



Peru & Colombia

A Midwifery Study Tour of Colombia & Peru

CARTAGENA | CUSCO | MACHU PICCHU & SACRED VALLEY
| PUERTO MALDONADO, AMAZON JUNGLE | LIMA

4th to 16th August 2025

CPD Hours: 22



EDUCATION *at* SEA

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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 cocktail as you watch the sun go down.



3 Day Amazon Rainforest Tour: Enjoy a 3-day and 2-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





Jason Dawson
Education at Sea



Sam Kennington
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:

- 4 Nights accommodation, including breakfast in Cartagena
- Welcome drinks reception
- Cartagena Sunset Cruise
- Flight from Cartagena to Cusco (via Lima)
- 3 Nights accommodation, including breakfast in Cusco
- Vistadome train ride to Aguas Calientes
- 1 Night accommodation and dinner in Aguas Calientes
- The Sacred Valley & Machu Picchu Tour
- 2 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
- Visit Lake Sandoval
- 1 Night accommodation in Lima
- All transport within tour
- Lunch or dinner as mentioned per itinerary

PROGRAM INCLUSIONS:

- An extensive program based on current best practice
- Dedicated Space for expert presentations and reflection
- Coffee breaks and lunches on presentation days
- 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
- A Registration Reception including complimentary drinks where you can meet other Attendees and network with Convenors and Presenter/s
- A Certificate of Completion identifying the CPD hours attached to the Program for you to include in your CPD Evidence Portfolio



4th to 16th
August
2025



INTINERARY

DAY 1:

Monday 4th August 2025
Cartagena

Inclusions: Welcome
Drinks

Unpack your bags at the Ermita Cartagena, a Tribute Portfolio Hotel. Relax and enjoy a cocktail on their rooftop swimming pool bar.

Evening: 5pm to 6pm

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

DAY 2:

Tuesday 5th August 2025
Cartagena

Inclusions: Breakfast &
Lunch

Morning Session: 8.30am to 10.30am

This session will welcome you to our conference and commence our education with a look at the culture of Midwifery.

- What is the culture of Midwifery in Colombia and how does it compare to where you work?
- What does the UNESCO recognition mean for Midwifery?
- What is our role in passing on traditions in healthcare?
- What traditions are passed on in Colombian communities?
- What are the threats to this knowledge?
- What is a traditional midwife?

We will explore the rich traditions of Colombia and explore the latest Australian data on birth outcomes and consider our role in promoting normal birth

Break: 10.30am to 11am



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Morning Session: 11am to 1pm

Current challenges in Care:

This session will explore some the challenges Colombia uniquely faces in providing care including care for the refugee population from neighbouring Venezuela, ongoing internal displacements from conflict, and access to care for left behind groups, including those impacted by the Zika virus.

Lunch: 1pm to 2pm

Afternoon: 2pm to 5pm

This afternoon we will explore the current outcomes in Colombian pregnancy, birthing and postnatal care. We will take a deeper look at the demographics of cesarean section rates, abortion services and contraception use, adolescent pregnancy and recent changes to the legal framework of child marriage. We will compare and contrast current maternal and neonatal outcome measures.

We will also explore the current recommendations regarding the role of midwives in our world, by considering global sexual and reproductive healthcare workforce reports.

DAY 3:

Wednesday 6th August
2025
Cartagena

Inclusions: Breakfast,
Sunset Drink

Reflection Day:

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

Afternoon: 4.15pm - 7pm Sunset Cruise

Enjoy a beautiful 2-hour sailing experience through Cartagena Bay while watching the spectacular sunset over the sea.

Inclusions:

- Typical local snacks
- One drink (with or without alcohol – a glass of wine or a beer)
- Additional drinks and services can be purchased onboard if desired



Day 4:

Thursday 7th August 2025
Cartagena to Cusco

Inclusions: Breakfast

Morning: 11am Transfer to airport

Flight times:

Cartagena to Lima
Departure time: 2:04pm
Arrival time: 5:45pm

Lima to Cusco
Departure time: 11:20pm
Arrival time: 12:45am

Day 5:

Friday 8th August 2025
Cusco

Inclusions: Breakfast

Free Day: Explore all that Cusco has to offer

Day 6:

Saturday 9th August 2025
Cusco

Inclusions: Breakfast & Lunch

Full Day: Visit to Hampi Warmi Project

Recovering women’s true feminine essence is the only thing that can genuinely bring sustainable “empowerment” back to women, as this has a direct effect on self-knowledge, more self-responsibility towards our bodies, self-love and self-esteem, which are the basic drivers to making and sustaining positive changes in women’s reproductive health and lives.

A viable way in which Andean women of rural Peru can successfully defend their real agency in reproductive health has to be sustained by the following conditions: to have a solid cultural identity, a local women’s network that can support and empower each other and can advocate for the promotion and defense of women’s health rights, and the access to unbiased information in reproductive health which is woman-centered.

Thus, Killa Warmi (Moon Woman in Quechua, Andean native language) Project was first created for Andean women and girls of Peru in 2008 as an intercultural reproductive health education project, as part of the vision of Hampi Warmi (Woman Medicine in Quechua) Initiative.

