



# *‘Golden Triangle’ Study Tour of India - ‘Public Health Issues that Impact the Health of a Nation’*

**Delhi | Agra | Jaipur**

**10th to 21st November 2024**

*India*



**EDUCATION at SEA**



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**BOOK NOW!**

## ABOUT THE TOUR

Welcome to India – a land of mystery, enchantment and beauty. Where a thousand lifestyles breathe as one nation. With a fascinating matrix of languages, customs, and beliefs, so varied that it may take a lifetime to imbibe its true essence.

Why choose India to study public health? While this is an extraordinary country, we will witness firsthand many of the public health issues that negatively impact the health of a population, and investigate the effect of interventions, the barriers faced, and the ongoing outcomes on the population. The concept of public health is founded in our Nursing tradition. Florence Nightingale was the first Nursing Theorist and the founder of educated and scientific nursing. She wrote widely on the environment factors affecting health and identified these as pure fresh air, pure drinking water, effective drainage, cleanliness, and light.

Her environment concepts remain as relevant today and in this Golden Triangle Study Tour we will explore the impact of environmental factors on the health of a population. We will also investigate the impact of adequate nutrition, poverty, homelessness, literacy, communicable disease, air and water quality, immunisation, child welfare issues, and the impact of disability.

These determinants of health care and the impact on the population are transferrable to any public health setting in any country. You will compare and contrast your knowledge gained here to the Australian experience in both urban and remote communities.

This Study Tour is of educational interest to all Nurses regardless of your discipline. Friends and partners are welcome to join us. We will visit health related facilities and learn about their purpose, their challenges, and their achievements. We will be inspired by the efforts to improve health and welfare in India, and saddened when we look at social issues such as acid attacks, caste violence and sexual assault. Education will be delivered both in a seminar setting but also in various locations we visit. Sessions will be interactive as we explore and learn about public health issues together.



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## Topics will include but not limited to:

- Nursing education/registration in India
- an insight into how healthcare is delivered in India
- cultural diversity, norms, customs and etiquette
- social issues, caste system, untouchables
- homelessness, poverty [22% live below India's official poverty limit], illiteracy, malnutrition and inadequate public health care
- low immunisation rates, unsafe drinking water
- air quality, poor sanitation [around 60% of Indians do not have access to safe and private toilets] and waste management, water pollution.
- communicable diseases problematic in India
- non-communicable diseases problematic in India
- visiting organisations that empower people to help themselves and to help others

## Learning Outcomes:

- Gain an understanding of the social determinants of health
- Explore the conditions that support wellness and thriving
- Review conditions that create health issues in a population
- Compare and contrast to the Australian experience and identify communities at risk

**CPD HOURS:** 32.5

**PHYSICAL LEVEL:** ACTIVE

This is a busy active tour so please consider your fitness level. You need to be able to walk long distances often uphill and negotiate uneven surfaces.



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## INCLUSIONS:

- 11 nights' accommodation including breakfast daily
- 2 bottles of mineral water per person, per day during long distance travel
- Welcome dinner (drinks not included)
- Lunch at local restaurant with guest speakers (drinks not included)
- Dinner at a local restaurant in Agra (drinks not included)
- Lunch en-route to Jaipur in Abhaneri (drinks not included)
- Thali dinner in Jaipur (drinks not included)
- Dosa lunch in Amer (drinks not included)
- All transfers, excursions and sightseeing tours by an air-conditioned coach as mentioned in itinerary
- Train travel as mentioned in itinerary
- Jeep ride at Amber Fort, Jaipur
- English speaking accompanying guide as per the itinerary
- Road taxes, parking fees, fuel charges, interstate taxes, portage at railway station
- Tipping for Tour Leader, local guides and drivers
- All applicable taxes including Government Service Tax
- Farewell dinner in Delhi (drinks not included)
- Entrance fees/cost for following:

### Delhi:

- Jama Masjid Mosque
- Humayun's Tomb
- Qutab Minar
- Bahá'í Lotus Temple
- Gandhi Smriti
- Dilli Haat INR Market
- Chandi Chowk rickshaw ride

### Agra:

- Fatehpur Sikri
- Taj Mahal
- Agra Fort
- Mehtabh Bagh

### Jaipur:

- Amber Fort
- City Palace
- Barefoot College
- Raj Mandir Cinema

## Program Inclusions:

- An extensive program based on current best practice
- Dedicated Space for expert presentations and reflection
- Education content that meets the same exacting standards as anything offered in an Australian program
- Presenters that are excited to be able to share their skill, knowledge, and passion with Attendees
- An online library filled to the brim with educational content that allows you to create your own learning experience
- A Registration Reception including complimentary dinner where you can meet other attendees and network with convenors and presenters
- A Welcome pack and additional information to support a fantastic study tour experience
- A Transcript reflecting all education sessions, presentations and hospital/health centre site visits
- A Certificate of Completion identifying the CPD hours attached to the Program for you to include in your CPD Evidence Portfolio

