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## PROFESSIONAL ADVANCEMENT ESCAPE

DR. STEVE SZARKA & Doctors-on-Tour present a

# CME & CULTURAL TOUR OF VIETNAM, LAOS & CAMBODIA

FEBRUARY 5 - 21, 2016

### The Organizers...

**Dr. Steve Szarka, B.Eng.,M.Eng.,M.D.,C.C.F.P. - Hamilton, On.**

Dr. Steve Szarka is a family physician with a private practice in Hamilton, Ontario. His undergraduate education in both Electrical and Computer Engineering (B.Eng, M.Eng) and Medicine (M.D) was also obtained at McMaster University in Hamilton. In Hamilton, he helped establish, and was the Lead Physician for, one of the first Primary Care Reform Networks (PCN) in Ontario. He has also served on Steering Committees for the establishment of the first Family Health Team in Ontario, and to help establish protocols for the Family Health Team in the Hamilton Area relating to the management of chronic care diseases as it pertains to diabetes. He currently holds the position of Assistant Clinical Professor in the Department of Family Medicine, Faculty of Health Sciences, McMaster University and is the President Elect for the Hamilton Academy of Medicine.

He developed a special interest in phlebology and sat on the board of directors for the Canadian Society of Phlebology. This has been a challenging position that has allowed him to interact and teach his colleagues in this field, both here in Canada and as an invited speaker all over the world. This will be Dr. Szarka's second venture hosting a Doctors-on-Tour program following his leadership of the fully-subscribed CME tour to Eastern Europe in September 2015.

Dr. Szarka may be contacted at –

e: [szarkas@mcmaster.ca](mailto:szarkas@mcmaster.ca), Tel: 1-905-648-3322

### Doctors-on-Tour >

Doctors-on-Tour was created in 2000 and specializes in offering ecological, cultural, gastronomical and adventure travel to exotic destinations for physicians who want to combine learning and travelling. Our programs offer targeted educational programs offering updates on current topics of interest together with meetings and discussions with local health care representatives to specifically discuss common medical developments in, and challenges facing, the local health care systems in both Canada and the country where the meetings and discussions are being located. This also includes in-depth tours of hospital facilities (both public and private) in order to meet with local medical practitioners and review, and compare, facilities, techniques and practices on a first hand basis. We offer programs in several worldwide locations including to such diverse and intriguing areas as **South America (Brazil, Chile/Argentina, Ecuador/Peru), Africa (Kenya/Tanzania, South Africa, Zanzibar, Kilimanjaro climb), India, South East Asia (Vietnam, Cambodia, Laos & Bali), New Zealand and Europe (Eastern Europe, Spain).**

Additional information, including detailed program brochures downloadable in pdf format and recent testimonials, can be found at [www.doctorsontour.ca](http://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).

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## The Destinations... VIETNAM, LAOS & CAMBODIA (including the Temples of Angkor)

Besides war museums and French colonial-style buildings, **Vietnam** boasts varied styles of religious monuments, from ancient Khmer-style carved sandstone temples to centuries old tiered-roof Chinese pagodas and palaces, as well as nature's contribution of thousands of jutting limestone outcrops with hidden grottoes, lush forests and tranquil beaches and islands. We travel through the heart of this fascinating country - from the wide open French style boulevards of vibrant Ho Chi Minh City (formerly Saigon) and the lush farmlands of the Mekong Delta in the south to the capital, and city of lakes, Hanoi, in the north. Our journey will also include historic Hue and charming Hoi An - both UNESCO designated World Heritage sites.

Serene, timeless **Laos** is one of Asia's most unvisited and unchanged countries. This once-powerful kingdom known as Lan Xang (Million Elephants) was founded in the 14th century with the help of the Khmers, and went on to become one of the largest kingdoms in Southeast Asia until its demise in the late 19th century. Bisected and bordered by the Mekong River, omnipresent symbol of Indochina, Laos today is an amalgam of cultural influences; Theravada Buddhism, animism, France, and the socialist ideal. Our time will be spent in the charming spiritual centre of Luang Prabang - a peaceful place on the banks of the Mekong River where the legendary hospitality, resilience and friendliness of the Lao people is much in evidence. Laos is Old Asia preserved.

In **Cambodia**, delve into the history of the Khmer Empire from the 9<sup>th</sup> century as you explore some of the temples of the Angkor Park (including the masterful Angkor Wat itself) just a few kilometers from the colonial city of Siem Reap. Well preserved stone temple ruins dating back about 1,000 years cover an area of 200 sq. kilometers. It is easy to spend several days exploring here, taking in the thousands of exquisite statues and bas relief carvings that adorn the walls of seemingly endless temple buildings and chedis (stone spires). And take in the highlights of Phnom Penh, the vibrant bustling capital with it's mansions and tree-lined boulevards amidst monumental Angkorian architecture.

Experience the warmth and hospitality of these three cultures as you meet friendly people, sample mouth-watering dishes, cruise waters that will carve unforgettable memories in your mind, bargain at local stalls and learn about the local health system and it's age old **traditional healing techniques** – an incredible tour of the jewels of South East Asia.

Additional info can be found at:

[http://www.vietnamtourism.com/e\\_pages/news/index.asp](http://www.vietnamtourism.com/e_pages/news/index.asp)

<http://www.tourismlaos.gov.la/laos-in-brief.htm>

<http://www.cambodia-tourism.org/>

## The Academic Program (approximately 15 CME hours) ...

The **detailed program itinerary below** provides information on the various medical facilities that we will be visiting to learn more about the healthcare system in South East Asia, with a particular **emphasis on local forms of Traditional Healing, Alternative and Tropical Medicine**. There will also be a series of lectures throughout the tour from both local physicians and Canadian presenters together with interactive discussions, and complete information on the individual medical topics being presented will be included with your pre-departure documentation. Any physician who would like to make a short presentation at the Medical Conference in Hoi An (Vietnam) should contact our Group Medical Director, Dr. Steve Szarka (e: [szarkas@mcmaster.ca](mailto:szarkas@mcmaster.ca), Tel: 1-905-648-3322), directly.

