Florence Nightingale in England
4 – 9 June 2013

With extension to Kiev and The Crimea
4 – 14 June 2013

Nursing Continuing Education contact hours will be provided
Follow in the footsteps of Florence Nightingale on a specially designed tour that breathes life into the remarkable story of this inspirational woman.

Travel from London, which formed the centre of her professional life, to her homes in rural England. There is also an optional extension to the Crimea and its battlefields, from where the wounded arrived in their thousands to be treated by Nightingale at Scutari. It was the shocking conditions that she encountered during the war that spurred her on in her campaign to improve conditions in army hospitals, which continued throughout her life and helped establish modern nursing practice.

Arrive in London and transfer to your hotel in the West End, enjoying a sightseeing tour of London on the way. Spend the afternoon at leisure before a welcome dinner with your tour leader and speaker, Professor Louise Selander, in the evening.

Louise will give a talk the next morning on Florence Nightingale and nineteenth-century London, before you set off on a walking tour of central London via public transport. Visit the atmospheric and suitably Gothic Gordon Museum of Medical History in Guy’s Hospital and Nightingale’s St Thomas’ Hospital. Visit the Florence Nightingale Museum and hear a talk from its director, Natasha McEnroe.

Next morning meet with the Chair of the Florence Nightingale Derbyshire Association, Pat Smedley, who will accompany you on your drive into rural England to visit Nightingale’s childhood home in the Amber Valley in Derbyshire. Nightingale returned here by train...
to Whatstandwell Station when she came back from Scutari and the original platform is still in use today. Stand on the platform upon which Nightingale disembarked after what was no doubt an emotionally charged journey, before she walked to Lea Hurst, one of the homes of her childhood. Pat Smedley will give an informal talk on Nightingale in Derbyshire and you can explore Lea village, where Nightingale lived, and stop for lunch at her local pub, the seventeenth-century Jug and Glass Inn. Drive up through the spectacular highlands of the Peak District to the plague village of Eyam and listen to Louise deliver a talk on the Black Death en route, before returning to London.

The next day is yours to enjoy the myriad attractions of London at leisure. Alternatively you may take a guided tour of London through the elegant and historic area of Mayfair, visiting Shepherd’s Market and Jermyn Street, and onto Piccadilly, Leicester Square and the famous theatreland of Covent Garden. In the evening there is the option of seeing a West End show.

Drive into the lovely rolling countryside of Hampshire the next morning to visit the ancient stone circle of Stonehenge. Continue to St Margaret’s Church in West Wellow, the Nightingale family burial site, and hear a talk from Louise Selanders on Nightingale and her nursing legacy. This small church was founded in 1215, the year of the signing of the Magna Carta, and contains in one window the ‘Scutari Cross’, originally made of bullets from the Crimea, and beside it a framed text which was hanging in Florence Nightingale’s bedroom when she died. Pay your respects at the grave of Florence Nightingale before continuing to grand Embley Park, a former home of the wealthy Nightingale family, now a school.

Drive to Winchester in the afternoon, an ancient city that was the first capital of England, and take a guided tour of historic Winchester Cathedral. There will be time at leisure to wander around the attractive town with the option of visiting Jane Austen’s house after the cathedral tour. Return to London.

Next morning fly back to the US, or alternatively continue to follow in the footsteps of Nightingale on the optional extension to the Crimea.
Itinerary  4 – 9 June 2013

5 nights London - Day trip to Derbyshire - Day trip to Hampshire

4 Jun (Tues)  London  B D
Am  Arrive London Heathrow and transfer to the Grange Whitehall Hotel via panoramic sightseeing tour of London
Pm  At leisure
Eve  Welcome dinner

5 Jun (Wed)  London  B
Am  Talk: ‘Florence Nightingale and nineteenth-century Britain’ - Louise Selanders. Take public transport to visit the Gordon Museum
Pm  Visit St Thomas’ Hospital and the Nightingale Museum (Talk from museum director Natasha McEnroe)

6 Jun (Thur)  London / Derbyshire  B L
Am  Meet with Chair of the Florence Nightingale Derbyshire Association, Pat Smedley, and drive to Whatstandwell Station. Talk: ‘The Early Life of Florence Nightingale’ - Pat Smedley. Continue to Nightingale’s childhood home, the village of Lea Hurst and explore
Pm  Lunch at the Jug and Glass Inn. Continue onto the plague village of Eyam and hear a talk: ‘The Black Death’ - Louise Selanders. Return to London

7 Jun (Fri)  London
Am  At leisure or take an optional guided tour of London through Mayfair and Shepherd’s Market, Jermyn Street, Piccadilly, Leicester Square and Covent Garden
Pm  Optional West End show

8 Jun (Sat)  London / Hampshire  B
Am  Drive to Stonehenge and visit the ancient site. Continue to St Margaret’s Church in West Wellow. Talk: ‘Florence Nightingale and her Nursing Legacy’ - Louise Selanders. Visit the grave of Florence Nightingale. Visit her home at Embley Park
Pm  Drive to Winchester for guided tour of Winchester Cathedral. At leisure. Option to visit Jane Austen’s cottage

9 Jun (Sun)  London  B
Am  Depart for flight to the US or take Crimea extension
Extension to Kiev and the Crimea

The Crimean War was a turning point in history; not only for the ill-fated Charge of the Light Brigade, but just as significantly for the reforms that fundamentally changed the face of hospitals and nursing practice. A visit to the Crimea enables you to understand the vital roles of both Mary Seacole – who was stationed here for most of the war – and of course Florence Nightingale. This tour looks at the rich historical, literary and artistic heritage of the Crimea and Kiev.