## CLINICAL LEAD



**GAIL AYLMER**

Gail worked as a Public Health Nurse within Communicable Disease team at a Queensland Public Health Unit. Prior to this she worked as an Infection Control CNC and in Tuberculosis Control in both Brisbane and London. Gail has travelled extensively in India and has developed this study tour to share with you some of the more interesting and important public health issues within India. Gail has previously led another study tour to India and with this experience she will lead the debrief and reflection sessions as well as deliver some of the CPD sessions. Gail has a Bachelor and 2 Masters of Nursing degrees.



**NATALIE KRIEDEMANN**

Natalie works as a Communicable Disease Nurse in a Queensland Public Health Unit. Natalie specialises in infectious diseases and sexual health, and has worked in the UK, Malawi, Mozambique and Liberia. Natalie has a wealth of knowledge and experience and will be delivering many of the CPD sessions during the tour. Natalie has a Bachelor of Science - Nursing degree, Diploma in Tropical Nursing, Master of Public Health and is currently enrolled in Environmental Health.



# HOTELS

## Udman Panchshila Park, by Ferns N Petals

As the capital city of India, Delhi is home to numerous historical monuments, holy shrines, commercial markets and more. The vibrant market areas, namely - Chandni Chowk, Sadar Bazar, Paharganj, Karol Bagh, Connaught Place, etc., are renowned for their varied collection of goods and commodities.

Udman By Ferns N Petals in Chattarpur is a luxury business hotel in South Delhi, situated in the heart of the city

## Double Tree by Hilton

Just minutes away from the majestic Taj Mahal brings heart-warming experiences while you enjoy the rich culture of the city. Enjoy the warm welcome with their DoubleTree Chocochip cookie before you witness the epitome of comfort and service unfold in front of your eyes.

Thoughtfully decorated rooms with bespoke amenities offer unparalleled views of the locality or the refreshing pool. Spend your day lazing around in the comfort of your room, strolling through the extensive lawns, taking a refreshing lap in the infinity pool, or rejuvenate at the Spa / Gymnasium after a long day of leisure.

Experience Signature Hilton Hospitality that blends warmth and professionalism to make your stay memorable while you take away fond memories of the Taj Mahal.

## Fairfield by Marriott

Discover warm hospitality and modern comfort at Fairfield by Marriott Jaipur, where you can escape the travel bustle and settle into a calm, balanced place. Every detail of their Jaipur hotel, from healthy cuisine to a soothing décor—creates an effortless, relaxed stay.

Stay with 'Fairfield by Marriott' to find what you need when you need it, whether it's a workout in the fitness center or snacks and drinks at the Market.

Head up to the rooftop Twenty-One Bar & Café for delicious cuisine & cocktails and scenic Aravalli Hills views.





**10th to 21st  
Nov 2024**

**DAY 1:**

Sunday 10th Nov 2024  
Arriving at 'Udman  
Panchshila Park' by Ferns  
N Petals, New Delhi

**DAY 2:**

Monday 11th Nov 2024  
New Delhi

## INTINERARY

### **Nameste! Welcome to Delhi!**

Check into your luxury accommodation. 'Udman Panchshila Park' by Ferns N Petals is a luxurious urban haven in the heart of South Delhi. Step into the world of warm hospitality. A true home away from home for the world traveller.

Located in the heart of the city and close to the district centres like Jasola, Mohan Cooperative, Nehru Place and Ashram. Also being in close proximity to world-renowned hospitals like Indraprastha Apollo Hospital, Fortis Escorts Heart Institute and Holy Family..

Unpack your bags and order a cocktail or rejuvenate yourself after your flight at the Spa.

### **Evening:**

Gail and Natalie will be offering a 7pm meet and greet in the hotel foyer, followed by dinner at a local restaurant for anyone wishing to join them!

### **Morning:**

In his session you will be provided with an orientation to Indian culture and provided advice so as not to offend the local population and have a positive influence on the communities we visit.

The rest of the morning will be spent exploring the social determinants of health and gaining an understanding of the Indian health care system.



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**DAY 2:**  
Continued...

