Physiotherapy and Rehabilitation in China
5 – 18 May 2015

“This was the best educational tour that I have been on.”
Richard Speed, medical study tour to China 2012

World Confederation for Physical Therapy
CONGRESS 2015
Singapore
Jon Baines tours
This tour examines the rapid development of rehabilitation, including physiotherapy and occupational therapy, in China and how these incorporate Traditional Chinese Medicine (TCM). The tour is designed to give participants a fascinating insight into China by looking at its society, its history and its approach to medicine and rehabilitation, as well as its contemporary culture. A superb cultural programme takes you well off the beaten track to offer an insider’s view of China. Experience the great cities of China and enjoy the stunning landscapes, history and society of this extraordinary land.

The tour has been designed to follow the World Confederation of Physical Therapy Congress in Singapore (1-4 May 2015). Participants may join from Singapore or directly from their own country. Details on the Congress are at www.wcpt.org/congress

Fly to Shanghai, China’s most cutting edge city with its spectacular contemporary skyline and fabulous art deco heart, and settle into your hotel. Head out for a welcome dinner with the group in the evening and return to your hotel via the spectacular illuminated Bund at night.

Make your first professional visit the following morning to a local neighbourhood rehabilitation clinic, which looks after older people with chronic conditions, using a combination of western health care and TCM. In the afternoon explore the lovely city of Shanghai, visiting the Bund, where Shanghai’s role as an international trading centre began, the former French Concession, Nanking Road, People’s Square and the old district of Tian Zi Fang.
Next morning drive to the exquisite 2,500 year old town of Suzhou, famed for its canals, gardens and silk. Stay overnight in this ancient town and visit its renowned gardens, a silk workshop and the night market. In the evening take a cruise along one of Suzhou’s many tranquil canals.

Spend the following morning at the Hospital of Chinese Medicine and visit the departments of acupuncture, massage, herbal medicine and physiotherapy. In the afternoon take the high speed train to Beijing.

Beijing is China’s great imperial city, where the ancient and the modern collide on the most magnificent scale. Spend the next day sightseeing, beginning with a visit to the impressive Forbidden City, once barred to all but the inner royal circle. Afterwards take a walking tour of the traditional hutong district of old Beijing, the oldest areas in the city, with local historian Mathew Hu. Later in the evening there is the option to watch the gravity-defying Beijing Acrobats.

The following morning drive out to visit the iconic Great Wall. In the afternoon visit the beautiful Summer Palace and a traditional tea house, with the option of seeing a Peking Opera performance in the evening.

The next morning is devoted to professional visits, beginning with a day care centre for children with special needs. There will be a skills exchange with Chinese staff and the opportunity for hands on training. In the afternoon visit the National Rehabilitation and Research Centre to examine its hydro and sports therapy and the department of occupational therapy. Enjoy a traditional Peking Roast Duck dinner in the evening.

Fly to Xian the next morning, the ancient Silk Road hub and probably the first truly multicultural city in the world. Check into your hotel and in the afternoon visit the Blind People’s Massage Clinic. Traditionally in China, blind people were trained as masseuses and while here you may learn some Tui Na massage techniques.

Next morning visit the fascinating local Chinese medicine market, which has been selling its wares for hundreds of years, and the amazing necropolis of the Terracotta Warriors. Visit the

Acupuncture in action (top); The Great Wall (above)
bustling Old Quarter including a Ming Dynasty house and museum, a local teahouse and stroll along the medieval City Walls. In the evening there is the option to see traditional Tang Dynasty Theatre.

Early risers have the option to make an early morning visit to watch – or join - locals practising tai chi on top of the ancient city walls the next day. Return for breakfast before visiting the Calligraphy Street Market and Calligraphy Gallery. In the afternoon board your flight to Guilin in Guangxi Province, where you will check into your hotel.

Guangxi Province has been a favourite of Chinese artists throughout the ages because of its spectacularly beautiful landscapes. Enjoy a scenic morning cruise the following day along the stunning Li River to the cobblestone village of Yangshuo, where you will stay for two nights. Visit a rural hospital in the afternoon and learn about baby massage and visit the water therapy department. In the evening there is the option to see a wonderful *son et lumiere* show.

