

"The overall tour rating was 9/10 for me - it met all of my expectations. Our guide was "unbelievable"... he made us feel so comfortable and safe. He looked after everyone's individual needs and was a major part of making the trip such an enjoyable experience for me. His knowledge of South Africa is impressive – we learned so much. It was a great trip"
Dr. Chris Sosnowski, Napanee, ON - South Africa, 2018

"So many highlights – favorites include Cape of Good Hope, Table Mountain, Kapama Game Reserve – because of excellent game rangers and trackers – saw the big 5 and so much more. Our local escort – excellent!!! Bus drivers also excellent. Coaches comfortable – great bonus to be able to charge cell phones inside buses. Bottom line – Awesome experience!!"
Dr. Cinda Lee, Toronto, ON - South Africa, 2018

"Our local tour escort was the absolute best!! Informative and helpful"
Dr. David Trask, Medford, Oregon - South Africa, 2018

"Our tour guide was very knowledgeable, informative, making sure things run smoothly. Excellent tour guide, ll excellent tour"
Dr. Andrea Csordas, Burlington, ON - South Africa, 2018

"Our local tour guide was not only an expert in his field, but very personally organized and a problem solver. I would rate him 10/10"
Dr. David Wallik, Oakville, ON - South Africa, 2018

"I found this to be a very well organized trip. It exceeded my expectations. I'd like to repeat it, but I'll join your other trips instead. Too much to see and to learn in this world."

Dr. Kas Tuters, Toronto, ON – Bali, 2018

"I totally loved Singapore and Malaysia. The local escorts were honestly a ten star. There was nothing they would not do for us".

Dyana Driscoll, Toronto, On. – Malaysia & Singapore, 2018

"This was an exceptional trip – thanks again! Everything was perfectly well orchestrated. It feels like we have been travelling for more than two weeks. We have learned so much. We will definitely recommend this trip to our friends. We have seen so many things. We have had exceptional guides. The group we travelled with was fantastic! Again, an amazing adventure!"

Dr. Collette Deslandres-Leduc, Montreal, Qc. – Ecuador and Peru, 2018

"Good guides, amazing sightseeing, loved the Patagonia cruise"

Dr. Chantal Breton, Kirkland, Qc. - Argentina & Chile, including Patagonia cruise, 2019

"Thanks for sending along (the song that you wrote about Bali) and for everything else. your stories, tips, enthusiasm, quiet presence and good company. This trip was certainly quite special. Take good care"

Dr. Louise Lefort, Ottawa, On. – Bali, 2019

"This was an excellent unique tour combining both the cruise and a varied land component with spectacular sights ! Great group and local tour escort and cruise staff!"

Dr. Evelyn Brett, Toronto, On. – Iceland circumnavigation cruise and land, 2019

"Peter & Mary Bloch did an excellent job leading the group. The guides and others were very helpful and excellent - Amit 5*, plus Sheva and team. I thoroughly loved the trip. It exceeded my expectations. The people are so sweet and lots of smiles! This is a great place to visit."

Dr. Vickie Carducci, Kilworthy, On. - Northern India, 2019

"Malaysia was exhilarating! We had a wonderful, adventurous time, especially in the Borneo Rainforest. The local guides (Malek and Hirzan) were very friendly and helpful, very well versed in the history of Malaysia and we learnt a lot. The canopy walk was breathtakingly hair-raising. The tour was very well organized and the optional stay in Singapore was very relaxing. We look forward to more of your tours in the future".

Dr. Shiraz Walji, Calgary, AB - Malaysia & Singapore, 2019

"Fantastic trip – well organized, packed with loads of things to do and see – but did not feel 'superficial'. Just loved the opportunity to do and see so much. The group was fantastic – made new friends. Ian was a great tour leader"

Dr. Lorraine Manzig, Toronto, ON – Ecuador & the Galapagos, 2019

"Your tours are great. Thanks for the experience!"

Dr. Ikenna Ezeilo, Lethbridge, On. – South East Asia, 2020

"Thank you for making this first post pandemic trip for Val and I a special one"

Dr. Les Marien, Orangeville, On. - Iceland circumnavigation cruise and land, 2022



Doctors-on- Tour – Ecuadorian Amazon



Doctors-on-Tour - India



Doctors-on-Tour – Spain



Doctors-on-Tour - Chile & Argentina



Doctors-on-Tour – South East Asia



Doctors-on-Tour – China

The fine print...

