



Nursing Across Borders: Peru & Amazon Study Tour

29th October to 10th November 2026



EDUCATION *at* SEA

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www.educationatsea.com.au



**Local Expert
Tour Guide**



MEALS
Daily Breakfast
All Amazon meals
Special Dinners



TRANSPORT
AC Vehicles
Train ride to
Machu Picchu



**Domestic
Flights**



SYNOPSIS:

This inspirational and immersive nursing study tour offers you the rare opportunity to recharge your personal batteries, rekindle your passion for nursing, and expand your clinical knowledge — all while traveling through the stunning landscapes of Peru.

Currently in nursing in Australia, it feels as though there are some insurmountable barriers. Much of the workforce is tired, following the pandemic we have been asked to do more with less, and some of us are seeing the 'passion for nursing' flame in our hearts burn less brightly. This study tour is designed to remind you why you became a nurse whilst learning about current cutting-edge nursing topics and issues faced both in Australia and on a global stage.

Learnings from this study tour would be beneficial for all nurses including those from nursing specialities such as emergency, critical care, surgical, medical, perioperative, mental health, aged care, and community nursing.



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LEARNING OUTCOMES:

During this study tour, you will:

- Develop culturally sensitive nursing practice
- Critically compare and contrast nursing care from Australia to a global setting,
- Explore innovative, common and complex issues in modern nursing practice,
- Foster professional growth and nursing passion from your fellow attendees and inspirational presenter.

Learnings from Australia, and the Amazon

- Trauma Advanced First Aid and retrieval
- Rabies, Dengue Fever, Japanese Encephalitis, Ticks
- Envenomation, Bites & Stings
- Local healthcare and treatments

What is new in emergency management?

- Anaphylaxis
- Shock
- Lipid rescue
- Fast Track Advanced life support

Self-care – problems and solutions

- Bullying in nursing
- Violence in nursing
- Domestic violence
- Compassion Fatigue and Quiet Quitting

New learnings in nursing

- Elderly speak! How do we speak to older patients?
- Fasting for surgery – to drink or not to drink – this is the question!!!
- Napping on night duty – is this a safer way forward?
- New nursing pathways – advanced practice for nurses..



CLINICAL LEAD:



Dr Paula Foran

Dr Paula Foran comes from a perianaesthesia nursing background and has many publications to her credit including published nursing articles, several book chapters, and is a co-editor for the next edition of Perioperative Nursing Textbook in Australia. Paula has been a guest speaker and presented keynote presentations at national & international conferences. She has been awarded the 'Most Popular Presenter' for her keynote address at the International Collaboration of Perianaesthesia Nurses, and Best Oral Paper award at the European Operating Room Nurses conference in The Hague. She has recently present keynote presentations in Taiwan and China.

Paula completed her research PhD in 2012 and is an adjunct lecturer with the University of Tasmania. Paula currently sits on the 'Victorian Perioperative Council' and the Anaesthesia case review sub-committee in morbidity and mortality for the Department of Health.

She is also a sub-editor for the Journal of Perioperative Nursing and manages the column, 'Emerging Scholars' where Paula assists postgraduate students to see their publications come to fruition.

In her spare time, Paula is a registered Marriage Celebrant and MC!



Sam Kennington
Education at Sea
Representative





INCLUSIONS:

TOUR INCLUSIONS:

- 4 Nights accommodation, including breakfast in Lima
- Welcome drinks reception
- Lima City Tour
- Flight from Lima to Cusco
- 4 Nights accommodation, including breakfast in Cusco
- Sacred Valley Tour
- Expedition train ride to Aguas Calientes
- 1 Night accommodation and dinner in Aguas Calientes
- Machu Picchu
- Cusco to Puerto Maldonado flight
- 3 Nights lodge accommodation in the Amazon Jungle
- Guided nighttime jungle walk
- Nocturnal canoe excursion along the Tambopata River
- Adventure to Lake Sachavacayoc
- Learn from a local indigenous family and learn about the ancient healing traditions of the rainforest
- Puerto Maldonado to Lima Flight
- 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
- 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 where you can meet other attendees and network with conveyors and presenter
- A Welcome pack and additional information to support a fantastic study tour experience
- A Certificate of Completion identifying the CPD hours attached to the Program for you to include in your CPD Evidence Portfolio





FULL ITINERARY:

DAY 1:

29th October 2026

4* San Agustin Exclusive
Hotel
Lima, Peru

CPD Hours:

3 Online library

Inclusions:

Complimentary drinks

Arrive in Lima – Welcome to Peru!

Touch down in vibrant Lima at your leisure and make your way to the hotel. There are no scheduled activities today, so take the opportunity to unwind after your travels or head out to explore the city's lively streets and coastal views.

5pm to 6pm: Welcome registration function

Enjoy this opportunity to mingle with the other attendees at the complimentary drinks and registration function where one of our local representatives will share all the exciting details of the adventure ahead.