Next morning take a cycle or buggy ride through the local villages and visit Dr Shu, the wonderfully named ‘barefoot doctor’. In the afternoon there is the option to join a cookery class at Cloud 9 (where you will have dinner that evening) to learn how to cook mouthwatering and highly spiced Sichuan cuisine, or simply spend time at leisure enjoying the beautiful surroundings.

Fly from Guilin back to Shanghai and spend your final afternoon at leisure with a farewell dinner in the evening. Transfer to the airport to board your return flight the following day.
### 5 May (Tues) Shanghai
**Pm**
Arrive in Shanghai and transfer to the hotel
**Eve**
Welcome dinner. Return via the illuminated Bund

### 6 May (Wed) Shanghai
**Am**
Visit a Neighbourhood Rehabilitation Centre which looks after older people with chronic diseases, using western health care and TCM.
Talk: *Physiotherapy in China*
**Pm**
Visit People’s Square, Nanking Road, the French Concession and the lanes of the old district of Tian Zi Fang

### 7 May (Thur) Shanghai / Suzhou
**Am**
Drive to Suzhou
**Pm**
Visit Suzhou’s famous gardens, silk factory and market
**Eve**
Evening cruise along the canal

### 8 May (Fri) Suzhou / Beijing
**Am**
Visit Hospital of Chinese Medicine - acupuncture, massage, herbal medicine and physiotherapy departments
**Pm**
High speed train to Beijing

### 9 May (Sat) Beijing
**Am**
Tour of the Forbidden City
**Pm**
Lunch at Nuage. Walking tour through the “hutongs” of Old Beijing with Mathew Hu
**Eve**
Optional visit to the Beijing Acrobats

### 10 May (Sun) Beijing
**Am**
Visit the Great Wall
**Pm**
Visit the Summer Palace
**Eve**
Optional visit to Peking Opera

### 11 May (Mon) Beijing
**Am**
Visit a day care centre for children with special needs. Learn physiotherapy skills exchange with Chinese staff. Opportunity for hands on training
**Pm**
Visit the National Rehabilitation and Research Centre and the hydrotherapy, sports therapy and occupational therapy departments
**Eve**
Peking Roast Duck dinner

### 12 May (Tues) Beijing / Xian
**Am**
Fly from Beijing to Xian and transfer to the hotel
**Pm**
Visit the Blind People’s Massage Clinic - option to learn Tui Na massage skills

### 13 May (Wed) Xian
**Am**
Visit the local Chinese medicine market. Visit the Terracotta Warriors
**Pm**
Visit the old city walls, the Ming Dynasty House Museum and a tea house
**Eve**
Optional visit to Traditional Tang Dynasty Theatre

### 14 May (Thur) Xian / Guilin
**Am**
Optional early morning visit to city walls to watch or take part in tai chi. Return for breakfast. Visit the Calligraphy Street Market and Calligraphy Gallery
**Pm**
Fly from Xian to Guilin and transfer to the hotel

### 15 May (Fri) Guilin / Yangshuo
**Am**
Enjoy a scenic cruise along the stunning Li River to the village of Yangshuo and transfer to the hotel
**Pm**
Visit Yangshuo rural hospital. Learn of baby massage and visit the water therapy departments
**Eve**
Optional visit to the son et lumiere show

### 16 May (Sat) Yangshuo
**Am**
Bicycle tour through the countryside past villages and farms and visit to Dr Shu, the barefoot doctor
**Pm**
At leisure or option of cookery class
**Eve**
Sichuan dinner at Cloud 9

### 17 May (Sun) Guilin / Shanghai
**Am**
Drive to Guilin
**Pm**
Fly from Guilin to Shanghai
**Eve**
Farewell meal

### 18 May (Mon) Shanghai
**Am**
Depart Shanghai

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"Hospital and clinic visits were amazing. A great range through large “western” hospitals to Chinese Medicine and a barefoot doctor. Well organised and all fascinating"

John Belem, Anaesthesia in China, May 2014
Hotels

Ocean Hotel Shanghai (Shanghai)
A centrally located 4-star hotel, situated near the North Bund, this modern hotel offers spacious, well equipped rooms and facilities including a fitness centre and indoor swimming pool.