Please take the time to read and understand the Terms and Conditions of booking set out below prior to booking a tour with us.

The Terms & Conditions contained herein are the terms under which Doctors-on-Tour and on-Tour (being operating brands of Britcan International Consulting (B.I.C.) Inc. and together, for the purposes of these Terms & Conditions, being referred to collectively as DOT/OT/BIC) accepts reservations. Our liabilities are limited. When you make a payment of deposit and/or final payment, it is also an acknowledgement of receipt and acceptance of these Terms and Conditions.

1. RESERVATIONS & DEPOSIT: Early reservations are recommended to guarantee your reservation as several of the accommodation providers with which we make arrangements on your behalf have limited capacity. All services are strictly on a request basis, both for air travel and land requirements and subject to availability of seats and hotel/lodge/camp rooms and cruise cabins. A guaranteed non-refundable deposit of \$500 per person (\$700 per person for programs which include a cruise component, \$1,000 per person for Iceland cruises, \$1,000 for Malaysia programs), together with the applicable travel insurance premium, is required with your reservation request. Tour extensions and, where applicable, seat upgrades in aircraft cabin categories higher than economy, are also subject to additional non-refundable deposits as detailed in each specific program's brochure. Reservations made for travel within 95 days (105 days for programs which include a cruise component) of the travel date will require full payment at the time of reservation. Certain non-standard arrangements may require higher deposit and the same will be advised to you at the time of booking. Please be aware that some airfares (outside of our group air blocks) require full payment at time of booking and will be advised to you accordingly at the time of your booking confirmation.

2. FINAL AND/OR BALANCE DUE PAYMENT: Guaranteed payment of all balances due is no later than 95 days (105 days for programs which include a cruise component) prior to departure date. If payment of the balance due is not received by the stipulated date, we reserve the right to cancel your reservation without refund of deposit.

3. CREDIT CARD PAYMENTS: Visa & MasterCard credit cards are accepted as form of payment. We do accept any other kinds of cards, including either American Express or Diners Club. Your online authorization by way of our Online Registration Form acts as your approval for the credit card provided as part of your registration to be charged for both the initial deposit (and travel insurance premium, where applicable) as well as the future balance payments on the date they become due, together with any other charges due relating to the booking that have been requested by you in writing (including by current or future electronic mail communication). For registrations that are not received via our Online Registration Form, but instead are forwarded to DOT/OT/BIC by mailing, faxing or e-mailing a scanned completed copy of our (non-online) Registration Form, your signature on such (non-online) Registration Form verifies your approval for your credit card to be charged. No services will be provided without receipt of either the authorized Online Registration Form or the duly signed (non-online) Registration Form. Third party payments may have restrictions.

4. CANCELLATIONS & CHANGES: The deposit amounts (for both the main tour and any optional extensions reserved) are 100% non-refundable and non-transferable. Cancellation penalties for bookings cancelled by the client after the final balance due date (95 days before departure; 105 days before departure for programs which include a cruise component) are as follows: 95 – 61 (105 - 61 days for programs which include a cruise component) days before departure – 25% of total price paid; 60 – 31 days – 50% of total price paid; 30 days or less – 100%. (Notwithstanding the foregoing, any domestic Canada flight purchased as an additional service to the advertised package is 100% non-refundable irrespective of the date of cancellation). If payments are not received by their due dates, we reserve the right to cancel the booking without further notice. Bookings are non-transferable. There will be no refund for unused land arrangements after departure from North America. In the event of the cancellation by DOT/OT/BIC of any or all components of the travel services offered herein, DOT/OT/BIC will offer either a refund, or future travel credit, depending on the situation with our supplier partners subject to any specific penalties relating to airline seats that would be out of our control and would obviously be dependent upon the air ticket conditions. Irrespective of whether a tour booking is cancelled by the client or if any or all components of the travel services are cancelled by DOT/OT/BIC, airfares may be subject to different rules and cancellation fees including some airfares may be fully non-refundable once the booking is confirmed regardless of when it was made including upgraded air cabin classes (ie premium economy, business and first class cabins) which are subject to different rules and cancellation fees based on the individual fare class in which the seats are purchased.

