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ACTIVITY PROGRAM  
DURING MEDICAL  
ACTIVITIES**

**PROFESSIONAL ADVANCEMENT ESCAPE**

## **CME, CULTURAL & SAFARI TOUR OF SOUTH AFRICA**

**March 19 – April 3, 2015**

**OPTIONAL 3 DAY EXTENSION TO VICTORIA FALLS, ZAMBIA**



### **The Organizers...**

**doctors-on-tour.ca >**

Offering interesting and informative professional advancement programs since 2000, **doctors-on-tour.ca** is a specialist division of **on-tour**, a 100% Canadian owned and operated meeting management and group travel organization, which has developed a niche working with health care professionals to deliver a combination of vacation and education in exotic destinations. Our destinations include **South America (Brazil, Chile/Argentina, Ecuador/Peru), Africa (Kenya/Tanzania, South Africa, Zanzibar, Kilimanjaro climb), India, South East Asia (Vietnam, Cambodia, Laos & Bali) and Europe (Spain)**. More information about the company, including recent testimonials and downloadable copies of all of our brochures, can be found at our website, [www.doctors-on-tour.ca](http://www.doctors-on-tour.ca). The company is a licensed retail travel organization under The Travel Industry Act of Ontario (TICO reg # 50009110). The company can be contacted at 416-231-8466, toll-free 1-855-DOC-TOUR (362-8687), by fax 1-888-612-1459 or [info@doctors-on-tour.ca](mailto:info@doctors-on-tour.ca)

**Dr. Lorna D'Silva >**

Dr. Lorna D'Silva is a Family Physician who graduated from the University of Toronto and has been practicing in Oakville and Etobicoke for many years as well as being a consultant to several Pharmaceutical companies. She is an avid world traveler having visited most of Europe, Africa, the Americas and the Far East as well as being involved in missionary trips to Kenya and Peru. Dr. D'Silva has been a speaker at overseas medical educational programs and has a track record of presenting, planning and co chairing several successful and accredited programs including the weekly Halton Peel Family Physicians Educational Program. This is Dr. D'Silva's fifth venture with doctors-on-tour having previously led successful CME, cultural and ecological tours to North and South India, Ecuador & the Galapagos and Chile & Argentina.

**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 hustling **Johannesburg** at its heart, and cosmopolitan **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 **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.

It's 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 has been chosen as the World Design Capital for 2014, heralding a year-long programme 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 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 (approximately 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
- 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
  - A public hospital in the Johannesburg area
- 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 on this program, Dr. Lorna D'Silva (Tel: 905-990-0355), [lorna.dsilva4@gmail.com](mailto:lorna.dsilva4@gmail.com) ) 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, 2015 (Thu) - Depart Toronto for Cape Town

Daytime departure from Toronto to Washington to connect to your South African Airways flight to Cape Town (South Africa)

### 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.

Transfer to your hotel. Overnight Cape Town.

### Day 3 – Mar 21 - Cape Town (B, D)

Breakfast at the hotel.

This morning 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, snatches 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**.

This afternoon, 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 evening dinner will be served at **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 a 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.

#### 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 breathtaking 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 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**.

Evening at leisure. Overnight in Cape Town.

**Day 5 – Mar 23 - Medical / partners program - Franschoek 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 characterised 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/> <http://www.heartofcapetown.co.za/>

Non-physicians will visit the **eKhaya eKasi Art Centre**. Founded in 2003, Art Aids Art promotes education, health and sustainable economic development in South Africa. Active in South African community development for thirteen years, Directors Dorothy Yumi Garcia, MA and Tom Harding, MA co-founded Art Aids Art after witnessing extreme poverty and a shortage of educational and other local services in Khayelitsha, South Africa's largest Black township. At the request of teachers, they coordinated a collection of the most-requested educational materials: multicultural children's books and black dolls. What began as a series of literacy workshops evolved into an ongoing holistic project involving the surrounding community, with the goal of meeting economic, health and educational needs and improving quality of life.

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.

After lunch, visit **Plaisir De Merle wine estate** for a fudge and wine tasting, close to Franschoek, a pretty, manicured town in the center of the wine valley. Ever changing in hue, Plaisir de Merle's constant lies in producing pedigreed excellence. The sculpted frieze crowning the grand Cellar entrance tells a story of the exceptional people whose legacy continues to unfold through renewal and loyalty to the land. Plaisir de Merle is a rare treasure to be admired and will prove a highlight of your travels through the Paarl and Franschoek Winelands.