Bamboo Grove Hotel (Suzhou)
Located on the outskirts of Suzhou, this hotel combines modern style with traditional Chinese touches with spacious rooms. There is a lovely garden with a canal, plus a pool and gym, a bar and two restaurants.

President Hotel (Beijing)
A very comfortable 4-star hotel with spacious rooms and a lovely lobby area. Facilities include a pool, fitness centre and restaurant.

New World Hotel (Xian)
This is a lovely hotel situated in central Xian, close to the old city walls. It has spacious, comfortable rooms, good service and very good amenities including a bar and restaurant, a pool and a gym.

Waterfall Hotel (Guilin)
The Lijiang Waterfall Hotel is across the street from a lakeside park with two beautiful pagodas, near a pedestrian area full of restaurants and shops. This is a well appointed and spacious hotel with the unusual attraction of a nightly waterfall cascading down all the windows of the rooms.

Green Lotus Hotel (Yangshuo)
The 5-star Green Lotus Hotel has a peaceful yet central location near both the Li River and shops and cafes. The hotel has a lovely garden restaurant, a bar, swimming pool, fitness area and spa.
Tour Leader and Guide

Sheila Purves has just retired as Director of International & China Programmes, The Hong Kong Society for Rehabilitation (1988 – 2013). She is now working as consultant for The Hong Kong Society for Rehabilitation. In the past twenty-five years she has been responsible for planning, fund-raising, implementing, and evaluating rehabilitation training projects, mainly in China. She has worked with hospitals, rehabilitation centres, social and child welfare institutes and communities.

Sheila is a Canadian citizen and is licensed as both an Occupational Therapist and Physiotherapist. She is honorary advisor, professor and lecturer to many hospitals and medical universities in different parts of China and she has undertaken consulting assignments for WHO, UNICEF, China Disabled Persons Federation, Handicap International (China Office), World Vision Hong Kong, Kadoorie Charitable Foundation Hong Kong and others. In 2000, she was awarded an MBE for her work in China on the Queen’s Honour List (UK). In 2011 received a Doctor of Social Science (honoris causa) from Hong Kong Institute of Education.

Zhang Zhong Jiu (known as Cheung) has worked with Jon Baines since 1994, taking healthcare and cultural groups around China. Educated in Beijing and London and widely travelled, with familial links in Australia, Cheung is extremely knowledgeable and popular with our groups for his ability to bring China’s history and society to life with personal anecdotes. Having led a wide variety of professional groups over so many years, his breadth of knowledge is second to none.

“The cost of the tour is AUD $3,790 / £1,995 per person (excluding international flights and transfers)

The cost includes:
• The services of an experienced tour leader (Sheila Purves)
• 13 nights’ accommodation in twin-bedded rooms with private facilities in medium grade and first class hotels
• The single room supplement is $560 / £295
• Breakfast and lunch or dinner daily
• An allowance of soft drinks, tea and beer with meals
• All admission fees
• Services of a specialist English speaking national guide
• All transport services and taxes in China

The cost excludes:
• Meals not mentioned
• All optional excursions, tours and visits
• Travel insurance
• Visa
• Tips

Flights

The tour price does not include international flights. If you require help booking flights to Shanghai please contact the London office on +44 (0)207 223 9485 or the Melbourne office on +61 (0)3 9343 6367.

If attending the World Confederation of Physical Therapy Congress 1-4 May 2015 in Singapore, fly direct to Shanghai from Singapore.

Peter Craig, Anaesthesia in China, May 2014
About Jon Baines Tours

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Shanghai by night (top); The Beijing Acrobats; A traditional herbal pharmacy; Sunset over the Li River (above)