



A Midwifery Study Tour of Colombia & Peru

4th to 16th August 2025



EDUCATION *at* SEA

02 7908 7774
enquiries@educationatsea.com.au
www.educationatsea.com.au

BOOK NOW!



12 NIGHTS
Superior
Accommodation



MEALS
Daily Breakfast
All Amazon meals
Special Dinners



TRANSPORT
AC Vehicles
Train ride to
Machu Picchu



FLIGHTS
Regional and
Domestic



ABOUT THE TOUR

We are delighted to present our exclusive Midwifery study tour for an unforgettable adventure through two of the most breathtaking countries in Latin America!

Starting with Colombia, you'll explore this home to vibrant culture and intriguing colonial history. Then travel to Peru, where you'll discover the renowned treasures and ancient Inca sites. This will be an immersive CPD journey that takes you from the Caribbean coast, through the Amazon and up to Machu Picchu – one of the Seven Wonders of the Modern World.

During this 12 night CPD professional study tour you will combine a rich cultural experience with visits to local hospitals, NGO's and charities, examining Midwifery, women's health and traditional medicine, in countries where modern and traditional health care are widely practiced.

Your conference days will explore current midwifery trends as they pertain to the Australian and South American contexts.

How does working with women differ and how is it the same?
Are the challenges encountered similar or different?
What cultural considerations influence care?
What can you take home to consider in your practice?

We will explore the science and art of midwifery in South America. We will consider available data on service provision and outcomes as well as the beautiful traditions practiced around motherhood on the other side of the South Pacific. Immerse yourself in learning about the way Midwifery works in Peru and Columbia and networking with like-minded Midwives in your profession.



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Jason Dawson
Education at Sea



CLINICAL LEAD

Lorin Veltkamp - BNSc, Grad Dip Mid, Master of Public Health

Lorin is a Registered Midwife currently employed at the Townsville University Hospital in Queensland. As well as practising clinically, Lorin is employed in multidisciplinary healthcare education.

Over the past twenty years, Lorin has held various clinical roles including that of Caseload Midwife in a Birth Centre, Clinical Midwife at a tertiary referral centre and Midwifery Educator. Her work has spanned the globe from Thursday island in Australia 's far north, to the Arctic Circle in Canada. Lorin has lead quality improvement activities, written clinical curriculum for online education modules and presented Internationally at conferences such as CAPWHN.

Her public health work has included roles in disaster management. Lorin also spent a few years working in pre-hospital care.

Lorin has lived and worked in the Middle East, Sub Saharan Africa and South America including more than a year in Peru. She knows Latin America well and looks forward to sharing your journey.





INCLUSIONS:

TOUR INCLUSIONS:

- 4 Nights accommodation, including breakfast in Cartagena
- Welcome drinks reception
- Cartagena Sunset Cruise including Drinks
- Flight from Cartagena to Cusco (via Bogata)
- 3 Nights accommodation, including breakfast in Cusco
- Cusco Bus Tour with Lunch or mountain bike option available
- Vistadome train ride to Aguas Calientes
- 1 Night accommodation and dinner in Aguas Calientes
- The Sacred Valley & Machu Picchu Tour
- 3 Nights lodge accommodation in the Amazon Jungle
- Entrance fees to the National Reserve of Tambopata
- 2 kilometer guided hike through the jungle searching for monkeys, brown agoutis, and butterflies as you learn about the trees and plants which grow there
- Learn about caimans and capibaras during an exciting night river cruise
- Visit Lake Sandoval
- Kayaking adventure tour to the Monkey Island to feed and take beautiful pictures with the monkeys
- Visit a local indigenous family and learn about their culture and way of life
- All transport within tour
- Lunch or dinner as mentioned per itinerary
- Farewell Dinner



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 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

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HOTELS

5* OSH Hotel Getsemani

No one takes better care of a home than its owner, and this hotel employs most of its staff from Cartagena locals with this in mind. Nobody knows and loves the city like they do. There is no doubt you will enjoy an experience unlike any other.

Osh Hotel Getsemani features an outdoor swimming pool, fitness centre, a garden and shared lounge in Cartagena de Indias.