<http://www.plaisirdemerle.co.za/home>



Return to Cape Town. En route visit the **SOS Childrens 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'.

<http://www.sosvillages.org.za/villages/cape-town>



Evening at leisure. Overnight in Cape Town.

Day 6 – Mar 24 - Cape Town - Oudtshoorn - Knysna (B,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 cavernous 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. Also of note is the **Knysna Elephant Park** is where you can interact with and feed the relocated jumbo families.*

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, 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.

Thereafter proceed to 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. You will have an opportunity to purchase souvenir Ostrich eggs and leather goods at farm prices.

Check in at your hotel in Knysna. This evening dinner will be served at **JJ's Restaurant** located 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. 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.

Check in at your hotel and freshen up prior to departing to for dinner this evening at one of Durban's many attractive 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 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 it's.world renowned White Rhino conservation.*

Breakfast at the hotel.

Take an orientation tour of Durban, including the Botanical Gardens before departing 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.

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'll get up close to the sight and sounds of hippo, crocodiles and other game species as well as maybe the haunting cry of the fish eagle.

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

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



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



Early wake up call prior to departing on your morning game drive in the Hluhluwe-Imfolozi 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.

**For physicians**, there will be the first part of the **Academic Presentations** at the hotel.

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

Lunch and 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. Following lunch, transfer to the hotel and check in. Rest of the day at leisure to enjoy the hotel's facilities.

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 hotel and start the day 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) breath 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 it's 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 instil 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/>

Then, on to 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: <http://www.medioclubsouthafrica.com/component/content/article?id=article#ixzz2m0TkP4vF>

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.

<http://www.traditionalhealth.org.za/t/thokoza.html>

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 wake up 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.

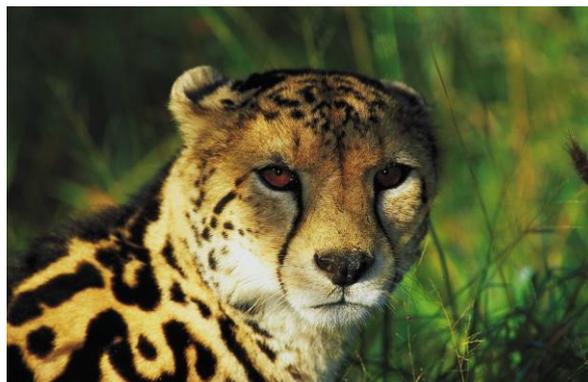
For **physicians**, In between your morning and afternoon game drives, there will be the second part of the **Academic Presentations** at the lodge.

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. 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.*

An early breakfast at the lodge for your final game drive as the sun rises.

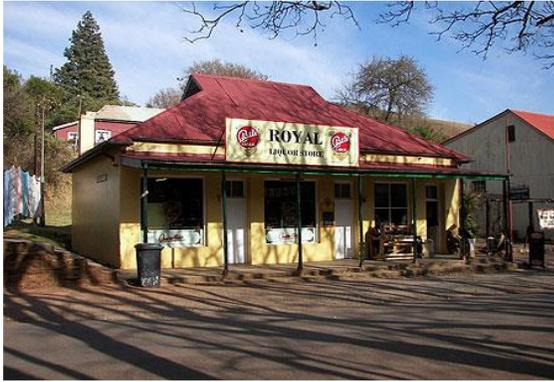
Check out of the lodge and depart for Johannesburg via the spectacular **Panoramic Route** in the northern Drakensberg - one breath-taking view after another.

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 Rondavelles** 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 **Moyo's Melrose**. In the heart of Johannesburg, this multi-level modern restaurant - clad in copper with pressed pebble walls - embodies Africa's finest music and urban cuisine offerings.

Overnight in Johannesburg.



**Day 15 – Apr 2 (Thu) – Johannesburg – Toronto (Arriving Toronto Apr 3 (Fri) (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.chrishanibaragwanathhospital.co.za/>

Non-physicians will visit **Brenthurst 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.



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 ensuing 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" or "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. <http://reginamundichurch.co.za/>

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. [http://www.gauteng.net/attractions/entry/hector\\_pieterse\\_memorial\\_and\\_museum](http://www.gauteng.net/attractions/entry/hector_pieterse_memorial_and_museum)



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.