**Afternoon:**

We will visit Khan Market for some shopping time. It was originally allocated as seed land to immigrants from the North-West Frontier Province after the partition of India. Today, it is a popular shopping destination in Delhi. As this is an upmarket area, many shops will accept card payments, but liquid cash is preferred in most of the areas we will travel to.

Next we move to Dilli Haat INA market. Dilli Haat is where the culture of all States come together under one open-air complex. It's where you can buy handicraft items from across the country at reasonable prices. It allows local artisans and craftsmen to present, market and sell their handicraft items.

**Evening:** Welcome dinner party

Enjoy a perfect blend of authenticity and sumptuous flavours at our Welcome Dinner and Networking discussion.

**Day 3:**  
Tuesday 12th Nov 2024  
New Delhi

**Morning:** Sightseeing tour of New Delhi

Visit Qutab Minar (Tower of Victory) – a masterpiece built to establish the might of Islam and the onset of the Muslim rule in India.

We will then drive to the fabulous Bahá'í Lotus Temple. This magnificent structure stands for the principle of the oneness of humankind. We will enter the grounds to view up close but no need to enter the sacred building itself.

Following this we will visit Humayun's Tomb – the first great example of a new and distinctive style, which developed to become the hallmark of the Mughal Dynasty.

**Afternoon:** Hope Project Visit

The Hope project is a place that empowers the poorest of the poor to help themselves by breaking the poverty and illiteracy cycle. The Hope Project is driven by the spirit of service to humanity and respect for all religions. It strives to provide people, especially the poor and vulnerable, with opportunities and resources, so that they can realise their potential and determine their own future.

**Evening:** Free time. Daily debrief and reflection offered.



## Day 4:

Wednesday 13th Nov 2024

New Delhi

### Morning: Raj Cycle Tour

Raj Cycle Tour is the perfect route to explore New Delhi and its colonial history. You will experience the magic of an awakening mega city and see some of Delhi's most famous monuments such as India Gate, Parliament buildings and Agrasen ki Baoli.

But more than that, you will see things you would otherwise not see. During the tour we will explore the environmental considerations from a public health perspective, such as waste management.

### Lunchtime:

Enjoy lunch in the company of Nursing colleagues from India who will provide an insight into nursing education and clinical practice. There will be an opportunity to ask questions and explore the public health issues that impact the population they care for.

### Afternoon: Old Delhi Sightseeing

Today we will visit Gandhi Smriti. It is the location where Mahatma Gandhi spent the last 144 days of his life and where he was assassinated on 30 January 1948.

We will take a cycle rickshaw ride around Chandni Chowk area and end our ride at Jama Masjid Mosque. A beautiful pocket of calm at the heart of Old Delhi's mayhem, the capital's largest mosque is built on a 10m elevation. The marble and red-sandstone structure, known also as the 'Friday Mosque', was Shah Jahan's final architectural triumph, built between 1644 and 1658.

We will also have the privilege to visit and assist in the community kitchen at Gurudwara Bangla Sahib. The Bangla Sahib Gurdwara is a Sikh Temple and remains open serving the community through wars and plagues, usually serving about 40 thousand meals a day. During India's coronavirus lockdown about four dozen men kept the Sikh temple's kitchen open, cooking up to 300,000 meals a day to people who lost their income because of the pandemic.

**Evening:** Free time. Daily debrief and reflection offered.



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**Day 5:**  
Thursday 14th Nov 2024  
New Delhi

**Morning:** Visit to Leprosy Mission Hospital

Visit to Leprosy Mission Hospital. Even today when leprosy is curable, the age-old stigmas attached to it has not been cured. The stigma is a reality of the lives of the people affected with leprosy that upsets their physical, psychological, social and economic well-being.

People still believe that leprosy is a divine punishment for past sins and immoral behaviour. Those with leprosy are avoided as they are seen as sinful and those around them do not want to incur God's wrath.

Since a cure for leprosy was not available in the past, contracting leprosy meant a life of disability and disfigurement, and sure death. Behind the ostracism of those with leprosy and their family members also lies the fear of infection.

Leprosy is still believed to be a hereditary disease. Even educated and respected persons can become victims of misconceptions about leprosy. The classic image of a person with disfigured body and bandages; reinforces this belief of physical uncleanliness and moral impurity, thus justifying the ostracization and discrimination.

We will explore all these concepts during our visit to the Mission Hospital.

The Leprosy Mission Hospital in Delhi is celebrating its 150th anniversary in 2024.

**Afternoon:**

This session will compare and contrast leprosy in Australia. Then we will explore issues in women's health including domestic violence, acid attacks and sexual violence.