Hilton Garden Inn Cusco Peru

Offering panoramic city and mountain views, Hilton Garden Inn Cusco is set in Cusco's historic city centre, only 600 metres from Cusco's main square. Guests can enjoy the on-site restaurant, as well as room service and a 24-hour convenience store on site.

Puerto Maldonado Amazon Lodge

You will stay in an authentic Amazon lodge and experience the true lush Amazon jungle.

Nestled in the heart of Puerto Maldonado, your lodge is a haven of tranquility where you can immerse yourself in the breathtaking beauty of the rainforest.

You will blend with the surrounding environment while enjoying modern comforts. The cozy and eco-friendly bungalows offer a peaceful retreat after a day of exploration. Fall asleep to the soothing sounds of the jungle and wake up to the melodies of exotic birds welcoming the new day.



B = Breakfast

L = Lunch

D = Dinner

W = Drinks



FULL ITINERARY:

**Day 1 :
4th August 2025**

W

Unpack your bags and explore the Getsemani neighborhood, once voted one of the 12 coolest neighborhoods in the world!

Evening: 5pm to 6pm

Enjoy this opportunity to mingle with the other attendees at the complimentary drinks and registration function.

**Day 2 :
5th August 2025**

B L

Conference Day:

Welcome to South America and our study tour. Today you will participate in several conference sessions. We will start the day with an exploration and celebration of the role of Midwives in culture and the intangibles that keep Midwives in the profession. We will look at recent qualitative research from Australia and South America to understand why and how Midwives do what they do at home and in our destination.

Our second session today will focus on demographic data and current outcomes of care at home and in Colombia and Peru.

- Are there any similarities?
- What is different?
- What complexities do our nations face in delivering care?
- How does historical and cultural context impact service options for women today?

Our third session will look at current trends in care. We will take a look at recent changes and themes for women in Peru and Colombia especially in relation to reproductive freedom and women's voices in society.



**Day 3 :
6th August 2025**

B

Reflection Day:

Take the day to explore and reflect on the previous day's content. Explore the historic Walled City of Cartagena. Wander through colonial architecture and sample the local food.

Afternoon: Sunset Cruise including Drinks

W

We will enjoy an evening watching the sunset over Cartagena.

Cruise 1.5-hour through the peaceful waters of Cartagena's Bay while enjoying the beautiful sunset, magnificent skyline and the colonial city views.

Relax, and enjoy quality time together, sipping on beer, wine, or cocktails like rum punch as you watch the sun go down.

**Day 4 :
7th August 2025**

B

Morning:

Fly to Cusco and transfer to our hotel.

Afternoon:

We will meet a midwife and herbalist who is an expert in traditional midwifery and medicine.

**Day 5 :
8th August 2025**

B

Cusco mountain Bike (Bus option available)

After a 55 minute drive we will arrive in the Inca town of Chinchero, here we will visit the archaeological site and textile house. Next stop will be the Salt mines of Maras and then onto the Inca circular terraces of Moray. A bus ride will take us to the top of the mountain to start our Mountain Bike adventure to the nice native town of Huarcocondo. Here the people still wear traditional clothing and the town is lined with historical buildings. Our final stop will be the biggest terraces of Zurite.

L

After our downhill bike ride we will have an Andean picnic lunch with a bottle of wine to celebrate this fantastic journey, before heading back to our hotel.



**Day 6 :
9th August 2025**

Conference Day:

B

We are going to start our second conference day delving into the care practices unique to indigenous women in Peru and Colombia. We will find out about the traditions surrounding birth and learn about how pregnancy, birth and the postpartum are acknowledged and marked as life events. We will network to explore how we mark the significance of this life event in our own practice. We will discuss some of the strengths and weaknesses of the care that is provided both at home and abroad.

**Day 7 :
10th August 2025**

Sacred Valley & Machu Picchu Tour

B

At Pisac you can see magnificent Inca remains. The ancient architecture and engineering of the Inca temples is breathtaking and will sweep you off your feet.

D

Then we will head back to the valley to visit the most colorful and traditional local market in Cusco region. Our sightseeing continues as we drive along the beautiful Sacred Valley.

Our next destination is Urubamba, in this stunning town you will have the opportunity to choose one of the many delicious local restaurants to have lunch (not included).

