



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!

Visit, Colombia, home to vibrant culture and intriguing colonial history and discover the renowned treasures and ancient Inca sites of Peru, an immersive journey that takes you through the Amazon and Machu Picchu – one of the Seven Wonders of the 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.

TOUR HIGHLIGHTS:

-  **4 Nights in Cartagena:** known for its charm of colonial architecture, the excitement of a vivid night life, fascinating cultural festivals, and lush landscapes.
-  **Cartagena Sunset Cruise:** relax, admire views of the coastline, and enjoy quality reflection time. Sip on beer, wine, or cocktails as you watch the sun go down.
-  **4 Day Amazon Rainforest Tour:** Enjoy a 4-day and 3-night tour in the Amazonian Rainforest staying overnight in a jungle house. Visit Lake Sandoval, located in the heart of Tambopata and explore the habitat of birds, monkeys, caimans, and sloths
-  **Machu Picchu and Sacred Valley Overnight tour:** includes a full day sacred valley tour, beautiful Vistadome train ride to Aguas Calientes, and is a visit to and tour of Machu Picchu along with the opportunity to climb Huayna Picchu Mountain



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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, South America and Subsaharan Africa.





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 kilometers 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



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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EDUCATION *at* SEA



HOTELS

5* OSH Hotel Getsemani

No one takes better care of a home like its owner; this is the reason why a large portion of their hotel team are locals from the city, Cartagena. Nobody knows the city like they do, nor loves the city like they do, there is no doubt that they will give you the best experience no other person will give you.

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 Monaldo 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 providing 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.





INTINERARY AT A GLANCE

- DAY 1:** ARRIVE IN CARTAGENA, COLOMBIA
- DAY 2:** CARTAGENA, CONFERENCE DAY
- DAY 3:** CARTAGENA, SUNSET CRUISE
- DAY 4:** FLY FROM CARTAGENA TO CUSCO
- DAY 5:** CUSCO BUS TOUR OR MOUNTAIN BIKE OPTION AVAILBLE
- DAY 6:** CUSCO, CONFERENCE DAY
- DAY 7:** TRAIN TO MACHU PICCHU & SACRED VALLEY
- DAY 8:** TRAIN TO CUSCO
- DAY 9:** FLY FROM CUSCO TO PUERTO MALDONADO, AMAZON JUNGLE
- DAY 10:** AMAZON JUNGLE
- DAY 11:** AMAZON JUNGLE
- DAY 12:** FLY FROM PUERTO MALDONADO, TO CARTAGENA (VIA LIMA)
- DAY 13:** DEPART, CARTAGENA



B = Breakfast

L = Lunch

D = Dinner

W = Drinks



FULL ITINERARY:

Day 1 :
4th August 2024

W

Unpack your bags and explore the Getsemani neighborhood, once voted once 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 2024

B L

Conference Day: FULL PROGRAM TO BE RELEASED SOON...

The history of Traditional midwifery in Colombia and Peru, the ancestrality of taking care of women.

Learn what it means in Colombia to be a “partera” who engage in a centuries-old tradition, accompanying women not just during birth but before and after, teaching them how to care for themselves, their babies, and encouraging them to visit healthcare clinics when it's required.

We will visit a local hospital and see how Midwifery is handled in Colombia and the challenges they face. We will review the similarities and differences – this is an opportunity to learn from each other..



**Day 3 :
6th August 2024**

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 2024**

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 2024**

B

Cusco Bus Tour with Lunch or mountain Bike 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 then we will back you to our hotel.



**Day 6 :
9th August 2024**

B

Conference Day: FULL PROGRAM TO BE RELEASED SOON...

**Day 7 :
10th August 2024**

B

D

Sacred Valley & Machu Picchu Tour

We will be picked up around 7 a.m. and drive to Pisac to see the first Inca ruins of the tour. 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.

Then we will head back to the valley to visit the most colorful and traditional local market in Cusco region and where you can buy traditional textiles at low prices. After our visit to the market our sightseeing continues as we drive along the beautiful Sacred Valley.

Our next destination is Urubamba. we'll arrive there at around 12p.m. In this stunning town you will have the opportunity to choose one of the many delicious local restaurants to have lunch at (not included).

From Urubamba it 's 30 minutes drive 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. we will have a guided tour of the site.

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.

Upon arrival to Aguas Calientes you will check in to our hotel.

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 2024

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 2024

B L D

Fly from Cusco to Puerto Maldonado: Amazon Rainforest

Up on arrival to our jungle lodge we will be welcomed with a delicious refreshment made with fruits of their region, then you can access your bungalow to leave your belongings and get ready for an introductory walk around our lodge and enjoy a delicious lunch prepared by their expert cooks.

ADVENTURE CIRCUIT

After lunch we will have a short rest, then we will go to our suspension bridge to equip ourselves with our safety equipment to start our extreme adventure activities.

- The suspension bridge is approximately 200 meters long, from where we will be able to appreciate during the tour giant ants, birds, birds and some insects of the Amazon, which will be explained in a professional way by our guide.
- Afterwards we will do the Zip-line or Tyrolean traverse, one of the most requested activities due to the high adrenaline that can be experienced while doing the round trip, it will be our opportunity to overcome our fears at heights.