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

## The Itinerary...

### DAY 1 – Feb 5, 2016 (Friday) – Depart Toronto

Depart Toronto on the following flight schedule -

Dep:	Toronto (YYZ)	Cathay Pacific	CX 829	5-Feb-16	1:25 AM
Arr:	Hong Kong (HKG)			6-Feb-16	6:00 AM
Dep:	Hong Kong (HKG)	Dragonair	KA 208	6-Feb-16	8:50 AM
Arr:	Phnom Penh (PNH)			6-Feb-16	10:30 AM

### DAY 2 – Feb 6 – Arrive Phnom Penh (L, D)



*Phnom Penh is the vibrant bustling capital of Cambodia. Situated at the confluence of three rivers, the mighty Mekong, the Bassac and the great Tonle Sap, the capital city has an almost provincial charm and tranquility with French colonial mansions and tree-lined boulevards amidst monumental Angkorian architecture. A mixture of Asian exotica and, the famous Cambodian hospitality, awaits the visitors to the capital of the Kingdom of Cambodia.*

Morning arrival in Phnom Penh, where you will be met by your guide who will assist you in obtaining your Cambodia entry visa (VIP fast track process). Transfer to your hotel for check-in and some time to relax before lunch at a local restaurant.

Welcome lunch will be arranged at Friends restaurant a vibrant and colourful training restaurant run by Mith Sanlanh an organization that teaches former street kids in the principles of hospitality.

In the afternoon visit the **Tuol Sleng Museum of Genocidal Crimes**. Prior to 1975, Tuol Sleng was a high school. When the Khmer Rouge, and Pol Pot's security forces, came to power it was converted into the S-21 prison and interrogation facility. Inmates were systematically tortured, sometimes over a period of months, to extract confessions, after which they were executed at the killing fields of Choeung Ek. S-21 processed over 17,000 people only seven of whom survived and those who died during torture were buried in mass graves in the prison ground. The building now serves as a museum, a memorial and a testament to the madness of the Khmer Rouge regime. The prison kept extensive records, leaving thousands of photos of their victims, many of which are on display. Then continue to the outskirts of the city to Choeung Ek, better known as the **Killing Fields**.



Dinner will be at Mangosteen restaurant specializing in Indochine dishes with also a range of Western dishes and a varied choice of vegetarian options.

Evening at leisure. Overnight in Phnom Penh.

**DAY 3 – Feb 7 – Phnom Penh – Siem Reap (B, L)**

In the morning, physicians will visit the **National Pediatric Hospital** [www.nphcambodia.org](http://www.nphcambodia.org) in Phnom Penh.

**Non-Physicians** will visit the **Russian Market**, the best place in the city for wooden and stone carvings, old coins, jewellery, and Cambodian and Chinese silk clothes.

Mid morning, all participants will see the sights of Phnom Penh in a cyclo - an original Phnom Penh means of transportation and a very fun way to explore this lively city.

Start your tour at the **National Museum** which was designed by George Groslier and the Ecole des Arts Cambodgiens. The museum was built in traditional Khmer style in 1917 and was inaugurated in 1920 by King Sisowath. It houses the world's foremost collection of ancient Khmer archaeological, religious, and artistic artefacts from the 4th to the 13th centuries. Over 5,000 pieces are on display, constituting the repository of the Kingdom's cultural wealth. In addition, the roof space is home to a large bat colony!

Lunch will be served at a local restaurant.

Continue through the interesting French Quarter to the **Royal Palace**. This palace dates back to 1866 and was the last palace built during the French colonial period. The same complex houses the **Silver Pagoda**, named for the over 5000 heavy silver tiles that cover its floors. Its original name is Wat Prakeo, meaning Temple of the Emerald Buddha. In this temple you will view a collection of Buddhas in gold, silver, crystal, and bronze.



Transfer to Phnom Penh Airport for late afternoon domestic flight to Siem Reap. Upon arrival at Siem Reap International Airport, you will be welcomed by your local English speaking guide who will accompany you to your hotel for check in.

Rest of the day at leisure to relax at the hotel or maybe discover Siem Reap on a stroll through its beautiful pagodas and the colourful market.

Overnight in Siem Reap

**DAY 4 - Feb 8 – Siem Reap (B, L, D)**

**Siem Reap** is the provincial capital city of Siem Reap province. Until recently the one horse town of Siem Reap was just a dusty track with a few shop fronts but in a matter of years it has been transformed into the gleaming gateway to one of the World's archaeological marvels - the Temples of Angkor, or Angkor Park which is over 40 km<sup>2</sup> and is home of more than 100 temples dating from the 7th and 11th centuries, such temples being devoted to Buddhist and Hindu deities. Thirty-nine kings reigned during the Angkor era, and this uninterrupted period of peace and prosperity created the most powerful kingdom in South East Asia, until its fall in the 15th century, when the Siamese army finally succeeded in sacking it. Although the Khmers knew about the city of Angkor, it was only when the French botanist Henri Mouhot led an exploration to the area in 1861 that this 'lost city' aroused international interest.