- **Lima Altitude:** Sea level

DAY 2:

30th October 2026

4* San Agustin Exclusive
hotel
Lima, Peru

CPD Hours:

8 Face to Face

Inclusions:

Breakfast, Lunch and two
tea/coffee breaks

Morning session: 8.30am to 10.30am

Learnings from Australia, and the Amazon:

- Trauma Advanced First Aide and retrieval
- Rabies, Dengue Fever, Japanese Encephalitis, Ticks

Morning break: 10.30am to 11am

Morning session: 11am to 1pm

Learnings from Australia and the Amazon

- Envenomation, Bites & Stings
- Local healthcare and treatments

Lunch: 1pm to 2pm



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Afternoon: 2pm to 3.30pm

What is new in emergency?

- Anaphylaxis
- Shock

Afternoon break: 3.30pm to 4pm

Afternoon: 3.30 – 5.30pm

What is new in emergency management?

- Lipid rescue
- Fast Track Advanced life support

- **Lima altitude:** Sea level

DAY 3:

31st October 2026

4* San Agustin Exclusive
hotel
Lima, Peru

CPD hours:

2 Online Library

Inclusions:

Breakfast

Lima City Tour:

This fascinating tour takes you on a journey through Lima's rich history, showcasing its pre-Hispanic, colonial, and modern eras. As we travel through the city, you'll admire more than fifty iconic landmarks and colonial treasures, including the Main Square, Government Palace, Archbishop's Palace, Cathedral, and Municipal Palace.

We'll conclude our exploration with a visit to Lima's charming traditional residential districts, where the city's timeless spirit and local culture truly come to life.

3pm to 5pm – Self directed learning:

Please review the guidelines on your online library on bullying from your home state in preparation for day 5 presentation "Self-care – problems and solutions"

- **Lima Altitude:** Sea level



DAY 4:

1st November 2026

4* Terra Andina Hotel
Cusco, Peru

CPD hours:

4 Online Library
3 Face to Face

Inclusions:

Breakfast

5am: Lima ✈️ Cusco – Gateway to the Andes

Today, we'll transfer you to Lima Airport for your flight to Cusco, the heart of the ancient Inca Empire. Welcome to the Andes! Your adventure officially begins here.

Upon arrival, meet your friendly local guide and take a scenic drive through Cusco's lively streets to your comfortable hotel. Today is all about acclimatising to the altitude and soaking up the magic of this historic city at an easy pace.

Enjoy a relaxed orientation walk through the Plaza de Armas, admire the stunning Cusco Cathedral, and explore the fascinating Qoricancha – Temple of the Sun, once the most important temple in the Inca Empire.

Then, get a true taste of local life with a visit to the San Pedro Market. Lose yourself among colourful stalls brimming with exotic fruits, fragrant spices, handwoven textiles, and perhaps a few surprises (yes, even *toad soup!*).

Self Directed Learning:

Please review the following published papers in your online library for preparation for day 5 presentation "New Learnings in nursing".

- Quiet Quitting
- My darling -elderly speak of nurses to acute hospitalised older adults
- Fasting for surgery – to drink or not to drink – this is the question!!!
- Asleep on the job: Can night shift napping provide greater safety for both staff and patients?

1pm to 4pm: Cynthia Ingar | Andean medicine

- Introduction to Andean medicine within the Peruvian health system & culture
- Andean women's health: main concepts & self-care practices; Womb medicine & wisdom
- Herbal allies & care: Andean/global herbs used for ailments & for the emotional body and main practices with herbs
- Andean traditional daily living self-care/ somatic practices which support the 'animo' (traditional concept of joyful living and the spiritual drive to walk your path) & nervous system
- **Maximum altitude:** 3,399 m/11,150 ft



DAY 5:

2nd November 2026

4* Terra Andina Hotel
Cusco, Peru

CPD hours:

8 Face to Face

Inclusions:

Breakfast, Lunch and two
tea/coffee breaks

Morning break: 10.30am to 11am

Morning session: 11am to 1pm

Self-care – problems and solutions:

- Domestic violence
- Compassion Fatigue and Quiet Quitting

Lunch: 1pm to 2pm

Afternoon: 2pm to 3.30pm

New learnings in nursing

- Elderly speak! How do we speak to older patients?
- Fasting for surgery – to drink or not to drink – this is the question!!!

Afternoon break: 3.30pm to 4pm

Afternoon: 3.30 – 5.30pm

New learnings in nursing

- Napping on night duty – is this a safer way forward?
 - New nursing pathways – advanced practice for nurses
 - Final session – overview of learnings Napping on night duty – is this a safer way forward?
-
- **Lima altitude:** Sea level

DAY 6:

3rd November 2026

4* Terra Andina Hotel
Cusco, Peru

Inclusions:

Breakfast
(Lunch with optional tour)

Free Day in Cusco or Optional Rainbow Mountain Adventure (\$150 AUD)

After breakfast at your hotel, the day is yours to enjoy. Spend it exploring Cusco at your own pace—wander through artisan markets, sip coffee in a sunlit plaza, or simply relax and take in the mountain air.

