



Tour: The Medical Journey
Destination: Washington DC metro-area, Virginia & Maryland
Itinerary: 6-days / 5-nights
Specialization: History, Health & Culture
Dates: Year-round

THE MEDICAL JOURNEY						
Day	Morning	Afternoon		Evening		
1	Sun	Fly to Washington DC and transfer to hotel; Welcome, Safety & Orientation Meeting			Welcome Dinner Cruise on the Potomac	
2	Mon	Battlefield Medicine & History: Pry House Field Hospital Museum, Antietam National Battlefield & the National Museum of Civil War Medicine; includes sutures, anesthesia, bullet removal, pill rolling and medicine-making			Local Dinner	
3	Tues	John's Hopkins University - Campus Tour	National Museum of Dentistry with Dental Health Master Class		Stabler-Leadbeater Apothecary Museum	Local Dinner
4	Wed	National Museum of Health & Medicine with Private Tour & Forensics Workshop	The National Library of Medicine	The DeWitt Stetten, Jr., Museum of Medical Research	Local Dinner	DC Evening Monuments Tour with Private Guide
5	Thur	Smithsonian's National Museum of Natural History + Health Exhibits (Self-Guided)	CPR / AED Certification Class with the Red Cross		Local Dinner	O'Mansion & the Secret Door Experience
6	Fri	Free time until departure; depart for home				



As with all sample itineraries, please be advised that this is an 'example' of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



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Day 1

Dinner included

Washington DC... Chosen by George Washington for its tactical location between the South and the North, and for its accessibility to the sea via the Potomac River, the capital of the United States is situated in a district specifically created to avoid the establishment of the capital city in any one state. Washington, DC (District of Columbia) with its low-profile skyline, is a city of green parks and open spaces, grand buildings, historic landmarks, marbled monuments and impressive museums, with character-filled neighborhoods that support a thriving cultural scene with scores of top-notch restaurants, shops and evening entertainment.

This thriving cosmopolitan city is an international hub of power and diplomacy, representing all the democratic ideals that the country takes pride in. After politics, tourism is the capital's main industry. DC is also a very walkable town. Fill your days across a number of neighborhoods, all welcoming you to come and explore.



Did you know?

- ✓ The Washington Monument is DC's largest building. It's roughly a tenth of a mile high.
- ✓ The phrase "taxation without representation", often heard here, is based on the fact that DC, not being a state, doesn't have any representation in Congress.
- ✓ The District of Columbia was named after the great explorer Christopher Columbus.
- ✓ DC is a very international city, home to more than 170 embassies and international cultural centers. The city's colleges and universities host about 20,000 international students each year, and 15% of DC residents speak a language other than English at home.
- ✓ L'Enfant Plaza, in the Southwest quadrant of the city, is named after Pierre L'Enfant, who is credited with creating Washington's first planned street layout in the late 18th century.
- ✓ The word "lobbyist" became popular with President Ulysses S. Grant's disdain for the interest groups who bothered him while he relaxed in the lobby of the Willard Hotel.
- ✓ Gallaudet University began the tradition of the football huddle in the 1890s in order to conceal their signed plays from the opposing team.



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Groups will generally arrive Washington DC in the afternoon. Upon arrival, we'll get checked into our hotel and have our Welcome, Safety & Orientation Meeting.

Sample Hotel - Holiday Inn Express Alexandria (or similar) - Located in the heart of Alexandria, Virginia and features 86 guest rooms and suites. Students will sleep 4-to-a-room while teachers sleep 2-to-a-room. Resort amenities include 24-hour staffing, business center, complimentary high-speed Internet access, health and fitness center with whirlpool, guest laundry facilities, ATM, convenience purchases and safety deposit boxes. Room amenities include 32-inch LCD TV with cable channels, complimentary local phone calls, hair dryers, coffee and tea makers, microwaves, mini-refrigerators, individually controlled air conditioning units and irons/boards.



Tonight we kick off our tour with a load of fun! Get ready to have a lovely dinner and also dance!