In the morning, visit the **Great City of Angkor Thom** that was the last capital of the Great Khmer Empire under the reign of Jayavarman VII. This city is surrounded by an 8 m high wall, each side of the city is 4 km long. It draws a perfect square as you access this town through 5 gates; 4 of them represent the cardinal points and the 5<sup>th</sup> one the Victory Gate was the one leading directly to the Royal Palace Area. You will arrive via the **South Gate**, an impressive stone gate carved with Elephants and 4 giant faces. On each side is a row of 54 gods or demons holding the sacred Naga snake. From here you continue and enter the city and arrive at the **Bayon Temple**. This temple lies exactly in the center of the city. The particularity of this monument is the 54 towers representing the 54 provinces of the then Great Khmer Empire. Each tower has 4 faces. Continue by foot to the **Baphuon**, the **Terrace of the Elephants** and the **Terrace of the Leper King**.

Lunch at Sugar Palm restaurant.

This afternoon, take a Tuk-Tuk to visit the biggest religious temple in the world; the magnificent **Angkor Wat** Temple. Built by Suryavarman II, in the early 12<sup>th</sup> century, Angkor Wat is constructed following the model of the temple mountain symbolizing the Mount Meru, home of the gods. Considered as the masterpiece of the Khmer architecture, this Vishnuite temple is the King's funerary temple. These are the main reasons to explain the West exposure of the temple. Inside the temple the walls are covered by carvings and bas-reliefs depicting the Hindu mythology and the wars Suryavarman II made during his reign. As well, Angkor Wat is well known for the 2000 Apsaras dancers decorating the temple. Return back to your hotel after viewing the **sunset over Angkor Wat**.

Dinner will be at a local restaurant with a traditional Khmer dance show. Dancers, singers and musicians will bring ancient Khmer culture to life in spectacular surroundings while you will enjoy the very best in Cambodian cuisine.

Overnight in Siem Reap



Bayon, Angkor Thom



Angkor Wat

**DAY 5 – Feb 9 – Siem Reap - Luang Prabang (Laos) (B, D)**



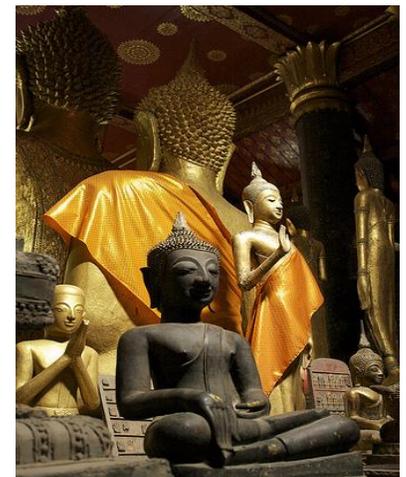
In the morning, embark on an interesting boat trip on the **Tonlé Sap Lake**, where you will have the opportunity to learn about life on the lake. Tonle Sap is South East Asia's largest freshwater lake with its size varying greatly depending on the season. During the dry season it is roughly 2,500 km<sup>2</sup>, swelling to about four times its size during the wet season: 10,000 km<sup>2</sup>! Board a local boat and visit **Kampong Phluk**, a village where we'll see houses on stilts that are submerged when Tonlé Sap Lake extends. On the way, you will pass floating houses and impressive flooded forests, portraying life of the local people on the water.



Rest of the day at leisure until the transfer to the airport for your afternoon flight to Luang Prabang.



**Luang Prabang**, nestled in the valley, surrounded by high mountains and situated along the Mekong, was once the former capital of Laos, during the Lane Xang Kingdom from the 13<sup>th</sup> to 16<sup>th</sup> centuries. Nowadays, it is renowned as the cultural and religious capital of Laos, and its UNESCO designation as a World Heritage Site in 1995 has ensured the preservation of a mixture of traditional Lao and French colonial architecture which add to the town's unique character and charm. The magnificent temples in Luang Prabang are considered among the most beautiful in South East Asia.



Arrive **Luang Prabang (Laos)** where you will be met by your guide who will assist you in obtaining your Laos entry visa (VIP fast track process). Transfer to your hotel for check-in and some time to relax before dinner at L'Elephant restaurant.

Overnight in Luang Prabang.

#### DAY 6 – Feb 10 - Luang Prabang – Kamu Lodge (B, L, D)

After breakfast, embark for a cruise along the Mekong River to Kamu Lodge. On the way, stop at **Pak Ou Caves**. Locally referred to as Tam Ting, these two caves are carved out of towering limestone cliffs and contain thousands of gold lacquered Buddha statues. They range in size from a few centimeters to the size of a human. The caves are as well a destination for local pilgrimages.



Continuing upriver for about an 1 hour we reach the **Kamu Lodge**. Located in a unique site on the banks of the Mekong, the Kamu Lodge offers a very original Lao experience in an amazing environment to relax and participate in different activities from which you will learn about the local daily life of the Kamu people.

The Lodge features private canvas tents (with en-suite washroom facilities) and, faithful to local style, each one is protected from the elements by a thatch roof which allows the lodges' grounds to harmoniously blend with surrounding nature. A variety of activities are available including -

- Rice planting and harvesting in surrounding rice fields
- Gold panning (January to June) in the Mekong. Anything you find is yours!
- Jungle walks to search for medicinal plants
- Forest trekking
- Traditional fishing techniques. You can sample your catch for dinner!
- Visits to local villages

Dinner and overnight at the Lodge



**DAY 7 – Feb 11 – Kamu Lodge – Luang Prabang (B, L, D)**

After breakfast, enjoy free time to either relax or engage in some of the activities offered by the lodge before heading back on the Mekong River to Luang Prabang with a possible stop en route at **Ban Xang Hai**, a specialized village to product rice alcohol. “*Lao Lao*” or “*Lao Khao*” is a very strong rice alcohol usually made in rural areas. It is normally drunk for social events such as welcome to people, wedding, birth, etc...