Alternatively, for those seeking adventure, join an optional full-day hike to the stunning **Rainbow Mountain**.

Marvel at the breathtaking Vinicunca, where layers of mineral-rich sediment have painted the mountainsides in vibrant streaks of maroon, turquoise, gold, and lavender. Depart early for a scenic 3-hour drive to the trailhead, then begin your **very challenging** but rewarding 10km trek to an elevation of





DAY 7:

4th November 2026

4* Tierra Viva Machu
Picchu hotel
Aguas Calientes, Peru

Inclusions:

Breakfast & Dinner



5,029m (16,500 ft). The climb takes around 1.5 hours—and the views from the summit are truly unforgettable. Whether you spend the day discovering Cusco's charm or conquering the Andes, today promises to be one to remember.

- **Distance Covered:** 10 km/6.2 miles
- **Approximate Walking Time:** 2 – 3 hours
- **Maximum Altitude:** 5,200m/17,060 ft
- **Minimum Altitude:** 3,399 m/11,150 ft
- **Difficulty:** **Very Challenging**

Cusco – Ollantaytambo – Aguas Calientes

Wave goodbye to Cusco's bustling streets – your Sacred Valley adventure begins! Get ready for a whirlwind tour through a landscape where ancient ruins whisper secrets of the past and vibrant traditions still thrive.

First up: Chinchero, a village where Inca walls stand proud amidst bustling markets and colorful textiles. You'll explore the archaeological site built by Tupac Inca Yupanqui – stone terraces and platforms have witnessed centuries of history!

We'll then make our way to the mysterious circular terraces of Moray. Aliens? No way. These ingenious structures were the Incas' agricultural playground, where they experimented with different crops and altitudes.

Hidden deep in the Urubamba Valley, you'll discover the mesmerizing Maras Salt Mines. These shimmering, salt-crusted terraces, fed by ancient aqueducts, are a sight you won't forget.

The grand finale of our day is the mighty Ollantaytambo, a fortress that whispers tales of emperors and rebellions.

Afterwards we will head to the train station, which is 15 minutes by foot. We will take the 15:37 Expedition 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.

Upon arrival to Aguas Calientes you will check in to your nice and comfortable 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 in town.

- **Minimum Altitude:** 2,040 m/6,692 ft.
- **Maximum Altitude:** 2,792 m/9,160 ft.
- **Approximate Tour Duration:** 5 to 6 hours
- **Level of Difficulty:** Easy

DAY 8:

5th November 2026

4* Terra Andina Hotel
Cusco, Peru

Inclusions:

Breakfast



Aguas Calientes – Machu Picchu – Cusco

The day you've been waiting for has arrived! As dawn breaks, we'll catch an early bus and wind our way up to the magnificent Lost City of Machu Picchu. Arriving early means beating the crowds and experiencing the magic of this ancient wonder in relative peace.

The bus ride takes about 25 minutes, and then... It's time! Step out onto those ancient pathways and let the awe wash over you. Your expert guide will lead you on a 2-hour walking tour, revealing the secrets and stories hidden within the stones. Imagine bustling markets, sacred ceremonies, and the daily lives of the Inca people who once called this place home.

Afterwards, the adventure is in your hands! Feeling adventurous? (And if you have tickets booked in advance). Conquer the heights of Huayna Picchu for breathtaking views. Or explore on your own, discovering hidden corners and soaking in the incredible atmosphere.

When it's time to return, you'll hop the bus back down to Aguas Calientes for lunch and a well-deserved rest. The journey continues as you board the train to either Ollantaytambo or Poroy, where private transport awaits to whisk you back to the comforts of your Cusco hotel.

- **Minimum Altitude:** 2,040 m/6,691 ft
- **Maximum Altitude:** 2,430 m/7,972 ft
- **Level of Difficulty:** Easy



DAY 9:6th November 2026Amazon Lodge
Puerto Maldonado, Peru**Inclusions:**

Lunch & Dinner

CPD hours:

2 Face to Face

**Morning:** Cusco ✈️ Puerto Maldonado – Gateway to the Amazon

Depart Cusco and fly to Puerto Maldonado, the vibrant gateway to Peru's Amazon Basin. From here, travel to the river pier and embark on an unforgettable boat journey along the Tambopata section of the Río Madre de Dios. As your motorized wooden boat glides through the water, keep your eyes peeled for your first glimpses of the Amazon's incredible wildlife—macaws, herons, and playful river turtles among the lush greenery.

