

Towards Equilibrium: Optimising Wellness in Healthcare Workers

9 - 17 April 2019 | A South Pacific Cruise

DAY 1

9 APRIL 2019 | DEPART SYDNEY

Evening: Spend this time to explore the fabulous ship and get to know your surroundings.

DAY 2

10 APRIL 2019 | AT SEA

A full day of CPD sessions focused on the wellness of Nurses and equipping them with the tools to be able to "recharge their batteries".

DAY 3

11 APRIL 2019 | AT SEA

A full day of CPD sessions focused on the wellness of Nurses and equipping them with the tools to be able to "recharge their batteries".

DAY 4

12 APRIL 2019 | NOUMEA, NEW CALEDONIA

New Caledonia is home to the world's largest lagoon, spectacular reefs, beaches, mountains and more.

DAY 5

13 APRIL 2019 | MYSTERY ISLAND, VANUATU

Uninhabited Mystery Island is a tiny islet at the southernmost end of the Vanuatu archipelago, less than a kilometre from Aneityum Island.

DAY 6

14 APRIL 2019 | AT SEA

A full day of reflection and renewal. Take the time to put into practice the lessons you learnt about self-reflection, mindfulness and recharging your batteries while you enjoy networking with your peers.

DAY 7

15 APRIL 2019 | AT SEA

A full day of CPD sessions focused on the wellness of Nurses and equipping them with the tools to be able to "recharge their batteries".

DAY 8

16 APRIL 2019 | AT SEA

A full day of CPD sessions focused on the wellness of Nurses and equipping them with the tools to be able to "recharge their batteries"

Evening: Farewell drinks and canapes function.

DAY 9

17 APRIL 2019 | AT SEA

0630: Disembark - have a safe trip home.