City Dinner Cruise on the Potomac - Experience the best of Washington DC and see the Nation's Capital from the water along the Potomac River! Enjoy picturesque views of the iconic landmarks on your 2.5-hour dining cruise, enjoy a delicious dinner buffet with freshly prepared entrees, salads, and desserts, and inboard entertainment with DJ music!



Day 2

Breakfast & dinner included; lunch on own

Today we'll have a full day learning about the past so we can look into the future. We'll start in the battlefields on an incredible Civil War-era day that will take us to explore the beginning of medical surgical procedures in the USA. During our day, we'll also try our hand with battlefield **sutures, anesthesia, bullet removal, pill rolling** and **medicine-making**.

Pry House Field Hospital Museum - The Pry House Field Hospital Museum tells the story of a home that became a headquarters and hospital during the bloodiest single day in American history: September 17, 1862. As the Battle of Antietam raged within view of the Pry family's house, decisions were made on this historic property that shaped the lives of soldiers, surgeons, and civilians. We'll visit the Pry House and discover how emergency medicine evolved during the Civil War and the impact on the soldiers.



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Antietam National Battlefield - 23,000 soldiers were killed, wounded or missing after twelve hours of savage combat on September 17, 1862. The Battle of Antietam ended the Confederate Army of Northern Virginia's first invasion into the North and led Abraham Lincoln to issue the preliminary Emancipation Proclamation. [LINK](#)



The National Museum of Civil War Medicine - Follow in the footsteps of soldiers and surgeons to discover the harsh conditions, personal sacrifices, and brilliant innovations of Civil War medicine, innovations that continue to save lives today.

After our full day we'll have dinner, discussion on what we took away from today's experiences, and get a great night's rest so we're ready to take on another day tomorrow!

Day 3

Breakfast & dinner included; lunch on own

Today we're headed to Baltimore for medical exploration. We'll start with checking out the Johns Hopkins University Campus and then learn about biology and dental health before heading over to Alexandria.

Johns Hopkins University School of Medicine Campus Tour –

Continuously ranked within the top 3 in the nation for best medical schools, students at Johns Hopkins learn through the Genes to Society Curriculum, which pairs academics with concurrent clinical experience. Every few months, classes break for intersessions, weeklong special courses focused on simulation and advanced skills. All students are divided into one of four colleges – Nathans, Sabin, Taussig or Thomas, meant to foster a community-feel among students from all four years of medical training. Each college has advisers to guide students through medical school courses, research participation and career selection. Students may earn a traditional M.D., a Ph.D. or both in about eight years. The school receives a large amount of research funding from the National Institutes of Health, among other organizations, and runs leading research centers including the Brain Science Institute and the Institute of Genetic Medicine.



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The National Museum of Dentistry – Located on the site of the University of Maryland’s first “Dental Infirmary and Laboratory Building,” which was then part of the Dental Department in the School of Medicine in 1882, the NMD is located at the heart of the University of Maryland’s founding campus in Baltimore and at the epicenter of the beginnings of professional dentistry. The NMD’s extensive 40,000 object collection of dental instruments and equipment is one of the largest and oldest collections in the world related to dentistry. The Dr. Samuel D. Harris National Museum of Dentistry is also a proud Smithsonian Affiliate.

Dentistry Master Class - Take a bite out of history and health! Students re-encounter key concepts about oral health care and learn about dentistry as a career choice. Students will learn about each of the dental specialties, the allied professions, and dental research, along with exploring an exhibit on bioengineering, forensics, and saliva. Students will also learn about the Changing Faces of Dentistry with a new exhibit exploring the progress of diversity in the dental profession. University of Maryland, School of Dentistry

Stabler-Leadbeater Apothecary Museum - The Apothecary Museum was a family business founded in 1792 and represents one of Alexandria's oldest continuously run businesses. The Museum boasts a vast collection of herbal botanicals and medical equipment and also has a spectacular collection of archival materials, including journals, prescription and formula books, ledgers, orders and invoices. The museum is a National Historic Landmark. The company’s best known clients? George & Martha Washington. [To Bleed or Not to Bleed](#)



Day 4

Breakfast & dinner included; lunch on own

Today is an important day as we learn about the health institutes in the country, what they do and how they serve their citizens.



