



Cormorant fisherman on the Li River, Yangshuo

Ophthalmology and Eye Care in China

23 June - 7 July 2014

With extension to Tibet

Supported by: **The Royal College of Ophthalmologists**

“Geographically covered important regions of a country, of which I now have a totally different viewpoint; a great immersion into Chinese philosophy, economy, healthcare and the future into the 21st century.”

Paul Sutherland, Obstetrics and Gynaecology in China 2012



Jon Baines
tours



The Great Wall

“It was an excellent trip. I feel privileged to have had such an insight into urban healthcare, which I was extremely impressed with.”

Mrs Immanuel, Ophthalmology Study Tour in Cuba, 2012

This ophthalmology study tour gives fascinating insights into China by looking at the way it approaches ophthalmology and eye care, alongside an examination of its traditional and contemporary culture and society. The tour provides a practical introduction to Traditional Chinese Medicine (TCM) and how the Chinese use it within ophthalmology. Along the way, experience the great cities as well as the stunning landscapes of rural China and enjoy the history and culture of this extraordinary land.

Professor Christopher Liu leads this tour, on the 10 year anniversary of the first ophthalmology tour he led in China, once again with our guide Cheung. There is the option to extend the tour in Tibet at the end of the tour.

Fly to Shanghai, China’s most cutting edge city with its spectacular contemporary skyline and fabulous Art Deco heart and check into your hotel. In the afternoon visit the old district of Tian Zi Fang, where small boutiques, cafes and

bars line the laneways in the centre of the old French Concession, before enjoying a welcome dinner. Return to your hotel via the riverfront, with the spectacular sight of the Bund illuminated at night as your backdrop.

Next morning visit Shanghai University Hospital, where Christopher Liu will give a cataract surgery master class lecture. In the afternoon take a walking tour of Shanghai, exploring the old city centre including visits to Nanking



T'ai chi practised on the Bund, the Shanghai embankment



A canal in the water town of Suzhou (top); The burnished rooftops of the Forbidden City in Beijing (above)

Road, People's Square, the Bund and the French Concession.

Next morning drive to the exquisite 2,500 year old town of Suzhou, famed for its canals, gardens and silk, and visit the lovely Humble Administrator's Garden and one of the city's famed silk workshops, where contemporary designers use traditional methods. Stay overnight in this ancient town, taking an evening cruise along its canals.

The following morning take the high speed train to Beijing, China's great imperial city, built on the most magnificent scale. Check into the hotel and settle in before a traditional Peking roast duck dinner.

Visit Tong Ren Eye Hospital the following morning and hear a lecture on 'Femtosecond Laser Refractive Surgery'. In the afternoon visit the vast expanse of Tiananmen Square and the

impressive Forbidden City, once barred to all but the inner royal circle.

A fascinating day of sightseeing follows, starting with a drive to visit the iconic Great Wall, followed by a visit to the beautiful Summer Palace in the afternoon. In the evening there is the option of seeing the extraordinary Beijing Acrobats.

Take a walking tour of the fast vanishing traditional hutong districts of old Beijing in the company of Matthew Hu, director of a cultural preservation organisation (see supported project on inside back page), the next morning. Stop for lunch at Nuage, overlooking the old hutongs, before an afternoon at leisure. There is the option to see the impressive Beijing Acrobats in the evening.

Fly to Xian, the ancient Silk Road hub and probably the first truly multicultural city. After settling in to your hotel stroll along the medieval city walls and visit the Calligraphy Street Market and a traditional tea house.

The next morning visit the local medicine market in Xian, which has been selling its wares for hundreds of years, and afterwards visit the amazing necropolis of the Terracotta Warriors. Later in the afternoon visit the Xian Hospital of Chinese Medicine, with the option to see a traditional performance of Tang Dynasty theatre later in the evening.



The Herbal Pharmacy at the Xi Yuan Hospital, Beijing



Next morning visit the Hong Kong Eye Hospital and hear a fascinating talk on ‘Eye Banking in Europe’. In the afternoon take the Star Ferry across to Hong Island and visit The Peak, Repulse Bay and Aberdeen. Enjoy a farewell dinner in the evening and see the spectacular city skyline lit up at night.

The next day is at leisure, before transferring to the airport or taking the Tibet extension.

The next day early risers have the option to join locals in a daily t'ai chi class on top of the ancient city walls. Return for breakfast before visiting Xian Military Hospital and hear a lecture on ‘Artificial Corneas’ in the afternoon before flying from Xian to Guilin.