BOAT RIDE AND ALLIGATOR SEARCH

In the afternoon after living the adrenaline to the maximum; we will go to embark on a rustic / handmade boat where we



will make a ride through the waters of the Tambopata River, where we will have the opportunity to see birds, parrots, herons over the sky, we will go slowly in order to see some species that live around the rivers.

When it is completely dark we will search for caimans on the banks of the Tambopata River, we will have the privilege to see the different types of caimans of this species that houses this river. We will be able to observe it very closely seeing the possibility of being able to catch one of them and have the opportunity to catch them with our hands and take some pictures with the specimens, and then return them to their natural habitat; having contact with this wild species will be the best thing that you have been able to live in the Amazon jungle.

We will also have the opportunity, if we are lucky enough to find a family of Capybaras, the largest and heaviest living rodent in the world, this species usually moves in large groups, they are very passive and calm animals which will allow us to take incredible pictures.

After an afternoon full of good adventures, we will taste a delicious dinner made with local ingredients, cultivated on their lands.

CAMPFIRE (TALES AND LEGENDS)

Afterwards we will have a bonfire, where we can share our anecdotes and mysterious stories lived in the jungle, we will also taste a small exotic drink made with roots of the most known and medicinal plants of their region.

We will also listen to the sound of the insects and songs of the nocturnal birds of the Amazon jungle and we will have the opportunity to appreciate a great panorama of the starry sky. At the end of the tour we will go to rest.

We will taste a good continental breakfast, then we will get our backpacks ready and go to one of the most beautiful places in the Tambopata Reserve (Lake Sandoval) a mirror of water with an extension of a little more than 3 kilometers, known for its great biodiversity that houses this majestic lake.

Day 10 :
13th August 2024



TAMBOPATA RESERVE (SANDOVAL LAKE)

We will board a traditional boat, where we will head to the Tambopata Reserve. We will navigate the Tambopata River for approximately 1 hour and we will be able to see birds during the whole trip.

We will also be able to see the union of the two main rivers of this region (Tambopata River – Madre de Dios River).

Arriving at our destination, at the entrance of the Tambopata Reserve, we will begin a walk of about 40 minutes, along the way we will see giant trees, medicinal plants, monkeys, birds, insects, rodents and reptiles.

This reserve is one of the most important in Peru, as it has a record of more than 1000 species of birds.

Arriving at the lake, we will embark on a rustic rowing boat where our guide will row around the lake where we will be able to observe macaws, herons, taricayas, black caimans, anacondas and the largest otter of the Amazon (river wolf) some specimens that are currently in danger of extinction. Then we will take a break and taste the Amazonian food.

In the afternoon we will have a conference session about the 'Traditional Amazonian Midwifery and Plant based Medicine'. We will also enjoy a delicious dinner after our adventures.

We will wake up very early, we will prepare everything to appreciate a festival (show) of different types of parrots that inhabit this Amazon region. We will embark and leave by land or river in a trip of approximately 1 hour from your lodge.

This experience will be unique and unforgettable, we will appreciate the sunrise and we will be able to hear the noise of the insects and the song of the birds of the Amazon.

For bird lovers it is a great festival as these can only be seen in the Amazon.

When we arrive we will be able to observe a large number of parrots gathered like every morning on the clay wall, ready to continue their diet, these minerals that the parrots eat contain useful substances for their diet and detoxification.

Day 11 :
14th August 2024



It is recommended to keep a prudent distance so as not to frighten the parrots or make them feel threatened.

We will enjoy an Amazonian breakfast that we are sure you will be delighted with the variety and flavor of these foods.

KAYAK OR INFLATABLE BOATS

We will navigate upstream on the Tambopata River, and then paddle down in the kayaks for about an hour, enjoying the natural environment accompanied by the sounds of insects and birdsong that fly over the Tambopata River. The guide and the staff on board will provide instructions on the use and handling of the kayak so you can enjoy the nature that will accompany us on this great tour.

We will return to our lodge for lunch, where we will enjoy a tasty refreshment made from the fruits we grow ourselves in our conservation forest.

After an exhausting day, we will have a break in the afternoon where we can recharge our batteries for the last activity of the day.

NIGHT WALK

At nightfall we will prepare the flashlights to start the tour in our forest, looking for animals, insects and birds, we can find night monkeys, frogs, large tarantulas, rodents, spiders, owls, owls, fireflies, snakes or vipers.

We can also appreciate certain nocturnal plants that have a peculiar characteristic, you will be amazed with this nocturnal experience that is lived in the Amazon rainforest.

We will enjoy our last dinner in the middle of the trees, after which we will be able to enjoy a drink at the bar on a voluntary basis.

**Day 12 :
15th August 2024**

B

We will enjoy a good continental breakfast, then we will give the indications of the activities to be carried out during the rest of the morning.

TREK

We will hike for about 2 hours where we can see a variety of trees, medicinal plants, we can taste wild fruits throughout the



hike, we will also observe wild animals in our forest, such as monkeys, birds, squirrels, sloths and snakes.

We will have the opportunity to see a specimen of chestnut tree one of the main and best trees of this Amazon rainforest as this specimen can only be found in Peru in this area of Madre de Dios.

The collection of this nut is one of the main activities and flag of this region, because with it you can make endless edible products and even beauty products.

Approximately 10:30 am it will be time to pack your bags and sadly say goodbye to the biodiversity of Peru and then head to the city, where we will drop you off at the airport.

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 2024**

B

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)

\$950 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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