5. TRAVEL INSURANCE: To protect against cancellation charges, we strongly recommend purchasing Cancellation Protection and Travel Interruption Insurance. In the event of illness, medical and hospital expenses are the traveler's responsibility and no refunds will be made, partial or total, for the purchased tour. We strongly urge that you purchase either the Non-Medical Inclusive insurance (ie Cancellation Protection and Travel Interruption Insurance), All Inclusive insurance (Non-Medical coverage plus health coverage), or the Premium Protection Plan insurance package (All Inclusive coverage with higher coverage limits) offered by DOT/OT/BIC through Manulife Insurance. COVID-19 is currently viewed as a pre-existing situation by all insurance companies, including Manulife Insurance, and therefore is an exclusion under those policies that include health insurance, ie All Inclusive and Premium Protection Plan insurance packages. For coverage relating to COVID-19 health claims while on your tour, Manulife offers separate coverage, ie COVID-19 Pandemic Travel Insurance. Some countries may require proof of medical insurance, including specifically for COVID-19.

6. TRAVEL DOCUMENTATION, VISA & OTHER IMMIGRATION REQUIREMENTS: A Canadian citizen must be in possession of a passport that must remain valid for a minimum of 6 months from the date of conclusion of their journey for all destinations offered with the exception of New Zealand, Spain/Portugal and countries on our Eastern Europe program where the passport must remain valid for a minimum of 3 months from the date of conclusion of their journey. Tour participants must also ensure that they comply with all visa and health requirements of countries they intend to visit.

For Canadian citizens, a tourist entry visa (or, in some cases, a reciprocity fee) is required for entry into the following destinations offered by DOT/OT/BIC -

- Bhutan, Brasil, China, India, Kenya, Myanmar, Tanzania, Vietnam (tourist entry visa, or a visa pre-approval letter in some cases, must be obtained prior to departure from Canada), Cambodia, Laos, Zambia (tourist entry visa may be obtained upon arrival in the destination)
- A tourist entry visa is not required for entry into Argentina, Bali (Indonesia), Chile, Ecuador, Iceland, Japan, Malaysia, Morocco, New Zealand, Peru, Singapore, South Africa, Spain and any country on our Eastern Europe program.

Non Canadian citizens may have different requirements. It is the passenger's responsibility to ensure that all his or her passport, visa and mandatory health vaccination requirements for entry into the country are met and the cancellation penalties referred to above will apply if a passenger is not allowed into the destination country (or determines in advance of departure that he will not be allowed into the destination country) due to lack of proper documentation including, but not limited to, passport, visa, customs, health or currency provisions required by the destination country thus preventing him from participate in the tour.

While COVID-19 remains an ongoing issue, some countries may introduce specific medical requirements for entry which may completing medical wellness declarations upon arrival and/or proof of a negative COVID-19 test and/or proof of having received an approved COVID-19 vaccination. Proof of medical insurance, including specifically for COVID-19, may also be required. As regulations and requirements continue to change by country, we will notify you of any specific necessary requirements for your destination closer to departure.

Proof of a full series of vaccination doses against COVID-19 is required for all participants on programs offered by DOT/OT/BIC.

Final tour documents consisting of detailed tour itinerary, vouchers, and airline tickets will be forwarded approximately 2-3 weeks prior to departure subject to receipt of final payment.

7. PRICING POLICY: Accommodations and services at the destination are contracted in local currencies and/or US Dollars. Due to frequent fluctuations in currency exchange (as well as other factors beyond our control including, but not limited to, fuel costs, transportation taxes and airport and local surcharges), prices are subject to change with or without notice and surcharges may apply for which we would endeavor to inform you as soon as possible. However, once we have received your final payment we would either waive any price increase or allow you to cancel your booking without penalty.

8. UNUSED PORTION OF THE TOUR: No refund will be made for any unused accommodations, missed meals, transportation segments, cruise portions, sightseeing tours or any other service. Such unused items are neither refundable nor exchangeable.

9. ACCOMMODATIONS: We use a variety of accommodations on our programs with many of our properties specifically chosen to reflect the local style and culture of the region. Our rating system reflects the majority of the accommodations throughout each program but some variety can occur. Ratings are based not only on room quality but also on facilities and location. Accommodation ratings in overseas destinations outside of Canada are an arbitrary measure and their definition from country to country can differ slightly as well as not always being consistent between individual properties in that particular destination nor are they necessarily comparable to an equivalent rating in North America. Rooms are assigned by the respective supplier(s) on a run-of-the-house basis, in category (ies) as specified in the itinerary and the right is reserved to substitute properties/hotels/lodges/camps/cruise/ships as conditions warrant such change for reasons beyond our control. Accommodations on twin occupancy basis, is provided at the properties/hotels/lodges/camps/cruise ships as specified or similar. Single room supplements apply to persons occupying sole use of a room/cabin but travelling with other passengers on the same tour and sharing transport cost on transfers, game drives, coach tours, sightseeing and excursions. Quoted single room rate does not necessarily mean single occupancy of a double room, as several of the establishments offered have especially designed single occupancy units.