After lunch, physicians will visit the **Lao-Chinese Provincial Hospital in Luang Prabang to tour the facilities and meet with a local acupuncture doctor.**

Non-physicians will have time to shop at **Ma Té Sai**, a speciality shop based near the Mekong River in Luang Prabang, that sells beautiful traditional gifts and household crafts which are hand made by people all over Laos. Afterwards, discover **Yensabai Book & Art** in Luang Prabang, where you can buy, exchange or borrow books, share a cup of local organic coffee, and see some Lao traditional stencils made with Saa paper.

Then visit the local **SOS Children’s Village** (a non-profit, non-government, voluntary organization), on the outskirts of the ancient capital of the former Laotian kingdom of Lan Xang, near the village of Ban Pong on the main road to Muang Khai. 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’. Many orphaned children from the local hill tribes have found a new home in the Village in Luang Prabang. Most of them speak only their own tribal dialect and have not learned the Laotian language. The Village has 14 family houses and an SOS Nursery for 100 children, both from the local community and from the Village. The site, which was donated to SOS Children by the local authorities, includes a paddy field and a pond. You will be able to provide medical advice to the caregivers as part of your visit. An SOS School with 12 classrooms for 650 primary and secondary pupils is currently under construction.

<http://www.sos-childrensvillages.org/>

Return to Luang Prabang in time to partake in a **Laos cooking class**.

*Lao cuisine is heavily influenced by the flavours of neighbouring Thailand. The food is prepared using fresh ingredients and most dishes are flavoured with lime, lemongrass, coriander, and chilli. A traditional Lao meal is served with ‘khao niaw’, or sticky rice, which is rolled in to small balls and used to pick up the food. Typical dishes include ‘tam mak hung’, a salad prepared with green papaya, and ‘laab’, a dish of minced meat mixed with mint and chilli. The locals usually enjoy distilled rice wine, called ‘lao lao’, or a cold Beer Lao with their meal.*

Experience the wonderful flavors of Lao cuisine with a **Lao cooking class** - a fun, hands-on way to learn about the ingredients involved and techniques used to create the local cuisine. And then, at the end of your preparation sit down to enjoy a delicious dinner which you have helped prepare.

Overnight in Luang Prabang.



**DAY 8 – Feb 12 – Luang Prabang (B, L)**



After breakfast your city tour begins at the former **Royal Palace**, now the National Museum. The Royal Palace was built in 1904 during the French colonial era for King Sisavang Vong and his family, and is now home to exhibits of art and jewels as well as the residence itself. From there, continue on foot to visit **Wat Mai**, with its unique 5 tiered roof and golden bas-reliefs. During Pimai, the Lao New Year, the small Buddha statue called Pra Bang normally housed in the Royal Palace Museum is brought and put on public display in this temple. Then visit **Wat Sene** with its beautiful golden façade.

Lunch will be at a local restaurant for sampling typical Luang Prabang style dishes.

This afternoon, visit the **Traditional Arts & Ethnology Centre**, a museum dedicated to exploring the rich diversity of Laos' ethnic minorities. Traditional costumes, tools, and artifacts are on display alongside in-depth descriptions and written histories. It is a great opportunity to gain an insight in to the Lao people.



Then, you will visit the refreshing waters of the **Kuang Si Waterfalls**. These waterfalls cascade down a multilevel limestone formation creating a series of turquoise blue pools perfect for swimming in on a hot day (Note: when bathing, please wear a sarong). The jungle and dense woods surrounding the falls is filled with wildlife and pleasant walks can be taken along the natural footpaths. On the way back stop at stop at **Ban Tha Pan** to learn more about the Kamu way of living. Then stop at Ban Ou, a **Lao Loum Village**, the largest ethnic group in Laos. Finish with a stop at **Ban Na Ouane** a Hmong village. The Hmong people originated in the mountains of Southern China but despite their rich oral tradition there are no written records of their past except from accounts of outsiders. Thus Hmong history has been passed down through legends and ritual ceremonies from one generation to another. In the 1960s and '70s many Hmong were secretly recruited by the American army and the CIA to fight against communism in Laos.

Late afternoon, you will head up to the base of **Mount Phou Si** to ascend the 328 steps to the top of the hill. Enjoy the panoramic views of the city and surrounding countryside before descending to the evening hill tribe market. Browse for handmade textiles, handicrafts, and souvenirs sold by the Lao hill tribes who set up stalls every evening on the town's main street.



Evening at leisure. Overnight in Luang Prabang

**DAY 9 – Feb 13 – Luang Prabang - Hanoi (B)**

Before breakfast you have the opportunity a very special dawn visit to watch the **monks collecting the alms**. As the sun begins to rise, long lines of orange-robed monks leave their pagodas and walk barefoot down the streets collecting offerings from Luang Prabang residents. Alms giving is an integral part of the Buddhist philosophy, earning the giver merit, or 'bun', towards their next life, enhancing their chances of improving their existence next time around. Taking part in this daily ritual can be one of the highlights of a stay in Luang Prabang. You will be given a small food parcel which will have been freshly prepared that morning and your guide will give you a quick instruction in etiquette. It is a beautiful, serene ceremony that highlights the spiritualism of the Laos people.



Return to the hotel for breakfast.

This morning, visit the Phosy Market where you can join the locals and support vendors by buying fresh products or fruit. Your guide will encourage you to taste some of the exotic flavors of the local fruits and help you to identify new items not found at home in your local supermarket!