Upon arrival at your secluded rainforest lodge, you'll be warmly welcomed by the staff before meeting your expert jungle guide and settling into your private cabana nestled in the heart of the forest.

After a hearty lunch, visit a nearby organic Amazon farm, where you'll learn about sustainable agroforestry and the fascinating plants cultivated by local communities and their medicinal purposes.

Evening:

As night falls, head out for a guided jungle walk to discover the Amazon's nocturnal magic. Listen to the hum of the forest and keep watch for nightjars, owls, capybaras, and caiman along the riverbanks.

Return to the lodge for a delicious dinner and a refreshing Amazonian cocktail, then fall asleep to the soothing symphony of the rainforest – your first night deep in the Amazon Jungle.

- **Elevation:** 183 m/ 600 ft
- **Level of difficulty:** Easy

DAY 10:7th November 2026Amazon Jungle Lodge
Puerto Maldonado, Peru**Inclusions:**

Breakfast, Lunch & Dinner

Morning:

After a delicious breakfast, embark on a new adventure with your guide, boarding a motorized canoe for a scenic ride to the trailhead. From here, your morning unfolds on foot and by paddle canoe as you explore the Condénado lake system. Keep your eyes peeled—this watery wonderland is alive with vibrant birds, playful aquatic life, and a family of giant otters that call the lake home. Every twist of the trail and paddle stroke brings you closer to the heart of the jungle.

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DAY 11:

8th November 2026

Amazon Lodge
Puerto Maldonado, Peru

Inclusions:

Lunch & Dinner

Afternoon:

Return to the lodge for a leisurely afternoon. Wander through the lush forest surrounding your cabana, or simply cool off in the sparkling Gallucunca stream, a crystal-clear oasis right beside the lodge. It's the perfect way to recharge while soaking in the sounds and sights of the rainforest.

Evening:

As darkness falls, the jungle takes on a whole new personality. Set out on a nocturnal canoe excursion along the Tambopata River, where the shadows come alive with cunning caimans, prowling night birds, and other mysterious nocturnal creatures.

- **Elevation:** 183 m/ 600 ft
- **Level of difficulty:** Easy

Morning:

As the first sunlight filters through the dense rainforest canopy, the jungle awakens in a symphony of sounds. Begin your day with an optional early breakfast buffet served from 6:30am before setting out on a morning adventure to Lake Sachavacayoc, a tranquil oxbow lake nestled within the protected Tambopata National Reserve.

Follow a sun-dappled rainforest trail to the lake, where you'll board a dug-out wooden canoe and glide silently along the stream, surrounded by towering palms and lush greenery. Here, the jungle reveals its wonders: spot colorful birds, red-bellied macaws, red howler monkeys, endangered giant river otters, side-neck turtles, black caimans, and perhaps even a slithering anaconda.

Return to the lodge for a delicious lunch, savoring the flavors of the Amazon before the afternoon's leisurely activities.

Afternoon:

Spend the afternoon at your own pace—relax in a hammock, let the rainforest sounds lull you, or take a refreshing dip in the nearby clear stream, immersing yourself fully in the serenity of the jungle.



This day is all about quiet observation, connection with nature, and soaking in the untouched beauty of the Amazon.

- **Elevation:** 183 m/ 600 ft
- **Level of difficulty:** Easy

DAY 12:

9th November 2026

4* San Agustin Exclusive
Hotel
Lima, Peru

Inclusions:
Breakfast

Morning: Puerto Maldonado ✈️ Lima

Wake early for a final immersive Amazon experience, beginning with a talk by a local Amazon medicine expert. Learn about the ancient healing traditions of the rainforest and discover how indigenous communities use plants, roots, barks, and leaves to treat ailments, support wellbeing, and maintain a deep connection with the natural world.

After the talk, enjoy a canoe ride at sunrise, gliding along the river as the golden light illuminates the water. Listen to the howler monkeys' calls echoing through the trees and keep your eyes open for any remaining wildlife—a peaceful final glimpse of the jungle in action.

Later, we will return to Puerto Maldonado and conclude your Amazon adventure at the airport. From here, you'll fly to Lima, carrying unforgettable memories of the Amazon's wildlife, landscapes, and ancient herbal wisdom.

- **Lima Altitude:** Sea level

DAY 13:

10th November 2026

Lima, Peru

We say our final goodbyes – Safe Travels





EXCLUSIONS:

- Flights to and from Australia
- Meals & Drinks not mentioned
- Transfers from and to international flights from Australia
- Tips for tour guides and drivers
- Travel insurance (please contact us at travel@traveldirectaustralia.com.au for a quote)

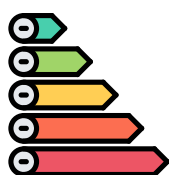
COST:

Twin Share

\$6990 per person

Single Supplement (Own room for one)

\$1250 per person



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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