Transfer to Oliver Tambo International Airport (Johannesburg) for your return flight to Toronto (via Washington, USA), evening departure (South African 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 (Fri) – Arrive Toronto

Arrival in Toronto on the afternoon of April 3, 2015

## The hotels...

Location	Hotels
Cape Town (4 nights)	Southern Waterfront (4*) <a href="http://www.tsogosunhotels.com/hotels/waterfront-cape-town/pages/overview.aspx">www.tsogosunhotels.com/hotels/waterfront-cape-town/pages/overview.aspx</a>
Knysna (2 nights)	Protea Hotel Knysna Quays (4*) <a href="http://www.proteahotels.com/protea-hotel-knysna-quays.html">www.proteahotels.com/protea-hotel-knysna-quays.html</a>
Durban (1 night)	Southern Sun Elangeni Hotel (4*) <a href="http://www.tsogosunhotels.com/hotels/elangeni-and-maharani/pages/overview.aspx">http://www.tsogosunhotels.com/hotels/elangeni-and-maharani/pages/overview.aspx</a>
Umfolozi (2 nights)	Protea Hotel Umfolozi (3*) <a href="http://www.proteahotels.com/protea-hotel-umfolozi-river.html">http://www.proteahotels.com/protea-hotel-umfolozi-river.html</a>
Swaziland (1 night)	Royal Swazi Sun (4*) <a href="http://www.suninternational.com/royal-swazi/royalswazispa/Pages/default.aspx">http://www.suninternational.com/royal-swazi/royalswazispa/Pages/default.aspx</a>
Kapama Private Reserve (2 nights)	Kapama River Lodge (5*) <a href="http://www.kapama.co.za/kapama-river-lodge/">http://www.kapama.co.za/kapama-river-lodge/</a>
Johannesburg (1 night)	The Maslow Hotel (4*) <a href="http://www.suninternational.com/maslow/Pages/default.aspx">www.suninternational.com/maslow/Pages/default.aspx</a>

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 \$7,295 / person**

Pricing (exc. Insurance) / per person	Inc. Air from Toronto
Per person (double occupancy)	\$7,295
Single supplement	\$1,500
Single share fee	\$ 300 **
Transportation / hotel taxes and fees	\$ 690
Academic program registration fee	\$ 550 (per MD registrant)
Payable locally - International airport departure tax (approx)	US\$40

\*\* Single share 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.

**REPEAT CUSTOMER DISCOUNT**

If you have travelled with doctors-on-tour before, you are eligible for our Repeat Customer Discount. Simply deduct 1% for each separate tour that you have travelled with the company on up to a maximum of 3% (ie travelled on one previous tour, deduct 1%; two tours, 2%; three or more tours, 3%). Please note, this discount is applicable to the base price (eg above \$6,795) plus cabin upgrade supplements, single supplement / share matching fee and optional extensions only – it is not applicable to transportation / hotel taxes and fees, travel insurance and/or the academic program registration fee. **In addition, it 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.

## 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, 8 lunches, 9 dinners in a combination of hotel and local restaurants (including wine tasting and lunch at a vineyard in the Franschoek / 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
- Porterage

### 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 (page 24)
- Airport departure taxes
- All items of a personal nature such as telephone / internet usage, laundry services etc

For **invoicing** purposes re doctors and their spouse, we can also provide a separate invoice with the doctor's air cost plus 100% of the accommodation costs included in the doctor's invoice.

**OUR PROGRAMS HAVE LIMITED CAPACITY AND ARE SUBSCRIBED FOR MANY MONTHS IN ADVANCE AND 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 .

### Mandatory vaccinations - none

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.

## OPTIONAL EXTENSION – VICTORIA FALLS, ZAMBIA

(3 NIGHTS : APRIL 2 - 5, 2015)



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 return flight to Toronto (connecting in Johannesburg, South Africa and New York City (JFK) on South African Airways.

### Day 19 – Apr 6, 2015 (Mon) - Arrive Toronto

Arrival in Toronto on the afternoon of April 6, 2015

The hotels...	
Johannesburg, South Africa (1 night)	The Maslow Hotel (4*) <a href="http://www.suninternational.com/maslow/Pages/default.aspx">www.suninternational.com/maslow/Pages/default.aspx</a>
Livingstone, Zambia (2 nights)	David Livingstone Safari Lodge and Spa (4*) <a href="http://www.thedavidlivingstone.com/">http://www.thedavidlivingstone.com/</a>

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)



David Livingstone Safari Lodge and Spa

**The price (to extend your stay...) Cdn \$1,320 / person**

**Pricing (exc. Insurance)**

Per person (double occupancy) – standard room	<b>\$1,320</b>
Single person supplement	\$ 340
Transportation / hotel taxes and fees (per person)	\$ 290
ZAWA National Park fee	US\$10 (payable locally at the lodge)

**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 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)
- Travel insurance
- All items of a personal nature such as telephone / internet usage, laundry services etc

## 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 July 2014, US\$50). In addition, your passport must have at least two blank pages with an expiry date no earlier than 6 months after your scheduled departure date from Zambia.

