“A growing number of Australians are choosing to go overseas, especially to Asia, for medical procedures in a trend known as medical tourism. The procedures include plastic surgery and complex dental work. The motive, often, is the ability to receive treatments at a much lower cost than in Australia.”
So is it safe to combine tourism and medical procedures?

Problems arise when complications occur when the patient arrives home. A local medical officer will need to take over their care and they may have no redress with the medical staff and hospital who provided the service overseas.

In this study tour we will visit Bangkok and explore the concept of Medical Tourism - from 5 star hospitals to charitable organizations. We will meet with Nursing and Health Practitioner colleagues and discuss the challenges and successes of their work and the implications for the medical tourist.

Medical tourists identify that during their recovery period part of the allure of Bangkok is the exceptional shopping available - so of course we will need to explore this as well. Wendy Johnson McFarlane (the Shopping Guru!), who regularly escorts small group shopping tours to Bangkok, will give you the inside knowledge on the best places to shop to find a real bargain – simply fabulous!

What’s included in the Study Tour Registration Fee:

- Eight nights executive floor accommodation at the Rembrandt Hotel (4.5 Star Rating)
- Pre-dinner drinks each evening
- Internet access
- Airport transfers
- Breakfast each day as well as selected meals as identified on the program
- A “goodies” bag that includes a copy of Wendy’s Book “Hot Spots to Shop Bangkok”
- BTS travel card
- Arrival dinner on Day 2 at the gorgeous Red Pepper Restaurant
- Farwell dinner at Rang Mahal
Included tours to:

- MBK Shopping Centre
- Jewellery Trade Centre
- Bumrungrad Hospital to meet with hospital colleagues, tour facilities, & discuss medical tourism
- Jim Thompson Factory Outlet
- Asiatique on the Riverfront
- Tien Fah Foundation and Hospital
- Herbal Medication Clinic
- Reclining Buddha Temple
- Canal Village
- Dinner on the Siam River Cruise on private rice barge
- Visit flower market
- Bangkok Hospital
- The Mercy Centre – providing care to children and communities in the slums of Bangkok
- Chidlom area for upmarket shopping
- Paragon Department store

Optional tours to:

- Calypso Cabaret – glittering extravaganza by transgender performers
- Cabbages and Condoms dinner – created to promote better understanding and acceptance of family planning
- River Kwai Day Tour – lunch and visit to the Elephant camp included
- Blue Elephant Cooking School

Travel Insurance

We strongly recommend that you take out travel insurance when you make your booking we use Hot Spots to Shop QBE Insurance. [Click here for further information >>]
Tour Leaders

Cheryl Dezotti is a Registered Nurse and holds a Masters Degree in Quality in Health Care. Cheryl has worked in both the acute and aged care sectors as a clinician and extensively in health care education and management. Cheryl has a passion for wound care and has lectured on the subject extensively both in Australia and internationally. Her work has made her acutely aware of the importance of keeping up to date with best practice guidelines and their practical application in the workplace.

Sue Walker is a Registered Nurse and holds a Masters Degree in Primary Health Care. Sue has worked in the acute sector, community health, and aged care as a clinician, educator, and manager. Her role at the Nurses for Nurses Network and Health Services Evolution is Nurse Consultant (education). Sue continues to keep abreast of health industry issues via her participation in a number of nursing committees and panels.

Wendy Johnson McFarlane
Your opportunity to travel with the Shopping Guru!

Wendy regularly escorts small group tours to Bangkok and has a wealth of experience in the travel and shopping industry.

She knows the hidden gems in Bangkok, places such as a shop she calls Handbag Heaven, a wholesale scarf stall or a fantastic young jewellery designer and she can’t wait to show you.

Wendy will be available to answer all your questions concerning shopping in Bangkok as well as customs and traditions of Thailand that will make your Bangkok experience even more special. Wendy has some exciting tours planned for you.

http://hotspots2shop.com/ >>
Day One
17/10/15
Fly into Bangkok
You will be met at the airport and transferred to the beautiful Rembrandt Hotel - 4.5 Star
http://www.rembrandttbk.com/
Settle into your room and have a good night’s sleep to be ready for what the coming days will bring
There are cheaper hotels in Bangkok but life is too short for cheap – you will love this Hotel.

Day Two
18/10/15

Meet for Breakfast to discuss the day ahead
Our first lesson of the day will be how to master the BTS. We will use this above ground rail system to get to a number of our destinations. We will be travelling as a group so no need to worry – Cheryl, Sue, or Wendy will always be close by to assist.