**Evening:** Free time. Daily debrief and reflection offered.



## Day 6:

Friday 15th Nov 2024

Transfer from New Delhi to Agra, Double Tree by Hilton

**Morning:** Transfer to Agra via New Delhi railway

Upon arrival in Agra we will proceed to visit to Ujala Cygnus Rainbow Hospital.

This private Hospital is a multispecialty hospital located in Agra. The hospital is equipped with the latest medical equipment and expert doctors to provide the best medical services. It offers a wide range of medical services such as gynaecology, neurology, gastroenterology, orthopaedics, paediatrics, cardiology, nephrology, urology, dentistry, oncology, reproductive and optometry. The hospital has over 200 beds.

Ujala Cygnus Rainbow Hospital provides world-class integrated healthcare facilities to all sections of society at affordable prices. The hospital is committed to delivering the highest standard of medical care to each patient who visits them.

**Lunch:** We enjoy a Dosa lunch provided by Hospital and reflect on similarities and differences between how healthcare is delivered in India and compare to Australia.

**Afternoon:** Visit to Missionaries of Charity – Mother Teresa Orphanage.

This is one of many orphanages in India. The Agra orphanage is relatively small particularly in comparison to those in Kolkata, and we will only have a short visit with the children and see the facility. Purely optional, but if you are able, please feel free to bring donations of summer or winter clothes suitable for toddlers. Some age-appropriate educational toys would also be suitable.

Once we have checked into our hotel, we will travel to Mehtab Bagh in time to view Taj Mahal from across the Yamuna River for a spectacular sunset.

**Evening:** Group dinner – including daily debrief & reflection offered



## Day 7:

Saturday 16th November  
2024 Agra

### Morning:

Enjoy the stunning Taj Mahal at sunrise, Sheroes Hangout and Agra Fort

Referred to as one of the Seven Wonders of the World, the Taj Mahal is the epitome of love, built in white marble by Emperor Shah Jahan in memory of his beloved wife, Mumtaz Mahal. The monument was commissioned in 1631 and took 20,000 artisans 22 years to complete.

Visit Sheroes Hangout. A café run by women who have been victims of acid attacks. Here we can enjoy an early lunch with these inspirational women. The café does not charge and is “pay as you wish”. Purely optional, but if you are able, please feel free to bring gifts of makeup/nail polish/perfumes etc to treat these ladies.

We will take a tour of the fabulous Agra Fort - an imposing structure with walls of red sandstone, originally planned as an impregnable military structure by Akbar. Emperor Shah Jahan was imprisoned here by his family. The fort has over time acquired all the elegance, lavishness, and majesty of an imperial palace.

### Afternoon:

The session this afternoon will be discussing the social issues surrounding poverty and the impact of inadequate nutrition, water supply, air quality and other environmental determinants of health.

**Evening:** Free time - including daily debrief & reflection offered

## Day 8:

Sunday 17th Nov 2024  
Transfer from Agra to  
Jaipur, Fairfield by  
Marriott

**Morning:** Transfer from Agra to Jaipur

En-route we will visit Fatehpur Sikri. Akbar's abandoned capital; Fatehpur Sikri was built in honour of the Sufi saint, Sheikh Salim Chisti. It was the Mughal capital for 14 years before it was abandoned due to paucity of water. It is made of red sandstone and combines influences from both Hindu and Mughal architecture.

We will also visit Chand Baori stepwell in Abhaneri. This amazing stepwell is one of the deepest and largest stepwells in India and has featured in movies such as Batman 'The Dark Knight Rises' and the fabulous 'Best Exotic Marigold Hotel'.



**Day 8:**  
continued...

**Lunch:**

We will enjoy lunch in Abhaneri before completing our journey to Jaipur.

**Evening:** Group Thali Dinner - including daily debrief & reflection.

**Day 9:**  
Monday 18th Nov 2024  
Jaipur

**Morning:** Tour to Amber Fort & Jaipur sightseeing

Enroute to the fabulous Amber Fort we will stop for a photo opportunity of Jal Mahal, the Water Palace.

Crowning the crest of a hill, Amber Fort offers a view of Maota Lake and the historic old town located at the base of the hill, which formed the early seat of the Amber Kings before the fort was made their capital. We will experience a fun jeep ride along the ramparts up to the fort.

**Lunch:**

Following our visit we will enjoy lunch of a Masala Dosa & either a Kesharia Kulfi or Hot Gulab Jamun dessert.