National Museum of Health + Private Tour - For more than 150 years, the National Museum of Health and Medicine has collected and shared information about the history of medicine and American military medicine. Students will get an in-depth overview of the museum's permanent exhibits, including "Military Medicine: Challenges and Innovations," "Civil War Collections," "The Human Body: Anatomy and Pathology," and others.

National Museum of Health Forensics Workshop - After a museum docent introduces the science behind human identification of fallen unidentified service members, students work in pairs or small groups to gather information about a set of bones, estimating age, sex, height, and evaluating trauma, dental profile, material evidence, and DNA. As a whole group, they then use the evidence and profiles of missing service members to determine whose remains they may have been examining.



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The National Institutes of Health Tour - The nation’s medical research agency, NIH’s mission is to seek fundamental knowledge about the nature and behavior of living systems and the application of that knowledge to enhance health, lengthen life, and reduce illness and disability. NIH tour programs are designed for young adults, individuals, and small groups who are interested in learning more about how the NIH improves human health and prevents disease. The NIH Nobel Laureate exhibit honors NIH-supported intramural and extramural scientists who have won the Nobel Prize in chemistry, physiology, or medicine. The Clinical Center is the world’s largest hospital entirely devoted to clinical research. It is a national resource that makes it possible to speed the translation of laboratory discoveries into new approaches for diagnosing, treating, and preventing disease. The 870,000-square-foot research center has 200 inpatient beds and more than 1,600 laboratories conducting basic and clinical research.

National Library of Medicine, Visitor’s Center Experience Tour -

The National Library of Medicine, on the campus of the National Institutes of Health in Bethesda, Maryland, has been a center of information innovation since its founding in 1836. The world’s largest biomedical library, NLM maintains and makes available a vast collection and produces resources on a wide range of topics that are searched billions of times each year by millions of people around the globe. It also supports and conducts research, development, and training in biomedical informatics and health information technology. While here, we’ll watch a video providing an overview of NLM programs and services, observe demonstrations of the library’s online information resources; and take a walking tour that includes the computer room, reading room, exhibition area, and the History of Medicine Division.



The DeWitt Stetten, Jr., Museum of Medical Research - The Office of NIH History and Stetten Museum advances the historical understanding of the biomedical research conducted at the NIH by documenting, preserving, and interpreting the history of significant NIH achievements, scientists, and policies. The NIH biomedical and behavioral research community is an extraordinarily dynamic one, with a flow of talent from across the globe that relies on, and sometimes invents, ever-changing technologies. This office helps to preserve the memory of who worked with whom, of when the work was conducted, and of what tools they used. The material heritage in these collections include instruments, objects, images, films, voices, notebooks, illustrations, and myriad documents. These historical resources preserved by ONHM are of inestimable value to this and future generations of researchers.

Evening Monuments Tour - Explore the famous monuments and memorials of Washington DC by moonlight with a private guide aboard your coach. Take in the stunning views and hear the stories behind the Lincoln Memorial, the Washington Monument, the White House, the FDR Memorial, the Vietnam Veterans Memorial, the Korean War Veterans Memorial and many other landmarks.



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Day 5

Breakfast & dinner included; lunch on own

Get ready for a great day! We'll start by exploring the American Museum of Natural History and checking out their exhibits related to health. Afterwards, we'll travel back to our hotel where we'll meet our course director from the Red Cross to earn our CPR/AED certification. Then later, we'll wrap up our DC experience with a fabulous dinner and fun at O'Mansion!