MBK Shopping Centre
Wendy will ease us gently into Bangkok shopping by guiding us to Mahboonkrong Shopping Centre commonly known as MBK which is probably Bangkok’s most legendary shopping mall. The eight floors are packed with 2,000 shops & stalls that sell everything from clothing, fashion accessories, handbags, leather products and luggage to furniture, mobile phones, electric appliances, cameras, stationery and DVDs.

It’s important to take a closer look at the quality and craftsmanship but if your idea of a shopping bargain is to pay a few dollars for an Adidas T-shirt or a Gucci belt – and authenticity is not an issue – follow Wendy to MBK. Many of the products that can be found here are similar to that at markets, but the convenience of shopping in an air-conditioned environment beats hot and sticky markets on your first day out and, just like the markets, a lot of the prices are negotiable. Wendy will show you how to enhance & expand your bartering skills.

Free afternoon if you wish Or Trip to the Jewellery Trade Centre
The Jewellery Trade Centre, which is an entire basement of this building, is topped by a Fashion Outlet Mall. The whole of the basement is loose stones of every description, diamond, sapphires, rubies as well as many semi-precious stones; every woman should be let loose here once in her life. Wendy will introduce us to a young Thai jewellery designer that will set jewellery to your design or help you with some suggestions of design at very reasonable rates. Bring Granny’s brooch that you never wear and have it set into a modern setting. Also in this mall there are a few levels for retail therapy: outlets for branded shops like Adidas, Guess and Marks & Spencer. There is a great children’s wear outlet, now that could justify the trip for Mums and Grandma’s!
Meet for Pre dinner drinks
Discussion on medical tourism in general and what is being offered in Bangkok in particular.
CPD allocation 1 Hour

Dinner at the Red Pepper
Red Pepper is a unique Thai restaurant offering the finest interpretation of genuine Thai cuisine highlighted by local produce, spices, fresh seafood and tasty meats. Each course is a carousel of complementary flavours, tastes and colour. The Red Pepper provides a full glimpse into impressive Thai cuisine. If you are vegetarian you will be spoilt for choice with Thai cuisine.

Day 3
19/10/15

Visit to Bumrungrad Hospital
Bumrungrad International is a Joint Commission International accredited, multi-specialty hospital located in the heart of Bangkok, Thailand. Founded in 1980, it is one of the largest private hospitals in Southeast Asia, with 580 beds and over 30 specialty centres. Bumrungrad International offers state-of-the-art diagnostic, therapeutic and intensive care facilities in a one-stop medical centre.

Bumrungrad International serves 1.1 million patients annually, including over 520,000 international patients. https://www.bumrungrad.com/
CPD Allocation 3 Hours

Jim Thompson Factory Outlet
If you love beautiful fabrics, and especially Thai silks, there is no one who does it better than Jim Thompson.

The outlet store is 5 floors with a small cafe on the 5th floor surrounded by pillow covers, table mats and so on. The 4th floor is bags, shoes, accessories, shirts and other clothing. The 3rd floor is largely furnishing fabrics in a dazzling array of colours and textures. The 2nd floor is the collection of cottons, cotton prints and weaves.

The main floor offers discounts on silks and other fabrics both on the bolt and in special clearance selections prices that are often 60-70% below their cost when offered in the main stores. A great place to shop for elegant gifts for friends, family and business associates at reasonable prices and for the joy of discovering the amazing collection of textures, designs and colours.
Meet for Pre dinner drinks
A discussion on the Bumrungrad Hospital visit this morning and how medical tourism is shaping health care delivery in Thailand. The impact for the Australian medical tourist will also be explored. CPD allocation 1 Hour

Asiatique
Asiatique On The Riverfront is relatively new, having opened in May 2012. The Riverfront is homage to Bangkok’s past as a riverside trading post during the end of the 19th and beginning of the 20th century. More than a typical night market more a shopping and lifestyle complex. Here you get shopping but as well you get a sample of Bangkok’s history. Asiatique’s 1,500 shops, boutiques and restaurants occupy the old warehouses and waterfront properties that were home to the East Asiatic Company in the early 1900s. Now the area hums with shoppers rather than timber traders, but the coolies and colonial types are still here in the form of bronze statues and there are informative plaques telling you the history of the space. Even if you don’t want to shop the trip on the bustling waterway, with its ever-changing sights and scents is a treat.