### Mandatory vaccinations - Yellow fever

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.

## Insurance information...

We strongly recommend that you take out travel insurance to provide you with peace of mind 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 two insurance coverage options –

**Non-medical package** – 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 all monies paid for your trip 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

**Deluxe package** – provides coverage for all the components in the non-medical package, plus unlimited health coverage while in the destination

Note, 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.

Total insurable costs	NON-MEDICAL PACKAGE						DELUXE PACKAGE				
	0-54	55-59	60-64	65-69	70-74	75-79	0-54	55-59	60-64	65-69	70-74
Age>											
6500 - 7000	434	456	535	612	704	944	497	509	626	742	1,094
7000 - 7500	459	481	567	650	748	997	521	532	657	778	1,137
7500 - 8000	483	507	598	689	793	1,051	544	557	687	814	1,179
8000 - 8500	508	531	631	727	838	1,104	568	582	716	851	1,221
8500 - 9000	531	557	662	765	881	1,157	592	607	746	888	1,265
9000 - 9500	556	582	694	804	927	1,210	616	631	777	923	1,307
9500 - 10000	580	608	726	841	971	1,264	640	656	807	960	1,350
10000 - 10500	602	632	753	874	1,009	1,307	662	680	834	993	1,388
10500 - 11000	623	657	780	906	1,047	1,350	684	704	861	1,025	1,426
11000 - 11500	645	681	807	939	1,084	1,393	705	728	888	1,057	1,463
11500 - 12000	666	705	834	971	1,122	1,436	727	753	915	1,090	1,501
12000 - 12500	688	730	861	1,003	1,160	1,480	748	777	942	1,122	1,539

The travel insurance above is only eligible for Canadian residents. Residents of other countries should organize their travel insurance needs through a local insurance provider.

## Testimonials...

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

"A thoroughly enjoyable week – informative lectures, well organized tours and great company!  
Dr. Dagnija Kalnins, Port Credit – Los Cabos, Mexico, 2003

"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

"I would like to thank you very much for a wonderful trip.  
The Galapagos experience and the snorkeling was memorable.  
I especially loved the Amazon rainforest/jungle experience.  
That was the highlight of my trip. I loved every second of it.  
The overnight (Achuar village) experience was the absolute best.  
Your planning of the trip was personal and perfect.  
Your choice of guide was impeccable. Carlos was the best guide we have ever had in our travelling experience.  
The group bonded and I would to travel again with them.  
My wife and I have done quite a bit of travelling in the past few years, and your expertise and personal touch made  
the trip worry-free, professional, interesting, knowledgeable, and extremely unique.  
We will definitely travel with you again.  
In fact, we are already saving money for our next trip with you."  
Dr. Rick Black, Ancaster - Ecuador & The Galapagos, 2009

"We thoroughly enjoyed the recent trip to East Africa.  
All lodges were excellent. The event was a huge success. A lifetime highlight"  
John Bright - Kenya & Tanzania – March, 2010

“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

“In addition to exploring the fantastic sights, and tastes, 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

“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 there spouses were lots of fun. I would be happy to do another trip! “

Dr. Steven Traplin, Guelph – Spain Gourmet tour, 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 Southeast Asia tour was a great success. Ellen and I are resonating with the sights, sounds and smells from the visit! “ Dr. Ron and Ellen Pace, Waterloo – Vietnam, Laos & Cambodia, 2012

“We really enjoyed the tour of Bali and we were glad that we could do it with Dr. (Mel & Bonnie) Borins who showed us the real Bali and not the tourist angle. Every moment was an experience of it’s own. Thank you so much for organizing such a unique experience”

Dr. Nilam Clerk & Shobha Amin, Toronto - Bali, 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

“We had a magical time in Machu Picchu - such a spiritual time at day break - our guide was great! Memorable and well organized. Many thanks for the fabulous trip - 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

“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 really 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

“Our group had a great time during our Delhi extension, and of course, the visit to the Taj Mahal at sunrise was breath-taking. The hotels were fantastic and the food excellent”

Helle Tosine, Toronto – North India extension, 2013

“Just back from the South India tour and it was amazing!!! I am already keen to return to the north on one of your tours. I am a total convert to the doctors on tour trips!! I really enjoyed the varied itinerary...Kumar was outstanding, very professional and certainly made the trip run smoothly, never an easy job in a group that size, different

personalities, etc....but he really was exceptional. Lacuma was also fantastic, very capable and organized. So....well done!!"