The goal of Hampi Warmi Initiative is to bring reproductive autonomy back to Andean-Quechua women, through reconnection with the sacredness of our female bodies and honoring of our Rites of Passage, the revaluing of our embodied

female body-wisdom and of practices that sustain their women's health in holistic ways, their connection to Pachamama, and strengthening of local female support networks.

All of these components are transversal to the workshops/ wisdom sharings/ women's circles on which the project is based, together with the project's strong focus in the revitalization of Andean local feminine medical knowledge, which is sustained by Andean community midwives whose knowledge is now at risk by the current politics of Peru in public reproductive health.

Day 7:

Sunday 10th August 2025
Aguas Calientes

Inclusions: Breakfast &
Dinner

Cusco – Pisac – Ollantaytambo – Aguas Calientes

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.

Our guided tour of Pisac lasts about 2 hours. 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 12 p.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 the trip you will see many glaciers and snow-capped peaks, lush, green valleys and Incan farming terraces on both sides of the valley.



Day 8:

Monday 11th August 2025
Cusco

Inclusions: Breakfast

Aguas Calientes – Machu Picchu – Cusco

You will have breakfast at your hotel and then 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 your Machu Picchu tour, you will have some time to be at Machu Picchu before you return to Aguas Calientes by bus.

Upon return to Aguas Calientes you will board the expedition train to either Ollantaytambo or to Poroy. From Ollantaytambo or Poroy you will travel by minivan to Cusco and we will drop you off at your hotel.

Day 9:

Tuesday 12th August 2025
Puerto Maldonado

Inclusions: Breakfast,
Lunch & Dinner

Morning: 6am Transfer to airport - Cusco to Puerto Maldonado

Departure time: 8:20am
Arrival time: 9:10am

Upon arrival at our lodgings 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.

Lunch: We will enjoy a delicious lunch prepared by our expert cook.

Afternoon: Adventure Circuit

After lunch, we will have a brief rest before heading to our hanging bridge to gear up with our safety equipment and begin our extreme adventure activities.

The hanging bridge spans approximately 200 metres, offering a chance to observe giant ants, birds, and other insects from the Amazon rainforest along the way. Our guide will provide professional explanations about these species.



BOAT RIDE AND CAIMAN SEARCH

In the afternoon, after experiencing maximum adrenaline, we will embark on a rustic/artisanal boat for a ride through the waters of the Tambopata River. During this ride, we will have the opportunity to observe birds, parrots, and herons in the sky above. We will move slowly to increase our chances of spotting species that live around the rivers.

We will wait for the sunset on the Tambopata River, giving us the chance to witness one of the best sunsets in the world. The interplay of the sky's colours, the shadow of the giant trees, and the reflection on the river's water creates a truly spectacular scene.

Once night falls completely, we will search for caimans along the shores of the Tambopata River. We will have the privilege of seeing various types of caimans that inhabit this river. We'll observe them closely, with the possibility of capturing one, taking photos with it, and then returning it to its natural habitat. This interaction with wild species will undoubtedly be one of the best experiences you'll have in the Amazon jungle.

Additionally, if we are fortunate, we may encounter a family of capybaras, the largest and heaviest living rodents in the world. These animals often move in large groups and are very calm and passive, allowing us to capture incredible photographs.

DINNER

After an afternoon full of good adventures, we will taste a delicious dinner made by our expert cook who will be delighted with the flavors made with local ingredients, cultivated in our lands.

We will leave early, around 4:30, to take advantage of the sunrise at the Tambopata River.

TAMBOPATA RESERVE (LAKE SANDOVAL)

We will board a traditional boat to head to the Tambopata Reserve. We will navigate the Tambopata River for about an hour and will be able to observe birds throughout the journey. We will also observe the union of the two main rivers of this region (Tambopata River – Madre de Dios River).

Day 10:

Wednesday 13th August
2025

Puerto Maldonado

Inclusions: Breakfast,
Lunch & Dinner



Upon arriving at our destination, at the entrance to the Tambopata Reserve, we will start a walk of approximately 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 over 1000 bird species.

Upon arriving at the lake, we will board a rustic rowboat. Our guide will row on the lake, where we can observe macaws, herons, taricayas, black caimans, anacondas, and the largest otter in the Amazon (river wolf), some specimens of which are currently endangered. After seeing the great biodiversity, we will return to our lodge for lunch and enjoy some rest in the afternoon.

BONFIRE OR NIGHT WALK

When night falls, we will have a bonfire where we can share anecdotes and mysterious stories experienced in the jungle. We will also taste a small exotic drink made from roots of the most well-known and medicinal plants of the region. Alternatively, we can take a night walk to search for wildlife in the forest, depending on the group's preference

Day 11:

Thursday 14th August 2025
Puerto Maldonado to Lima

Inclusions: Breakfast

PARROTS OBSERVATION AND SUNRISE VIEW

We will wake up very early to prepare for an incredible experience: a festival (show) of various types of parrots inhabiting this Amazon region. We will embark and travel by land or river for approximately one hour from our lodge.