Guangxi Province has been a favourite of Chinese artists throughout the ages because of its spectacularly beautiful landscapes. Enjoy a scenic morning cruise along the Li River to the charming cobblestone village of Yangshuo, where you will spend two nights. Meet with the local village health worker, traditionally known as a ‘barefoot doctor’, with an optional ‘son et lumière’ show that evening.

Spend the next morning exploring the beautiful countryside by bike or buggy past farms and villages. Spend the afternoon at leisure or take part in an optional cookery class in the classic spicy Sichuan style, before a delicious Sichuan dinner at Cloud 9 that evening.

Fly from Guilin to Guangzhou the next morning and upon arrival visit the Zhongshan Ophthalmic Centre, where you will hear a lecture entitled ‘Update on Macular Degeneration’. In the evening take the train to Hong Kong.



Terracotta Warriors (top); Cruise along the Li River to the village of Yangshuo; The spectacular Hong Kong skyline (above)

“Cheung (the national guide) was an amazing organiser, totally unflappable. The tour was quite a logistical ‘tour de force’.”

Francoise Hivernel, *Medicine in China 2012*

23 Jun (Sun)	Shanghai	D	1 Jul (Mon)	Xian	B L D
Am	Arrive and transfer to the hotel		Am	Visit local Chinese medicine market.	
Pm	Explore the old Shanghai neighbourhood of Tian Zi Fang		Pm	Visit the Terracotta Warriors	
Eve	Welcome dinner. Return to the hotel along the Bund and illuminated river front		Eve	Visit the Xian Hospital of Chinese Medicine	
				Optional visit to traditional Tang Dynasty Theatre	
24 Jun (Mon)	Shanghai	B L D	2 Jul (Tues)	Xian / Guangxi Province	BLD
Am	Visit Shanghai University Hospital Lecture: <i>“Cataract surgery master class”</i> Professor Christopher Liu		Am	Optional early morning visit to city walls to watch or take part in t'ai chi before breakfast. Visit Xian Military Hospital	
Pm	Visit People's Square, Nanking Road, the Bund, the Old Bazaar and the French Concession		Pm	Lecture: <i>“Artificial Corneas”</i> Fly from Xian to Guilin	
25 Jun (Tues)	Shanghai / Suzhou	B L D	3 Jul (Wed)	Guangxi Province	B L D
Am	Drive to Suzhou. Visit the Humble Administrator's Garden		Am	Enjoy scenic cruise along the stunning Li River to the village of Yangshuo	
Pm	Visit a silk workshop and museum		Pm	Meet with Dr Shu, a village health worker ('barefoot doctor')	
Eve	Evening cruise along the canals		Eve	Optional son et lumière show	
26 Jun (Wed)	Beijing	B L D	4 Jul (Thur)	Guangxi Province	BLD
Am	Take the high speed train to Beijing		Am	Cycle or buggy through the countryside past farms and villages	
Pm	Arrive in Beijing and transfer to the hotel		Pm	At leisure or option of cookery class	
Eve	Peking Roast Duck dinner		Eve	Sichuan dinner at Cloud 9	
27 Jun (Thur)	Beijing	B L D	5 Jul (Fri)	Guangxi Province / Guangzhou / Hong Kong	B L
Am	Visit Tong Ren Eye Hospital. Lecture: <i>“Femtosecond laser refractive surgery”</i>		Am	Fly from Guilin to Guangzhou	
Pm	Visit Tiananmen Square and the Forbidden City		Pm	Visit the Zhongshan Ophthalmic Centre. Lecture: <i>“Update on Macular Degeneration”</i>	
28 Jun (Fri)	Beijing	B L D	Eve	Train into Hong Kong and transfer to the hotel	
Am	Visit the Great Wall				
Pm	Visit the Summer Palace				
Eve	Optional Beijing Opera				
29 Jun (Sat)	Beijing	B L D	6 Jul (Sat)	Guangzhou / Hong Kong	BD
Am	Take a walking tour of Beijing's hutongs with Matthew Hu		Am	Visit Hong Kong Eye Hospital	
Pm	Lunch at Nuage overlooking the hutongs. At leisure		Pm	Talk: <i>“Eye Banking in Europe”</i>	
Eve	Optional Beijing Acrobats		Eve	Take the star ferry across to Hong Island and visit the Peak, Repulse Bay and Aberdeen	
30 Jun (Sun)	Beijing / Xian	B L D	7 Jul (Sun)	Hong Kong	B
Am	Fly to Xian and transfer to the hotel		Am	Full day at leisure or sightseeing	
Pm	Visit the medieval city walls, the Calligraphy Street Market and a traditional tea house		Eve	Depart Hong Kong or take extension to Tibet	



Potala Palace, Lhasa

Extension to Tibet

Fly to Chengdu, the most important city in southwest China, encapsulating both the cultures of China and Tibet. Visit the Giant Panda Breeding Research Base, the local spice market, art and silk markets. Have lunch at Wushan Monastery, famous for its vegetarian food, which masquerades convincingly as meat, and in the evening enjoy a traditional hotpot dinner.