Dr. Susan Smith, Fredericton, N.B. – South India, 2013

"Lakuma (our guide) was very good – knowledgeable, well organized and pleasant. The Kerala backwater cruise was beautiful and the Kerala Palace an exceptionally beautiful property. As usual, Dr. Peter & Mary (Bloch) were spectacular hosts. A wonderful trip!"

Andrea Maurice, Toronto, On. – South India, 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 trip of a life time!"

Dr. Edo Teku, Toronto - Vietnam, Cambodia & Laos, 2013

"Excellent trip – hotels, guides, food and company and we saw such wonderful sites. Mel (Borins) was a great trip leader"

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 – 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

"I wanted to let you know that the trip to East Africa was excellent. The safari was well organized from beginning to end and John, our knowledgeable guide, unfailingly and graciously coped with all the challenges of the adventure. This was my third trip to Tanzania in the past 2 years and I came away feeling that I had finally seen the positive side to this beautiful country. We were fortunate to see far more animals than we had anticipated and the drivers took time to let us watch various scenarios play out rather than simply snapping a picture and moving quickly on. Having compared this safari to reports from others and to my previous one to the Ngorongoro Crater last year, I can honestly say that this was superior in every way. I definitely would recommend it to interested others. Thank you for organizing it."

Dr. Pat Barry, Burlington - Kenya & Tanzania, 2013

"Fantastic experience! Every detail to perfection."

Dr. Les Marien, Orangeville, On. - Spain Gourmet, 2013

"The experience was fantastic. Thoroughly enjoyed ourselves"

Dr. Pat Stansberry, Sherwood Park, AB - Ecuador (Galapagos) & Peru, 2013

"Had a great time! Very well organized"

Dr. Yusuf Januwala, Ipswich, Queensland, Australia - Ecuador (Galapagos) & Peru, 2013

"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, 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

"Our guide was amazing - so professional and knowledgeable. Great itinerary - Well done !"

Dr. Susan Smith, Fredericton, N.B - South Africa, 2014

"We had a wonderful trip. Places we stayed during the tour were all very nice and I 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

"The trip was amazing , beyond my wildest expectations!!"  
Dr. Kathy Hoegler, Guelph, On. - South India, 2014

"Let me commend you and your team for this most excellent adventure. Both Lorna and Ashley have done an amazing job on every issue, always seeking consensus, to help us throughout the journey. They deserve a tremendous vote of appreciation".  
Dr. Fred Engle, Toronto, On. - Chile, Argentina and Patagonia Cruise, 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, USA - Chile, Argentina and Patagonia Cruise, 2014



doctors-on-tour - Spain



doctors-on-tour - Ecuadorian Amazon



doctors-on-tour - India



doctors-on-tour - Bali

**And about your Group Leader and Medical Director, Dr. Lorna D'Silva**

"A great trip! Lorna & Ashley did a marvelous job of keeping us on track..:). Tremendous local guides. Thoroughly enjoyable accommodations and food"

Dr. Kathryn Bigsby, Charlottetown - Ecuador & the Galapagos (and Peru), 2010

"Let me commend you and your team for this most excellent adventure. Both Lorna and Ashley have done an amazing job on every issue, always seeking consensus, to help us throughout the journey. They deserve a tremendous vote of appreciation".

Dr. Fred Engle, Toronto, On. - Chile, Argentina and Patagonia Cruise, 2014

A personal note of thanks (again) for a great trip.

Wow -- what a team...

Dr. David Cole, Toronto - Chile, Argentina and Patagonia Cruise, 2014

## The fine print...

The Terms & Conditions contained herein are the terms under which on-tour.ca and doctors-on-tour.ca (being operating brands of Britcan International Consulting (B.I.C.) Inc) 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.

**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. A guaranteed non-refundable deposit of \$500 per person (together with the applicable travel insurance premium is required with your reservation request. Tour extensions are also subject to additional non-refundable deposits as detailed in our brochure. Reservations made for travel within 105 days 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.