Here you will be spoilt for choice with the food that is on offer. We will meet back at a central location and return to the Hotel. http://www.thaiasiatique.com/index.php/en

Optional Tour
The Calypso is a vision of colour and song twice nightly, they stage a glittering extravaganza featuring Thailand’s tall and talented transgender performers singing and miming in their glittering costumes. http://www.calypsocabaret.com/

Day 4
20/10/15

Half Day Tour - CPD Allocation 2 Hours
Visit Tien Fah Foundation (1000 years old wooden Buddha image & herbal medication clinic). We will also visit the hospital that surrounds the area. A visit is also planned the Wat Pho (Reclining Buddha Temple) and visit the Canal Village by Express boat. AND a Tuk Tuk transfer with Police escort.

Please note that a dress code applies - short sleeved shirt and long pants are required for the temple visit.

On the way home we will visit the Flower Market which is a gorgeous venue – you will be enchanted with the beautiful flowers as you walk down this gorgeous street.
Free Afternoon
You may choose to explore the surrounding area or the Hotel spa.
Or you might like to take the free Tuk Tuk from the Hotel to the end of the lane and explore Terminal 21. Wendy has a cheat’s way to get there that she will be happy to show you. Make sure you try out the toilets on the Istanbul level – I’m told they are something special.
Click here>> for more info on Terminal 21.

Meet for Pre dinner drinks
Discussion on herbal medicine and the use of same compared to current medications in the treatment of chronic conditions.
CPD allocation 1 Hour

Dinner on Siam River Cruise
We will dine on a private chartered Rice Barge as we cruise up the river.
Bangkok at night, especially along the city’s spectacular Chao Praya River, is a wonder to behold.
While you wine and dine in luxurious surroundings, you’ll get a true taste of just how much this city dazzles at night.
Shimmering temples, glistening skyscrapers and a rich stream of passing nocturnal traffic will greet you from every direction. As you lap up the first-class hospitality and delicious Thai food on board your converted rice barge, you’ll get a true sense of what makes the 'River of Kings' such an evocative spot.
Dinner is a Thai buffet with a couple of drinks included.

Day 5
21/10/15
Visit Bangkok Hospital
The Bangkok Hospital Group is the kingdom’s largest hospital operator with 13 network locations throughout Thailand. Each facility offers specialized medical treatments, staffed with multidisciplinary teams of highly trained specialists and the world’s renowned hospitality and graciousness of the Thai people.
Here we will tour the hospital and discuss with our nursing colleagues their experience of medical tourism and the services that are being offered by their facility
CPD allocation 2 Hours
Visit the Mercy Centre
“The Mercy Centre is a shelter for street kids, five orphanages, a hospice, a home for mothers and children with HIV/AIDS, a 400-pupil kindergarten, a community meeting place, and a serene haven in the slums with small gardens and playgrounds. Originally built on a former Buddhist Temple site on port authority property, Mercy Centre has stood in some shape or form for nearly 40 years. In 2000, it was rebuilt through a generous gift to accommodate our expanding services to orphans, street children, and children with HIV/AIDS.”

CPD allocation 2 Hours

Free afternoon
“Now that you are an expert on Bangkok why not be a little adventurous and catch the BTS Sky train a couple of stations to Phrom Phong and follow the directions from there into Bangkok’s newest mall the EmQuartier. Never forget Wendy will be there to help you with directions.

Architecturally EmQuartier is a tourist destination in itself with its sweeping futuristic floors and stylish outside concourse space. You will find a long list of designer brands with dozens of restaurants, a cool atrium garden complete with a waterfall. With nearly 400 labels starting with the more luxury side and then as you work your way up you will find a mix of more affordable high street brands such as Zara, Uniqlo, H&M, Gap and Super Dry, as well as a good selection of Thai home-grown labels such as Fly Now, Greyhound, Klosset and Soda.

You are not going to get through all the shops in one afternoon but you will be assured of a really cool (in more ways than one) shopping experience.”

Meet for Pre dinner drinks
Discussion and reflection on the two very different services that we visited this morning

CPD allocation 1 Hour

Optional Dinner Cabbages and Condoms
As one of the most unique restaurants in Metropolitan Bangkok, the Cabbages & Condoms (C&C) Restaurant has attracted international attention. The restaurant was conceptualized in part to promote better understanding and acceptance of family planning and to generate income to support various development activities of the Population and Community Development Association (PDA)
Be careful with the “after dinner mints”!
Day 6
22/10/15

Free Day – to do as you please Or  OPTIONAL TOUR: River Kwai Day Tour

Visit Don Rak the 2nd World War Cemetery and the Thailand-Burma Railway Museum. We will take a boat trip on the River Kwai and see the bridge over the River Kwai.