Smithsonian's National Museum of Natural History - The world's most popular natural history museum is dedicated to understanding the natural world and our place in it. Delve into the fascinating story of our planet, from its fiery beginnings through billions of years of transformation, and explore life on Earth through exhibitions and activities, collection objects and research that happens in the lab and in the field. The museum is larger than 18 football fields and is home to the largest natural history collection in the world. Exhibits, subject to change, currently include:



Outbreak: Epidemics in a Connected World - Join epidemiologists, veterinarians, public health workers, and citizens across the globe as they work together to identify viruses in animals and humans and contain infectious disease outbreaks.

Bone Hall - Compare and contrast the skeletons of flying fish, a massive sea turtle, snakes, a giraffe, monkeys, and many more vertebrates. Learn what skeletons tell us about how different animals live.

David H. Koch Hall of Human Origins - Meet your closest ancestors and relatives in this exploration of human evolution. Discover fascinating stories of extinction and survival, and learn what set us apart from other species.

Red Cross CPR / AED Certification Class - Behind every American Red Cross training program stands the Scientific Advisory Council – a volunteer body of Red Cross science and medical experts dedicated to ensuring that what you learn is based on the latest and best emergency science. Our goal? To immerse students in an interactive and hands-on environment so you can be assured your students leave with a mastery of lifesaving techniques and the confidence to act when moments matter. Classes will be held either at your hotel or a local facility; each participant will earn their certification.



O'Mansion & The Secret Door Experience – Named the Coolest Place in DC and the only museum of its kind, you'll search for secret doors and find your way through themed rooms and covert passages to a world never experienced. You'll be walking in the footsteps of presidents and freedom fighters, historians, authors, artists and musicians,



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athletes, scholars, and many more. Unique exhibits promote and embrace life from every culture, resulting in a wide-ranging collection. Guests will leaf through manuscripts, touch sculpture, hear rare studio cuts, and journey through an array of diverse architectural styles and exhibits like the Log Cabin, John Lennon Suite, Safari room, and Mrs. Rosa Parks' room.

Day 6

Breakfast included (dependent upon departure time)

It's time to pack up and head home! Following breakfast and dependent upon our flight or motorcoach departures, we'll have the morning free and then we'll start to say goodbye as we head off for home; taking memories with us that will last forever!

Farewell!



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THE MEDICAL JOURNEY

Minimum Booking Numbers: 20 students

What's Included:

- Round-trip flights or coach to Washington DC metro area
- Full time use of dedicated motorcoach/shuttle transportation
- 5-nights' accommodation in the metro DC area
- Breakfasts & dinners daily starting with dinner on arrival and ending with breakfast on your day of departure
- Full day excursion of Battlefield Medicine & History: Pry House Field Hospital Museum, Antietam National Battlefield & the National Museum of Civil War Medicine; includes sutures, anesthesia, bullet removal, pill rolling and medicine-making
- National Museum of Dentistry with Dental Health Master Class
- Campus Tour of Johns Hopkins University
- Private Tour of the Stabler-Leadbeater Apothecary Museum
- National Museum of Health & Medicine with Private Tour
- Forensics Workshop at the National Museum of Health
- The DeWitt Stetten Museum of Medical Research
- National Library of Medicine
- DC Evening Monuments Tour with Private Guide
- Smithsonian National Museum of Natural History (Self-Guided)
- CPR / AED Certification Class with the Red Cross
- O'Mansion & the Secret Door Experience
- Personal Tour Director
- 24-hour emergency cover

What's Not Included:

- Fully comprehensive insurance (mandatory)
- Checked airline baggage cost (payable direct to airline at check-in if used)
- Cost of lunches, also snacks and beverages other than at mealtimes
- Transfers to/from home airport
- Baggage handling - each student should be able to carry/load their own suitcase
- Cost of inoculations or medication required for travel
- Sightseeing / Entertainment options not shown as included above
- Incidental deposits & bills – mini-bar items, purchases billed to room, etc.
- Credit card fees if individuals pay via credit card instead of ACH (online check)
- Any gratuities – drivers, hotel services, Tour Director

As always, our staff are always available to you to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.