**FINAL AND/OR BALANCE DUE PAYMENT:** Guaranteed payment of all balances due is no later than 105 days 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.

**CREDIT CARD PAYMENTS:** Visa & MasterCard credit cards are accepted as form of payment. Credit card payments require that the passenger complete and sign our Booking Form as verification of their approval for the credit card to be charged both for the initial deposit 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 electronic mail communication). No services will be provided without receipt of the signed Booking Form. Third party payments may have restrictions.

**CANCELLATIONS & CHANGES:** The deposit amounts (for both the main tour and any optional extensions reserved) are non-refundable. Cancellation penalties for bookings cancelled by the client after the final balance due date (105 days before departure) are as follows: 105 – 61 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. There will be no refund for unused land arrangements after departure from North America. In the event of the cancellation by doctors-on-tour.ca of any or all components of the travel services offered herein, doctors-on-tour.ca will have no responsibility beyond the refund of all monies received from the client, which will be deemed to constitute full settlement. Individual airfares purchased outside of our groups air blocks are subject to different rules and cancellation fees. Some airfares may be non-refundable once the booking is confirmed regardless of when it was made. Details will be provided at the time of booking.

**TRAVEL INSURANCE:** To protect against cancellation charges, we strongly recommend purchasing Cancellation Protection and Travel Interruption Insurance. Cancellation insurance must be purchased at time of initial deposit. 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 insurance (ie Cancellation Protection and Travel Interruption Insurance) or Deluxe Insurance (Non-Medical coverage plus Health coverage) packages offered by our doctors-on-tour through RBC Insurance.

**TRAVEL DOCUMENTATION, VISA & OTHER IMMIGRATION REQUIREMENTS:** A Canadian citizen must be in possession of a passport that must remain valid for a minimum of 30 days from the date of departure from South Africa (and for a minimum of 6 months from the date of departure from Zambia if taking the optional Zambia / Victoria Falls extension). Tour participants must also ensure that they comply with all visa and health requirements of countries they intend to visit. A tourist entry visa is not required for entry into South Africa (but is required for entry into Zambia if taking the optional Zambia / Victoria Falls extension). 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. 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 .

**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.

**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.

**ACCOMMODATIONS:** Accommodations on twin occupancy basis, is provided at the hotels/lodges/camps 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. The right is reserved to substitute hotels/lodges/camps/ should conditions warrant such change for reasons beyond our control. Rooms/cabins are assigned by the respective supplier(s) on a run-of-the-house basis, in category (ies) as specified in the itinerary

**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/ as conditions warrant such change for reasons beyond our control. Accommodations on twin occupancy basis, is provided at the properties/hotels/lodges/camps as specified or similar. Single room supplements apply to persons occupying sole use of a room 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.

**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.

**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.

**OPTIONAL TOURS, EXCURSIONS AND TRIP EXTENSIONS:** It is our intent to operate any Optional 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.

**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 doctors-on-tour.ca 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 at the time of booking and are subject to availability and also any applicable flight class supplement.

**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.

**CONSUMER PROTECTION:** doctors-on-tour.ca is 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/>

**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 doctors-on-tour.ca and doctors-on-tour.ca bears no responsibility for such illness or inconvenience. doctors-on-tour.ca cannot accept responsibility for the behaviour of other guests/groups nor the unlikely event of the withdrawal of services or facilities due to local cultural and political events or holidays.

**FORCE MAJEURE:** doctors-on-tour.ca 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, strikes, lockouts or other labour disputes or disruptions, wars, blockades, insurrections, riots, earthquakes, weather conditions, floods or acts or restraints imposed by government authorities.

**OUR RESPONSIBILITIES :** doctors-on-tour.ca makes arrangements with airlines, tour operators, ground handlers, hotels/lodges, cruise lines, car rental companies & other independent parties to provide you with the travel services and other services you purchase. Although we take care in selecting these suppliers, we have no control over them and, therefore, cannot be responsible for their acts or omissions. In the unlikely event that a hotel / lodge described in this brochure is not available we reserve the right to provide an alternate hotel / lodge 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 are subject to the applicable provincial Travel Industry Acts and Regulations and are subject to the conditions imposed by these suppliers and their liability is limited by their tariffs, conditions of carriage, tickets and vouchers and international conventions and agreements.

doctors-on-tour.ca 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 doctors-on-tour.ca. 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 doctors-on-tour.ca. 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. doctors-on-tour.ca can assume no responsibility for lost tickets or coupons. The liability of doctors-on-tour.ca 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.