We will take the train on the unfortunately named death railway to Tham Krasae. A set lunch menu is included at a local restaurant (food only). After lunch we will visit the Elephant Camp and there is an option to take an elephant ride if you wish.

Meet for Pre dinner drinks
Share the adventures of the day

Day 7
23/10/15

Day Seven will see us experience a different side to Bangkok shopping, the upmarket malls and department stores in the Chidlom area.

A quick ride on the BTS (Skytrain) from our hotel and we will walk out onto a wonderland of upmarket brand names to high quality handicrafts. The goods on sale here rival London’s Knightsbridge or Sydney’s Oxford Street. This area is huge and there is no way we can see it all in one day but Wendy will explain the layout and give hints on shopping in this area.

The walkway, which sits high above the traffic and gives us access to the famous Erawan Shrine and if we are lucky there will be dancers at the shrine giving photographers a great shot from the elevated walkway. As we walk we will have direct access to Grayson Plaza on the right, a luxurious, upmarket marble and chrome complex housing exclusively high-end luxury goods and designer labels including local label Greyhound. On the left is Erawan Bangkok, the graceful mall which leads to the Grand Hyatt Erawan Bangkok this centre definitely has an air of exclusivity about it.

However we will head first to Central World mega-shopping complex which offers one of the most exciting shopping experiences in Bangkok. It has everything from brand name clothing boutiques, funky fashion, high-tech gadgets, bookshops and designer furniture to imported groceries, a line-up of banks, beauty salons, gourmet eateries.

With more than 500 stores, 100 restaurants and cafes and 15 cinemas and two department stores Isetan and Zen anchor the shopping centre you will be spilt for choice. Further along the walk way leads onto Paragon Department store, which gives you six levels of new and shiny things to entice you. This is credit card territory so if you intend picking up that genuine Channel bag don’t forget the gold card.
It is doubtful you will make it all along the walkway to Siam Discovery and Siam Centre, or back to the mall MBK we visited at the start of the trip however you will see enough to know that Bangkok is a leader in shopping malls & shopping throughout Australia and Asia.

Free Afternoon or continue shopping at Chidlom or Blue Elephant Cooking School
Tourists, local residents and anyone interested in a unique and positive personal learning experience are welcome to join the Blue Elephant Cooking School. From novices to professional chefs, they cater to a variety of people with different skill sets.

Note the price of the cooking school includes an apron and recipe book to keep and a fabulous meal. http://www.blueelephant.com/cooking-school/cooking-classes-bangkok-2/ or Wendy will take you to hand bag heaven. This is a secret location where all is not as it seems.

Meet for Pre dinner drinks
Share the adventures of the day

Day 8
24/10/15
B AD D

Visit Chatuchak Weekend Market (or Jatujak Market)
One of the world’s largest weekend markets and covers an area of 70 rai (27 Acres) altogether divided into 27 Sections, contains more than 15,000 booths selling goods from every part of Thailand.
We will also visit a local community health service to gain an understanding of the issues affecting the community and the services they provide.

Free afternoon or you can stay at the market – we will show you how to get home.
This is the time to finalise purchases, take last minute photos, collect any orders that you may have made – or relax and take advantage of the Hotel Spa.

Meet for Pre dinner drinks
In this final session we will summarize the information gained over the past days and explore the impact of medical tourism for the Australian patient.
CPD allocation 1 Hour
Farewell Dinner
Rang Mahal - Exquisite Indian Cuisine
Situated in the dress circle of The Rembrandt Hotel Bangkok, the multi-award winning Rang Mahal provides a celebration of memorable world class cuisine.

Delicious, mouth-watering authentic Indian dishes created in a carousel of complementary flavours, tastes and colours served by welcoming staff against a spectacular skyline view of Bangkok. Live Indian music further creates a burst of theatre for an unforgettable dining experience. Winner of Thailand Tatler’s Best Restaurant for over a decade.

Day 9
25/10/15
Farewell to Bangkok
Transfer to Airport – safe trip Home
You now have a greater understanding of medical tourism and the implications for the host country and the medical tourist.
Cost
For the full Program including accommodation and guided tours (does not include airfares or optional tours).

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<tr>
<th>Study Program</th>
<th>Price</th>
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<tr>
<td>Twin Share (Note twin share is only available to those who are travelling with friends/colleagues)</td>
<td>$1893.00</td>
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<td>Single Supplement</td>
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<td>Blue Elephant Cooking School</td>
<td>$168.00</td>
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*Education expenses may be claimed as a tax deduction inclusive of airfares and accommodation.*

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