Continue to **Ock Pop Tock**, a non-profit organization which seeks to preserve traditional weaving techniques, a trade which was once an important source of income for many Lao families but is slowly fading out as modern technology has evolved. Spend time learning about the process of silk weaving from the initial stages of creating the dyes to the final process of loom weaving.



Finally, visit Luang Prabang's most photographed temple, Wat Xieng Thong. Located at the end of the peninsula, close to the Mekong, this temple was built in 1560 by King Setthathirat, with the library being added in 1828.

Afternoon at leisure until the transfer to the airport for your late afternoon flight to Hanoi.

Arrive **Hanoi, (Vietnam)** where you will be met by your guide who will assist you in obtaining your Vietnam entry visa (VIP fast track process). Transfer to your hotel for check-in.

Evening at leisure. Overnight in Hanoi.

**DAY 10 – Feb 14 – Hanoi (B, L, D)**



*The charm from the French era still emerges in **Hanoi**, the capital of Vietnam. A city of broad boulevards lined with tamarind trees and numerous lakes, Hanoi combines harmoniously the liveliness of the Old Quarters with remarkable colonial architecture. Ranking amongst the world's most attractive and interesting cities, the city's placid air gives it a gracious, almost regal flavor, underscored by a rich history that traces back more than a thousand years from 1010 when it was the most important political centre of Vietnam. Although eclipsed by Hue during the Nguyen Dynasty as the country's capital in 1802, it regained it's position as the capital of French Indochina from 1902 to 1954 and, since then, the capital of North, and subsequesnt to the War and Reunification, the whole country.*

Today, enjoy a full day city tour of Vietnam's capital including the following sites and activities -

- **Ho Chi Minh Complex:** Completed in 1975 the complex contains Ho Chi Minh's mausoleum, his former stilt-house residence and the Ho Chi Minh museum. On the same complex is also the **One Pillar Pagoda**, founded by King Ly Thai To in 1049. This structure has become an important symbol for the people of Hanoi.
- The **Temple of Literature:** Originally built as a temple to Confucius, this is the site of Vietnam's first university dating back to 1070.
- The infamous Hoa Lo Prison, now a museum (formerly known as the "**Hanoi Hilton**" during the Vietnam (or as the local's call it, "American") war.

Lunch at a local restaurant

- For **physicians**, you will visit the **Clinic for Traditional Eastern Methods** in Hanoi for a demonstration and lecture by Dr. Huong, a practitioner in these methods for over 20 years. For several thousand years, Vietnamese Traditional Medicine has evolved under the shadows of Chinese Traditional Medicine, culture, and rule. Dr Huong is an expert in Traditional Eastern Methods through Acupuncture, Acupressure and Cagut Implantation. **Non-physicians** will visit the **Hoan Kiem Lake and The Huc bridge**.
- Cyclo tour through the Old Quarter: Also known as the 36 streets, this bustling area of narrow streets is home to literally thousands of small businesses and shopkeepers. It's a great place to explore, especially by cyclo, with plenty of photo opportunities all around you. Make a stop to walk along Hang Thuoc Bac meaning Herbal Medicine Street where many kinds of dried herbs are sold.
- Dinner is a **cooking class at Madame Anh Tuyet's** restaurant. Getting to know the food is also the great way of getting to know the country. Vietnamese food is healthy, simple to cook and delicious. A true Hanoian, Tuyet learned her culinary skills from her grandmother who used to cook for the French in the 1930's. Learn how to prepare and cook true northern Vietnamese cuisine before sitting down to enjoy a delectable meal.

Overnight in Hanoi.

## DAY 11 – Feb 15 – Hanoi - Hue (B, L)

An early start this morning as you catch the first rays of the sun and a chance to see Hanoi waking up. Visit the Hoan Kiem lake where locals practice their morning exercises – **Tai Chi**, aerobics and badminton. Learn all about the Tai Chi exercises and their benefits.

*Tai Chi is a type of internal Chinese martial art which has also developed a worldwide following for its health benefits and stress management. Medical studies support its effectiveness as an alternative exercise as the slow, repetitive work involved in the technique opens the internal circulation (breath, body heat, blood, lymph etc.)*



Return to the hotel for breakfast before visiting the Buddhist **Tran Quoc Pagoda** on West Lake (one of the oldest in Vietnam) and **Quan Thanh Temple** (Taoist, dating from the Ly Dynasty). Later, visit the **Museum of Ethnology**, widely acknowledged as the best in the country where you may observe Vietnam's diverse culture through the Museum's unique presentation of artifacts and dress used in daily life, including an extensive display dedicated to Vietnam's 54 Ethnic minority peoples.

Lunch will be at a local restaurant.

In the afternoon, **physicians** will visit the **National Hospital of Traditional Medicine**, the leading hospital in its field for the whole country of Vietnam. It is the largest establishment for treatment, research, and training in traditional medicine. The hospital has a total of 22 departments with two main centers that are divided in 3 main sections including clinical, para-clinical and functional section. Visit the various departments and meet with some of the best traditional specialists to learn about this form of medicine.

<http://nhhtm.gov.vn/home>

**Non-physicians** will visit the **Vietnamese Women's Museum**, a community repository of cultural and historical knowledge about Vietnamese women's lives across the nation's 54 ethnic community groups. The Museum is also a centre for cultural exchange with women from other nations with the goal of fostering 'equality, development and peace'.