Tibet is a land that is, above all, uplifting - both physically and spiritually. It is a land where the devotional dominates art, culture, architecture and politics on every level, and where Buddhism has settled more firmly than in any other country. From Chengdu fly to Gongkar and drive to Lhasa, the home of the Dalai Lama for centuries and still an object of devout pilgrimage. Visit the white and ochre Potala Palace, which rears imposingly above the city, as well as Jokhang Temple and Barkhor Street. Shuffling, prostrating pilgrims circumnavigate the medieval Barkhor, the pilgrim circuit surrounding the Jokhang in the spiritual heart of the old city. Amongst all this devotion life goes on in a cacophony of tea houses, cafés, bars and market stalls.

Visit Tandruk Temple and Yumbulagang Palace, situated in a spectacular location. The original structure is believed to be the oldest building

in Tibet and the site where holy Buddhist texts descended from the heavens. Visit Samye Monastery, Tibet's first monastery, which is approached by a beautiful crossing over the Brahmaputra River.

Fly back to Chengdu for a final night before connecting with your flight home.



Monks in Lhasa (top); A decorated yak (above)

Tour Leader Professor Christopher Liu is a Consultant Ophthalmic Surgeon and Honorary Clinical Senior Lecturer based in Brighton. Born in Hong Kong, Christopher came to England aged 15 to study before entering medical school in London. He is widely travelled and enjoys introducing western delegates to exotic cultures. He has led the Royal College of Ophthalmologists Study Tour to China in 2004, Egypt 2006, Syria in 2007, and Cuba in 2012. Christopher has been president of the Medical Contact Lens and Ocular Surface Association, British Society for Refractive Surgery, and the Southern Ophthalmological Society. He is current Honorary Secretary of the United Kingdom and Ireland Society of Cataract and Refractive Surgeon and Council Member of the Royal College of Ophthalmologists.

National guide Zhang Zhong Jiu (known as Cheung) has worked with JBT since 1994, taking healthcare and cultural groups around China. Educated in Beijing and London and widely travelled, Cheung is extremely knowledgeable and popular with our groups for his ability to bring China's history and society to life with personal anecdotes. Having led a wide variety of professional groups over so many years, his breadth of knowledge is second to none.

Project

Large portions of China's rich cultural heritage are at risk due to low awareness and poor enforcement of heritage protection laws, as well as policies orientated towards short-term economic gain. **Beijing Cultural Heritage Protection Centre (CHP)** is a small grassroots NGO that helps local communities protect their cultural heritage across China. Matthew Hu, Managing Director of CHP, will meet and guide the group around the hutongs in Beijing.

"The visits were excellent value for money; overwhelmed with the variety of activities and introductions to ethnic life and traditions."

Wendy Angliss, O&G in China 2012

The ground only cost of the tour (excludes international flights and airport transfers) is £2,580 / AUD \$4,773

The flight-inclusive price from London is £3,320 and includes:

- Economy return flights on Virgin Atlantic between London Heathrow and Shanghai / Hong Kong and London Heathrow, and all airport taxes
- Airport transfers
- Pre-trip briefing meeting in London

The cost includes:

- The services of a tour leader (Professor Christopher Liu)
- 14 nights' accommodation in twin or double-bedded rooms in 4-star hotels

The single room supplement is £550 / AUD \$1,017

- All meals throughout in mainland China (breakfast and lunch or dinner in Hong Kong)
- Tea, water and beer with meals in China (soft drinks in Hong Kong)
- A full programme of medical visits, talks and cultural tours as per the itinerary
- Admission fees where applicable
- Full-time English speaking national guide in China (Zhang Zhong Jiu, or Cheung)
- Medical translation
- All transport and airport taxes within China

The cost excludes:

- Meals not mentioned
- All personal extras such as water, portorage, laundry, inoculation fees and drinks
- All optional excursions, tours and visits
- Travel insurance
- Visa
- Tips

Flights for ground only option:

If travelling from outside the UK, you can select our ground only package. You may arrange your own flights or we can help with quotes and information. We can also arrange additional nights accommodation and airport transfers. Please speak to our Melbourne or London office for assistance.

About Jon Baines Tours

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

*“This was the best
educational tour that I
have been on.”*

Richard Speed, O&G in China 2012



Acupuncture in action (top); enjoy a night at the Peking Opera;
One of Suzhou's traditional gardens; Li River Guanxi Province (above)

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