10. SINGLE PASSENGERS TRAVELLING TOGETHER: If you are travelling with a companion and each paying separately the regular each of two double sharing accommodation rate and your companion decides to cancel, the remaining travelling passenger will be responsible for either finding a replacement travelling companion to take the cancelled passenger's place or must pay the single supplement and travel on a single basis.

11. AGE & HEALTH REQUIREMENTS:

Minimum Age: The minimum age for the majority of our tours is 12 at the time of travel.

Maximum Age: We have no upper age limit for our tours though we inform you that our tours may include some components for which group members need to be in good physical condition in order to be able to participate. We will provide details on mandatory and recommended health requirements but it is your responsibility to ensure that you obtain proper and detailed medical advice at least 6 weeks prior to travel for the latest health requirements and recommendations for your destination and how they impact your own personal health situation.

12. MEALS & BEVERAGES: Meals as included on our itineraries are either buffet meals and/or table d'hôte. Meals ordered through room service are not included and must be paid directly to the establishment. Alcoholic beverages, soft drinks, and bottled water are included only where indicated on the itinerary. Unless specifically mentioned in your itinerary, all drinks (both alcoholic and non-alcoholic) are to be purchased and paid directly to the establishments.

13. OPTIONAL TOURS & EXCURSIONS AND TOUR EXTENSIONS: It is our intent to operate any optional tours & excursions and tour extensions on a private group basis. However, should the number of participants be of an insufficient level, we reserve the right to either

- (1) add a surcharge to the previously stated selling price to be able to still offer the extension on a private basis or
- (2) operate any individual tour on a shared basis with other non-group participants or
- (3) cancel the tour and provide a full refund of all monies paid.

No refunds can be provided for cancellation of any tour by the client while in the destination.

14. SPECIAL REQUESTS: While we will make every effort to accommodate special requests, eg., room/cabin locations, adjoining rooms, non-smoking rooms, bed preferences, special dietary meal requests, these cannot be guaranteed and DOT/OT/BIC cannot be held responsible if such requests cannot be fulfilled. Requests for upgrading rooms/cabins are subject to additional charges. Any deviations to the standard program arrival and departure flight dates should be notified to us by separate e-mail at the time of booking and are subject to availability and also any applicable flight class supplement.

15. SEATING ASSIGNMENT ON FLIGHTS: Our air arrangements are made via group contracts with the airlines and are therefore subject to more restrictive airline Terms & Conditions and policies than seats purchased individually from airline web sites. If you have a particular seat request, we will do our best to fulfill it subject to the policies of the airlines. Certain airlines assign group seating automatically for which the specific location within the group block is out of our control and to which the airlines do not provide access for us to change specific seat locations; and several airlines do not allow for specific advance seat assignment at all in which case specific seats will be assigned at airport check-in.

16. DOCUMENT DELIVERY: Your travel documents will be sent to you approximately 3 weeks prior to departure. For bookings received within 3 weeks of departure, express delivery of documents will require a courier delivery fee of \$30 to cover extra handling and processing. Additional courier charges will apply for all residents outside of Canada, irrespective of when the booking is made.

17. CONSUMER PROTECTION: DOT/OT/BIC are licensed under the Ontario Government Ministry of Consumer & Corporate Relations, Travel Industry Act 1974, Registration No. 50009110. The Act is administered by the Travel Industry Council of Ontario (TICO), the government regulated body which is responsible for enforcing and monitoring the Travel Industry Act, including the protection of advance monies paid to its registrants by consumers. More information about TICO is available at <http://www.tico.on.ca/>

18. NOTICE TO TRAVELLERS: Canadians enjoy a living standard which is among the highest in the world. In other countries, the uninterrupted supply of water and electricity, local health conditions, levels of security and standards of food and beverages may sometimes differ from those enjoyed at home. Illness or inconvenience resulting from the services provided or omitted at the destination are outside the reasonable control of DOT/OT/BIC who bear no responsibility for such illness or inconvenience. DOT/OT/BIC cannot accept responsibility for the behavior of other guests/groups nor the unlikely event of the withdrawal of services or facilities due to local cultural and political events, or strikes.