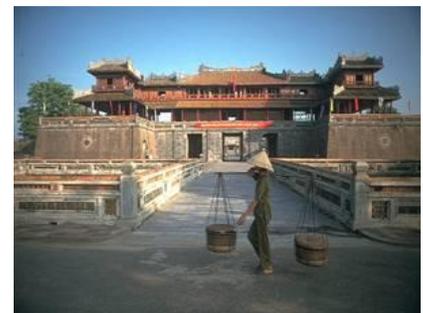
<http://www.womenmuseum.org.vn/>

Transfer to the airport for evening flight to Hue. Upon arrival in Hue, transfer to hotel for check in. Overnight in Hue.

### DAY 12 – Feb 16 – Hue (B, L, D)

*Hue is the former imperial capital of Vietnam from where the Nguyen Dynasty of emperors ruled from 1802 till 1945, just 150 km from Hoi An. In 1687 the Viets made Hue their capital, and continued their expansion into Cham territory. It remained the capital under the Nguyen dynasty, which had thirteen emperors, the last of whom ruled until 1945. Hue is still the intellectual capital of Vietnam with 12 schools of higher learning. It maintained its cultural identity while other cities were accumulating foreign influences. The Nguyen dynasty left an Imperial city of citadels, palaces, tombs and temples set in the peaceful countryside bordering the Perfume River. Hue today has regained its royal demeanor and is a calm, peaceful and relaxed place to visit. The remaining French colonial garden houses and villas, quiet streets, riverbanks, and outlying tombs and pagodas that escaped damage – all give Hue a unique atmosphere of tranquility.*

Start the morning with a cruise along the romantically named **Perfume River** which takes you by tranquil settings of gardens and lakes where Hue's best-known religious sites, the **Thien Mu Pagoda** and the mausoleum of former Emperor Minh Mang are located. After lunch, continue to the ancient walled Citadel containing the former **Imperial Palace** from where the Nguyen Dynasty ruled between 1802 and 1945. The Citadel was closely modeled along the lines of the Forbidden City in Beijing. Much was damaged by French aerial bombing and also in the Tet Offensive in 1968. Now however much of the city is being faithfully restored thanks to generous funding by UNESCO. Follow this tour of the Emperor's residence with a trip into the surrounding countryside to see the final resting place of the Emperors by visiting two of the most impressive **Royal Tombs** and finish with a visit to the lively **Dong Ba** market.



Evening at leisure. Overnight in Hue.

### DAY 13 – Feb 17 – Hue - Hoi An (B, L)



*Once known as Faifo, **Hoi An** was one of the orient's major trading ports in the 16<sup>th</sup> and 17<sup>th</sup> centuries. Chinese, Japanese, French, English, Spanish, Portuguese and other traders had small communities here, and the old wooden houses, bridges and temples that remain are reminiscent of a Vietnam of centuries past. After the Thu Bon River, linking Hoi An to the sea, silted up, ocean going ships were no longer able to sail into town and trade moved 30km up the coast to Tourane, known nowadays as Danang. Despite the passing of 200 years and the ravages of the weather and war, the centre of Hoi An remains much the same as it was in its heyday and this absolutely charming and relaxed town has been designated a UNESCO World Heritage*

After breakfast, leave Hue to drive over the beautiful **Hai Van Pass** (literally the 'Pass of Ocean & Clouds") - Vietnam's geographical and psychological boundary between north and south. The peak of the pass lies perpetually shrouded in clouds. Stop en route at the beautiful **Non Nuoc Beach** and the **Cham Museum**, which contains the finest collection of Cham sculpture in the world. In Danang you will visit the **Marble Mountains**, five sacred hills containing dozens of Buddhist shrines before proceeding to Hoi An.

After lunch, take a leisurely walking tour of the ancient town center of Hoi An and visit the sites of former merchants' homes, a 400 year-old Japanese Covered Bridge, and a Chinese Communal Hall. Then time for browsing and shopping in the one of the most colourful local marketplaces in all of South East Asia.

Evening at leisure. Overnight in Hoi An.

#### DAY 14 – Feb 18 - Hoi An (B, L)

**Academic program** in the hotel in the morning at the hotel, with both Canadian and local speakers followed by lunch.

**Keynote presentation - Traditional medicine and the local healthcare system in Danang/Hoi An - Dr. Ba**

Any physician who would like to make a short presentation should contact our Group Medical Director, Dr. Steve Szarka (e: [szarkas@mcmaster.ca](mailto:szarkas@mcmaster.ca), Tel: 1-905-648-3322), directly.

**Non-physicians** will enjoy free time to relax at the beachfront resort – spend time by the pool or swim in the Gulf of Bac Bo

Free time for the rest of the day. Overnight in Hoi An.

#### DAY 15 – Feb 19 – Hoi An – Danang - Ho Chi Minh City (Saigon) (B, L, D)



*Saigon, Pearl of Orient, is the largest city and economic center. It is a blend of Chinese, French colonial and modern influences. The huge number of people, shops and stalls give Saigon, now named Ho Chi Minh City, a bustling atmosphere. Flocks of schoolgirls on bicycles, their traditional white "Ao Dai" tunics fluttering in the breeze; vendors engulfed in bright bubbles of balloons or pushing carts heaped with wares.*

Morning arrival in Saigon, where your guide will meet you and transfer you to your hotel for check-in. Lunch will be served at a local restaurant.

Transfer to nearby Danang airport for morning flight to Saigon.

Lunch will be at Hoa Tuc restaurant and afterwards, start your tour of this bustling city which unravels Saigon's turbulent past and also provides a glimpse into the fascinating variety the city has to offer. Included in the tour are the landmark Reunification Hall, formerly known as the **Presidential Palace**. It was towards this modern building that North Vietnamese resistance fighters tanks (Viet Cong) rolled on the morning of April 30, 1975 as Saigon fell. This fascinating building is filled with history still fresh in the minds of many. See the fascinating **War Remnants Museum** with it's unforgettable photo collections displaying the elements of the long struggle from both side's perspectives. Then, the red-brick Catholic cathedral of **Notre-Dame**, the nearby 19<sup>th</sup> century Empire-style **Post Office**, and the '**Hotel de Ville**' or City Hall, all of which display classic examples of classical French colonial architecture in their indomitably European style.