We will have for a photo stop at the intriguing red sandstone Hawa Mahal (Palace of Winds) - a five-storied wonder with an incredible pyramidal façade, overhanging windows with latticed screens, domes and spires.

Explore the exquisite City Palace, a synthesis of Rajput and Mughal architectural styles, consisting of an overwhelming complex of exquisite palaces. The Museum has a collection of Rajasthani costumes, armoury of Mughals and Rajputs including swords of different shapes and sizes with chiselled handles.

Time permitting, we will visit beautiful Patrika Gate, Jawahar Circle

**Evening:** Free time. Daily debrief and reflection offered.



**Day : 10**

Tuesday 19th Nov 2024

Jaipur

**Morning:**

Barefoot College – Tilonia. An inspirational place that empowers impoverished, marginalised and exploited rural poor by upskilling them in areas such as providing solar power to their villages.

Barefoot College is a non-government organisation that has been providing basic services and solutions to problems in rural communities for 50yrs with the objective of making them self-sufficient and sustainable. These “Barefoot solutions” can be broadly categorised into the delivery of solar electrification, clean water, education, livelihood development and activism.

With a geographical focus on the least developed countries of the world, they believe strongly in empowering women as agents of sustainable change. A simple lunch will be provided by the college.

**Evening:** Bollywood movie at Raj Mandir cinema

Raj Mandir – The pride of Asia as always remains as a symbol of beauty and creativity. The main lobby of this cinema hall casts a magic spell on every visitor. One of its unique features is the lighting system. Before the show starts the lobby is illuminated by white lights, whereas in the interval the light changes its colour to magnificent blue.

The high ceilings are ornamented with chandeliers. The walls with artistic work, also adorn custom made wooden tiles with glass inlay. A rising staircase on the south side of the lobby further adds to the already enchanting sight.

**Day 11:**

Wednesday 20th Nov 2024

Transfer from Jaipur to

New Delhi, Udman

Panchshila Park by Ferns N

Petals, New Delh

**Morning:** Transfer to Phulera JN railway station to return to Delhi.

**Afternoon:** Explore Delhi at your own leisure.

**Evening:** Enjoy a fabulous farewell dinner as we reflect on what we have learn and say goodbye to new friends made!



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# INCLUDED ATTRACTIONS:



**Khan Market**



**Dilli Haat INA**



**Qutab Minar**



**Bahá'í Lotus Temple**



**Humayun's Tomb**



**Hope Project**



**India Gate**



**Agrasen ki Baoli**



**Gandhi Smriti**



**Jama Masjid  
Mosque**



**Gurudwara Bangla  
Sahib**



**Leprosy Mission  
Hospital**



**Ujala Cygnus  
Rainbow Hospital.**



**Mother Teresa  
Orphanage**



**Taj Mahal**



**Sheroes  
Hangout**





# INCLUDED ATTRACTIONS:



**Agra Fort**



**Fatehpur Sikri**



**Chand Baoli  
stepwell**



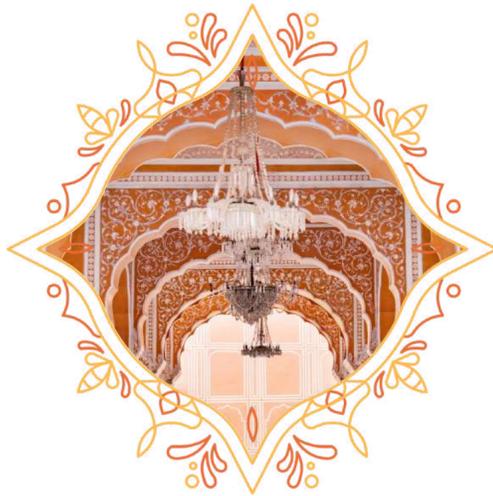
**Amber Fort**



**Jal Mahal**



**Hawa Mahal**



**City Palace**



**Patrika Gate**



**Barefoot  
College**



**Raj Mandir**





## EXCLUSIONS:

- Flights to and from India
- Meals & Drinks not mentioned in the itinerary
- Arrival & departure transfers to and from airport
- Travel insurance - please contact us at [travel@traveldirectaustralia.com.au](mailto:travel@traveldirectaustralia.com.au) for a quote
- Visa

## COST:

**Twin Share:**

\$4899 per person

**Single Supplement:**(Own room for one)

\$5999 per person

**Why not invite a partner, friend or colleague to join you?  
We welcome everyone!**

A non-refundable deposit of \$400 per person is due at time of booking with the final balance payable by the **1st September 2024**.



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