19. ACCEPTANCE OF RISK:

You acknowledge that participation in overseas travel involves a degree of personal risk and that you may be visiting places where the political, cultural and geographical attributes present dangers and physical challenges greater than those present in our daily lives. You acknowledge that you are choosing to travel at a time where you may be exposed to epidemics and/or pandemics including, but not limited to, the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols on your trip.

We use information from government foreign departments and reports from our own contacts in each destination, including our local destination supplier partners, assessing whether the itinerary should operate. However, it is also your own responsibility to acquaint yourself with all relevant travel information, including applicable health and safety risks and the nature of your itinerary. You acknowledge that your decision to travel is made in light of consideration of this information and you accept that you are aware of the personal risks attendant upon such travel. To the fullest extent permitted by law, we accept no liability in relation to these additional risks.

20. FORCE MAJEURE: DOT/OT/BIC shall not be liable for any claims, losses, damages, costs, expenses, delays or loss of enjoyment, of any nature or kind whatsoever, resulting from events beyond our or a supplier's reasonable control, including but not limited to acts of God; war; civil commotion or insurrection; riot; blockade or embargo; fire; explosion; breakdown; union dispute, strike, lockout or other labor disputes or disruptions; earthquake; epidemic, pandemic or other health emergency; flood; windstorm or other extreme weather event; lack or failure of courses of supply; passage of any law, order, proclamation, regulation, restraint, ordinance, demand, requisition or requirement or any other act of any government authority, whether or not foreseeable, which would make it dangerous or not viable for a trip to commence or continue.

21. OUR RESPONSIBILITIES: DOT/OT/BIC makes arrangements with a network of third party suppliers, ie., airlines, tour operators, ground handlers, accommodation providers, cruise companies, activity providers, coach and transfer companies, car rental companies, tour and local guides, government agencies, and other independent contractors and individuals to provide you with the travel services and other services you purchase. Although we take care in selecting these third party suppliers, we have no control over them and, therefore, cannot be responsible for their acts or omissions. In the unlikely event that a particular hotel / lodge / cruise ship described in this brochure is not available we reserve the right to provide an alternate hotel / lodge / cruise ship of the equivalent standard. We also reserve the right to substitute another airline if the particular airline described in this brochure is not available.

The travel services provided by DOT/OT/BIC are subject to the applicable provincial Travel Industry Acts and Regulations and are subject to the conditions imposed by our third party suppliers and their liability is limited by their tariffs, conditions of carriage, tickets and vouchers and international conventions and agreements.

DOT/OT/BIC shall not be responsible for any loss, damage or injury, whether physical or mental, or to property, resulting from any delay, substitution or deficiency of quality of equipment or service, or any act, omission, negligence or commission of any party supplying any of the services or accommodation herein, its agents, servants, employees, subcontractors or for any claims for such loss, damage, or injury, whether physical or mental, arising therefrom, or from any cause that arises by reason of actions of parties other than DOT/OT/BIC. In the event that it becomes necessary or advisable for the comfort or well-being of the passengers, or for any reason whatsoever, to alter the itinerary or arrangements, such alterations may be made without penalty to DOT/OT/BIC. The right is reserved to withdraw any or all tours should conditions warrant, also to decline to accept or retain any passengers as members of the tours. DOT/OT/BIC can assume no responsibility for lost tickets or coupons. The liability of DOT/OT/BIC for any loss, damage or injury, whether physical or mental, arising from its own acts, omissions or negligence, is limited to the price of the services purchased.

22. SEVERABILITY: In the event that any term or condition contained in these Terms & Conditions is unenforceable or void by operation of law or as being against public policy or for any other reason then such term or condition shall be deemed to be severed from this contract or amended accordingly only to such extent necessary to allow all remaining terms and conditions to survive and continue as binding.

23. PRIVACY POLICY: Any personal information that we collect about you will be handled in accordance with our Privacy Policy and may be used for any purpose associated with the operation of a trip. In making this booking you consent to this information being passed on to the relevant persons such as our agents, service providers or other suppliers to enable us to operate the trip or, if permitted by any relevant e-marketing spam laws, to send you marketing material in relation to our events and special offers.