Dinner is at Ancient Town restaurant.

Overnight in Saigon.

**Day 16 – Feb 20 – Saigon - Mekong Delta - Saigon (B, L, D)**

*The **Mekong Delta**, often referred to as Vietnam's rice basket, is the biggest rice-growing region in the country, the rich alluvial soils producing three harvests a year. Despite being a predominantly rural region, the Mekong Delta is one of the most densely populated areas in Vietnam and most of the land is under cultivation. Other delta products include coconut, sugar cane, fruit and fish.*

An early morning departure from your hotel takes you to Cai Be, deep in the heart of the Mekong Delta. Embark on your private deluxe junk boat cruise to the colourful **Cai Be floating market**. Your tour continues with a visit to local home factory which produces rice paste, rice pop corn and coconut candies. Continue cruising to the evergreen islands, located in the Mekong River, through large networks of meandering rivers which are crisscrossed with countless canals. Enjoy a relaxing lunch in a local restaurant before returning to Saigon later afternoon driving through beautiful landscapes.

Farewell Dinner at Monsoon Restaurant. Overnight in Saigon.

**DAY 17 – Feb 21 (Sunday) – Saigon - Onward return flight to Toronto (B)**

Transfer to the airport after breakfast for your return flight to Canada on the following flight schedule -

Dep:	Saigon (SGN)	Cathay Pacific	CX 766	21-Feb-16	11:30 AM
Arr:	Hong Kong (HKG)			21-Feb-16	3:10 PM
Dep:	Hong Kong (HKG)	Cathay Pacific	CX 826	21-Feb-16	6:15 PM
Arr:	Toronto (YYZ)			21-Feb-16	8:10 PM

Arrival back in Toronto on the evening of February 21, 2016.

**The hotel bases...**

CITIES	HOTELS
PHNOM PENH, CAMBODIA	SUNWAY HOTEL <a href="http://phnompenh.sunwayhotels.com/">http://phnompenh.sunwayhotels.com/</a>
SIEM REAP, CAMBODIA	BOREY ANGKOR RESORT & SPA <a href="http://boreiangkor.com/">http://boreiangkor.com/</a>
LUANG PRABANG, LAOS	THE GRAND LUANG PRABANG <a href="http://www.grandluangprabang.com/">http://www.grandluangprabang.com/</a>
MEKONG, LAOS	KAMU LODGE <a href="http://www.kamulodge.com/">http://www.kamulodge.com/</a>
HANOI, VIETNAM	MOVENPICK HOTEL <a href="http://www.moevenpick-hotels.com/en">http://www.moevenpick-hotels.com/en</a>
HUE, VIETNAM	SAIGON MORIN HOTEL <a href="http://www.morinhotel.com.vn/morin_intro/">http://www.morinhotel.com.vn/morin_intro/</a>
HOI AN, VIETNAM	PALM GARDEN RESORT <a href="http://palmgardenresort.com.vn/beta/">http://palmgardenresort.com.vn/beta/</a>
SAIGON, VIETNAM	GRAND HOTEL <a href="http://grandhotel.vn/">http://grandhotel.vn/</a>

With the exception of Kamu Lodge, Laos (which is an ecolodge), all of your accommodation will be in 4 star hotels – in the unlikely event that a hotel needs to be substituted it will be of a similar standard or higher.

**The price... Cdn \$7,495 / person**

<b>Pricing (exc. Insurance) / per person - Cdn\$</b>	<b>Inc. Air from Toronto</b>
Per person (double occupancy)	<b>\$7,495</b>
Single supplement	\$1,500
Single share matching fee	\$ 300 **
Transportation / hotel taxes and fees	\$ 565
Academic program registration fee (per MD registrant)	\$ 600
Departure taxes & entry visas (payable locally - estimate)	US\$117

\*\* 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.

**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.

**CANADIAN \$ PRICING !**

Please note, unlike many programs offered by other companies which are quoted in US\$, **our prices remain in Canadian\$** - and, with a premium now of over 30% (at September 2015) when paying in US\$, this makes a significant difference.

**NEW ! - ONLINE REGISTRATION FORM**

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

<https://fs22.formsite.com/Doctorsontour/SEA1602/index.html>

## Inclusions and Exclusions...

### Included in the price :

- International flights from Toronto to Phnom Penh, Cambodia and from Saigon Vietnam to Toronto on Cathay Pacific. Internal flights in Vietnam, Laos and Cambodia as per detailed itinerary.
- Modern, air conditioned coach transportation (including bottled water)
- 4 star hotel accommodation
- 15 breakfasts, 13 lunches, 8 dinners
- Comprehensive daily itineraries including privately escorted tours of local cultural sites, museums, attractions and shows.
- CME program including tours of various local medical facilities spouses (Academic Program Certificate provided) with separate programs for spouses
- Fully escorted program including services of local English speaking cultural experts
- Porterage

### Exclusions

- Any meals or activities not mentioned above
- Camera / video entrance fees (where applicable)
- Personal expenses (laundry, telephone, drinks other than included above)
- Gratuities
- Local and international airport departure taxes and entry visas for Vietnam, Cambodia & Laos
- 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.