From Urubamba we will drive 30 minutes to get to the last Inca ruins on our tour, known as Ollantaytambo (Inca palace). This ruin was built with pink granite rocks and is another impressive example of Inca craftsmanship.

Here you can see the second biggest rock from the Inca times (90 tons) which was used as part of the Temple of the Sun.

After we will head to the train station, which is 15 minutes by foot. We will take the Vistadome train to Aguas Calientes.

During this trip you will see many glaciers and snow-capped peaks, lush, green valleys and Incan farming terraces on both sides of the valley.

The natural hot springs in town are an unbeatable way to spend a late afternoon/early evening if time is available before dinner. Dinner will be at a local restaurant.



**Day 8 :
11th August 2025**

B

Sacred Valley & Machu Picchu Tour Continued...

After breakfast, we will take a very early bus along the winding road to Machu Picchu, the Inca city that was lost to the jungle but rediscovered in 1911 by Hiram Bingham. Declared a UNESCO world heritage site in 1983, Machu Picchu exceeds all expectations.

Perched high on an inaccessible hilltop the citadel is protected by huge cliffs and the raging Urubamba River. Once there you will be given a 2-hour guided walking tour of the site.

Our expert guide who will explain the history of this ancient Inca citadel will make you back in the time by taking you to the most interesting areas of the citadel. After your Machu Picchu tour, you will have some time to be at Machu Picchu before you return to Aguas Calientes.

**Day 9 :
12th August 2025**

B

L

D

Fly from Cusco to Puerto Maldonado:

Tambopata Amazon Rainforest:

We will travel to our jungle house, located on the Tambopara river. Check in to your cabin then set off for your first jungle tour!

We will walk for about 2 kilometers through the jungle looking for monkeys, brown agoutis, and butterflies as you learn about the trees and plants which grow there.

When the sun goes down, we will begin our night adventure on the river, to go in search of caimans and capybaras and learn all about the animals.

**Day 10 :
13th August 2025**

B

L

D

9am to 1pm: Conference session

Traditional Amazonian Midwifery and Plant based Medicine

Lake Sandoval, Amazon Jungle:

We will visit Lake Sandoval which is located in the heart of Tambopata National Reserve. Here, observe the many bird species, caimans, turtles, monkeys, and giant otters that live here.



Later, head into the rainforest at night, following your guide through the dark jungle in search of night monkeys, tarantulas, frogs, insects, and other nocturnal animals.

Day 11 :
14th August 2025



Monkey Island, Amazon Jungle:

Today we embark on a kayaking adventure! Heading downstream to the Monkey Island.

Once we land on the island, we will go for a walk searching for monkeys and observe them in their native environment.

Enjoy the opportunity to feed and take pictures with them.

After lunch, we will visit a local indigenous community and Health care centre.

Day 12 :
15th August 2025



Tambopata Amazon Rainforest:

Today we start early and head to the clay lick to see the parakeets, parrots and 2 species of small macaws.

On the way back, search for sloths. After breakfast, your guide will take you to the perfect spot for bird watching and take you for piranha sport fishing.

Fly from Puerto Maldonado to Cartagena:

Enjoy the rest of the day at your own leisure.

Evening:

We will enjoy a farewell dinner together to reflect on what we have learnt and the incredible experiences we have had together.

Day 13 :
16th August 2025



We say our final goodbyes – Safe Travels

****This itinerary is preliminary, education will be released and added in due course. Please note all itineraries are subject to change according to local conditions.***





EXCLUSIONS:

- Flights to and from Australia
- Meals & Drinks not mentioned
- Transfers from and to international flights from Australia
- Travel insurance

COST:

Twin Share	\$5990 per person
Single Supplement (Own room for one)	\$1150 per person

International Flights & Travel Insurance:

We are happy to provide airfare and travel insurance quotes upon request for any travel needs. There is no obligation.

Booking your airfare and travel insurance with Travel Direct Australia/Education At Sea provides the convenience of having all your travel plans organized under one roof. This also comes with the advantage of having all your associated travel costs on a single statement of account.

Please email travel@traveldirectaustralia.com.au or note it on your booking form that you would like a quote.



Physical Activity Level 4:

Significant amounts of walking on uneven surfaces is required to enjoy many of the sites and attractions we will visit. We recommend this tour only for those with good levels of fitness and mobility.



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