This experience will be unique and unforgettable. We will enjoy the sunrise and listen to the songs of insects and Amazonian birds. For bird enthusiasts, this is a grand celebration as these parrots can only be seen in the Amazon.

Upon arrival, we will observe a large number of parrots gathering every morning at the clay wall, ready to continue their diet. The minerals in the clay they consume are essential for their nutrition and detoxification. It is recommended to maintain a safe distance to avoid startling or threatening the parrots.



BREAKFAST

We will enjoy a continental breakfast and then provide instructions for the activities planned for the rest of the morning.
Forest Walk

We will walk for approximately one hour, observing a variety of trees, medicinal plants, and tasting wild fruits along the way. During the hike, we will also see wild animals such as monkeys, birds, squirrels, sloths, and snakes.

We will have the opportunity to see a specimen of Brazil nut tree, one of the most significant and majestic trees of this Amazonian rainforest, as it is unique to Peru's Madre de Dios region.

Morning Session: 10:30 AM to 1:30 PM

Today we will explore demographic data on midwifery care in Peru. We will compare causes of death and look at strategies implemented to address these.

Peru is making advancements in maternal and neonatal care outcomes that are the envy of other Middle income countries. We will also explore the human rights framework for obstetric violence and how this applies to Australia and Peru.

We will explore research and testimonies from Australia and consider accounts of sterilisations without consent.

We will also look at the current research on ethnobotanicals and their role in women's healthcare.

Afternoon: 1:30 PM Transfer to airport – Puerto Maldonado to Lima.

Morning: 6am Transfer to airport - Lima to Cartagena

Departure time: 9:20am
Arrival time: 12:56pm

Afternoon: Free time to relax or explore Cartagena

Day 12:

Friday 15th August 2025
Lima to Cartagena

Day 13:

Saturday 16th August 2025
Cartagena

Inclusions: Breakfast

We say our final goodbyes – Safe Travels

EXCLUSIONS:

- Flights to and from Colombia
- Travel Insurance
- Personal expenses, Airport and hotel portorage fees
- Meals & drinks not mentioned
- Arrival & departure transfer to airport
- Visa
- Tips and gratuities
- Visits, other entrances not mentioned above



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IMPORTANT INFORMATION:



Immunisations:

We strongly recommend all participants consult a Medical Practitioner or Travel Immunisation Clinic prior to travel. Both Columbia and Peru are considered to be Yellow Fever risk areas and vaccination or a booster may be recommended.



Visa's and Transit Requirements:

Visas are not required for Australian passport holders travelling to Colombia or Peru. If you are travelling on a passport of a different country, please let us know for further information.

Please keep in mind if you are transiting through the United States you will need to clear US immigration at your point of entry and will [require an ESTA](#).



Airline Requirements:

Each airlines requirements are different, we recommend travelling with copies of the below:

- Proof of accommodation
- Proof of onward ticket
- Proof of Credit card
- Copy of ESTA
- Yellow Fever Certificate



Arrival in Colombia

You must complete the online "[Check-Mig](#)" form within 72 hours of your flight. This form will help speed up your arrival at customs.



Money:

The local currency is the Colombian Peso (COP). You can change AUD or USD in exchange bureaus and commercial banks.

In Peru, the local currency is Sol.

Major hotels and tourist places accept international credit cards.

ATM and credit card facilities are more limited in rural areas. Contact your bank to let them know you will be travelling to Colombia and Peru.

Credit card fraud can be common, we recommend carrying cards in a RFID-blocking wallet or sleeve.





WHAT TO PACK

Please take into account, we expect to encounter a range of climates, from hot and sunny beach weather in Cartagena to potentially below zero temperatures in Cusco and rain in the Amazon jungle.

CLOTHING:

- Lightweight, breathable clothing: Opt for moisture-wicking fabrics suitable for warmer, humid coastal regions.
- Layers: Pack a down jacket or fleece for cooler, higher altitude areas, as well as a rain jacket or poncho.
- Long pants/zip-off pants: Useful for trekking and protection from the sun.
- Shorts: Pack shorts for beaches and warmer weather.
- Swimsuit
- Sarong or scarf: Versatile for warmth or as a beach towel.
- Base layer: A long-sleeved base layer can be useful for colder temperatures or as a sun-protective layer.

FOOTWEAR:

- Sturdy walking shoes: Choose comfortable, closed-toe shoes suitable for walking and hiking, preferably waterproof.
- Sandals or flip-flops: (thongs): For relaxing or warmer weather.

ACCESSORIES:

- Sunhat and sunglasses: Essential for sun protection.
- Sunscreen protection
- Insect repellent: Important for the Amazon region and other areas with insects.
- Reusable water bottle: To stay hydrated and reduce plastic waste.
- Small backpack: **This is essential as we will have one overnight stay without our luggage**

Other Considerations:

- Universal Adaptor - Peru has Type A (two flat parallel pins), Type B (two flat parallel pins and a grounding pin), and Type C (two round pins). Colombia has Type A and Type B power plug sockets.
- Binoculars for the Amazon jungle.