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 AS SOON AS POSSIBLE IN ORDER TO GUARANTEE YOUR RESERVATION.**

## 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 (\$ per person)	NON-MEDICAL PACKAGE								DELUXE PACKAGE				
	Age>	0-54	55-59	60-64	65-69	70-74	75-79	80-84	85+	0-54	55-59	60-64	65-69
4000 - 4500	345	362	416	464	530	746	870	984	416	424	526	617	973
4500 - 5000	373	390	451	509	581	808	931	1,053	443	454	561	659	1,022
5000 - 5500	400	419	487	550	632	867	989	1,118	469	480	594	698	1,069
5500 - 6000	426	447	522	592	679	926	1,048	1,185	496	509	626	740	1,116
6000 - 6500	454	475	557	635	729	985	1,107	1,252	523	535	659	780	1,162
6500 - 7000	480	503	591	677	778	1,043	1,166	1,318	549	562	692	820	1,209
7000 - 7500	508	531	626	718	827	1,102	1,225	1,385	576	589	726	860	1,257
7500 - 8000	534	559	661	761	876	1,161	1,283	1,452	602	616	759	900	1,304
8000 - 8500	561	588	697	804	926	1,219	1,342	1,516	627	644	792	941	1,350
8500 - 9000	588	616	731	845	974	1,278	1,401	1,583	654	671	825	981	1,398
9000 - 9500	615	644	768	888	1,024	1,337	1,459	1,649	680	697	858	1,021	1,444
9500 - 10000	640	672	802	930	1,072	1,396	1,518	1,716	707	725	891	1,061	1,491
10000 - 10500	667	701	835	968	1,116	1,445	1,572	1,776	734	754	923	1,098	1,535
10500 - 11000	694	731	867	1,005	1,159	1,494	1,626	1,835	761	784	956	1,136	1,578
11000 - 11500	721	761	900	1,043	1,202	1,542	1,680	1,894	788	814	988	1,174	1,621
11500 - 12000	748	791	932	1,081	1,245	1,591	1,734	1,954	815	843	1,021	1,212	1,664
12000 - 12500	775	820	964	1,119	1,288	1,639	1,788	2,013	842	873	1,053	1,250	1,707
12500 - 13000	802	850	997	1,157	1,332	1,688	1,842	2,073	869	903	1,085	1,287	1,751
13000 - 13500	829	880	1,029	1,194	1,375	1,737	1,896	2,132	896	933	1,118	1,325	1,794
13500 - 14000	856	909	1,062	1,232	1,418	1,785	1,950	2,191	923	962	1,150	1,363	1,837
14000 - 14500	883	939	1,094	1,270	1,461	1,834	2,004	2,251	950	992	1,183	1,401	1,880
14500 - 15000	910	969	1,126	1,308	1,504	1,882	2,058	2,310	977	1,022	1,215	1,439	1,923

**For residents of Ontario**, simply accept your choice of insurance (Non-Medical or Deluxe 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 RBC Insurance, albeit through a direct web link hosted on our web site at [www.DoctorsonTour.ca](http://www.DoctorsonTour.ca) . You should purchase your travel insurance policy by clicking on the RBC Insurance button in the "Useful Links and Files" section of our Spain web page within the Upcoming Programs section of [www.DoctorsonTour.ca](http://www.DoctorsonTour.ca) .

**Non Canadian residents** should make their travel insurance arrangements independently, as our travel insurance provider, RBC insurance, only allows for travel insurance coverage to be sold to Canadian residents.

## Misc information you need to know...

### **Travel documentation and visas**

An entry visa is required for Canadian citizens to enter into each of Vietnam, Laos & Cambodia (costs are \$45, \$42 and \$20 respectively at the current time). Your entry visas will be pre-arranged locally by our tour operator partner in South East Asia for issuance upon arrival. In addition, your passport must have an expiry date no earlier than 6 months after your scheduled departure date from South East Asia.

**Mandatory vaccinations** - None

### **Recommended medical precautions**

Hepatitis A/B, Typhoid, Malaria

## 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 day break - 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 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

"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

"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

"A brief note from Hillary and I to thank you for the flawless organization. The guides were superb and the choice of events, above and beyond the usual tourist musts. These were a lot of fun, while adding to our understanding of local cultures"

Dr. Alan Barkun Montreal, Qc - 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 Bobechko, 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

"The tour was amazing"

Dr. Doug MacIntosh, Peterborough, On. - Bali, 2015



Doctors-on- Tour – Ecuadorian Amazon



Doctors-on-Tour - India



Doctors-on-Tour – Spain



Doctors-on-Tour - Chile & Argentina

## The fine print...

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.

**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 (\$600 per person for programs which include a cruise component), 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 105 days 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.

**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. 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.

**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 DOT/OT/BIC of any or all components of the travel services offered herein, DOT/OT/BIC 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 confirmation.

**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 insurance (ie Cancellation Protection and Travel Interruption Insurance) or Deluxe Insurance (Non-Medical coverage plus Health coverage) packages offered by our DOT/OT/BIC 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 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.

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

- Brasil, India, Kenya, Tanzania (tourist entry visa must be obtained prior to departure from Canada)
- Cambodia, Indonesia (Bali), Laos, Vietnam, Zambia (tourist entry visa may be obtained upon arrival in the destination)
- For entry into Chile or Argentina, a reciprocity fee is payable (in Chile, this is payable upon arrival; in Argentina this must be paid prior to leaving Canada)

A tourist entry visa is not required for entry into Ecuador, New Zealand, Peru, 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.

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:** 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.

**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 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 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.

**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:** 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 it's 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 DOT/OT/BIC who bear no responsibility for such illness or inconvenience. DOT/OT/BIC 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:** 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, 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 :** DOT/OT/BIC 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 / 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 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.

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.