Your journey begins in Yalta (via Kiev), where you will check into your hotel. Rich in history, Yalta was a favourite spa resort for both royalty and intelligentsia in the nineteenth century. The following day visit the gleaming white Livadia Palace, where the landmark Yalta Conference took place, and the spectacularly situated Swallow’s Nest, where a gothic style castle clings to the very edge of a towering cliff. Visit Alupka Palace and return to the hotel.

Tour the nearby Crimean War battlefields in Sevastopol and visit the Panorama Museum before driving to Balaclava. The local guide talks on ‘WWII in the Crimean Peninsula,’ providing historical context for your time in the Crimea. Visit the Soviet Submarine Base buried in the hillside and operational until 1991 and return via Raglan’s Lookout - overlooking the site of the ill-fated Charge of the Light Brigade - Inkerman Memorial, and Sevastopol harbour.

Visit Chekhov’s house the next morning during a tour of Yalta followed by lunch at Massandra before you join your flight to Kiev.

Kiev is a vibrant city where grand Soviet monumentalism rubs shoulders with colourful gold-domed cathedrals. Spend half a day exploring the city, visiting St Sophia Cathedral, St Michael’s Monastery and the Golden Gates. The city tour will take in other breathtaking sites including St Andrew’s Descent, Independence Square and the grandiose government buildings. There is the option to see a performance at the magnificent Opera House in the evening.

The following morning transfer to the airport to join your flight back to London.
Itinerary 9 – 14 June 2013

9 Jun (Sun)  London /Yalta
Am  Depart London Gatwick
Pm  Arrive Kiev late afternoon
Eve  Depart on flight to Simferopol and drive to Yalta and the Hotel Levant around midnight

10 Jun (Mon)  Yalta  B  D
Am  Late morning departure to visit Livadia Palace
Pm  See the Swallow’s Nest (option to climb down to visit) and visit Alupka Palace. Return to the hotel

11 Jun (Tues)  Yalta  B  L  D
Am  Drive to Sevastopol and British Hotel. Onto the Panorama. Visit the Inkerman and Raglan’s Lookout
Pm  Drive to Balaclava and have lunch on the harbour. Visit the lookout over the Battle of Balaclava site. Visit the Soviet Submarine Base and Crimean Exhibition

12 Jun (Wed)  Yalta / Kiev  B  L
Am  Morning tour of Yalta visiting Chekhov’s House and the promenade along the boardwalk to Massandra
Pm  Lunch at Massandra. Drive to Simferopol
Eve  Fly to Kiev and transfer to the Hotel Rus

13 Jun (Thur)  Kiev  B
Am  Half day city tour of Kiev visiting St Sophia’s Cathedral, St Michael’s Monastery and the Golden Gates

14 Jun (Fri)  Kiev / London  B
Am  Depart on Ukrainian Airlines flight to London Gatwick
Pm  Arrive London

Tour Leader

Professor Louise C. Selanders EdD, RN, FAAN is a professor at the College of Nursing at Michigan State University. She holds degrees from Michigan State University, Adelphi University in Garden City, NY and Western Michigan University in Kalamazoo, MI. She has extensive teaching experience in undergraduate, graduate and lifelong education programs. Each summer she teaches a study abroad course in England which emphasises the historical origins of western nursing as applicable to modern practice.

Dr. Selanders is internationally recognized as a Nightingale historian and scholar. With colleagues, she initiated the Nightingale Commemorative Service at the National Cathedral, Washington, DC, which continues as an international means of recognizing the nursing profession and its members. For her work in internationalising the Nightingale model, she was honoured in being selected as a Fellow of the American Academy of Nursing. She is co-author of Florence Nightingale Today: Healing, Leadership, Global Action, which received the 2005 AJN Book of the Year Award. She is a founding member and current board member of the Nightingale Initiative for Global Health which seeks to internationalise the Nightingale Model in achieving the millennium development goals of the United Nations.
Tour Guide UK

Pat Smedley (Derbyshire) is a qualified history teacher and a Nightingale nurse with over thirty years experience in the UK and internationally. Pat has led tours in the Florence Nightingale Museum for several years, was Chairman of the Friends of the Florence Nightingale Museum, was instrumental in establishing the Florence Nightingale Derbyshire Association and before her retirement was senior lecturer in perioperative care at Kingston University. Since retirement, Pat has worked for the British Anaesthetic and Recovery Nurses Association by lecturing and preparing Standards, Competencies and learning packages. She frequently organised conferences and study days on perioperative care.

“All the guides and tour leaders were exceptional”

Bobbie Richards, US Health Worker, Florence Nightingale Tour, March 2010

Hotels

Grange White Hall Hotel (London)
A classically elegant hotel in a Georgian building with a beautiful English garden that overlooks the British Museum, the Grange White Hall Hotel provides comfort and style in a location that is both central and quiet.

Hotel Levant (Yalta)
This is a modern 4-star hotel in a superb location on the seafront in Yalta. Every one of its rooms has lovely French windows, a balcony and a magnificent sea view. Facilities include indoor and outdoor swimming pools, gym and a spa.

Kiev Hotel
The hotel in Kiev is yet to be confirmed. It will be a medium grade centrally located hotel with good amenities in Kiev city centre.

The cost of the tour is $2,075

The cost includes:
- Tour leader and speaker (Professor Louise Selanders)
- Five nights’ accommodation on a sharing basis in a boutique hotel in central London

The single supplement for the five nights is $600 per person
- Breakfast daily
- Welcome dinner on 4th June and lunch on 7th June
- Airport transfers
- Use of coach for full day on 6th and 7th June
- Zone 1 and 2 Tube passes on 5th June
- Pat Smedley to accompany group on the 7th June
- All admission fees

The cost excludes:
- International flights between US and London
- Meals not mentioned
- All personal extras such as tips, porterage, laundry, inoculation fees and drinks
- Travel insurance
- All optional excursions, tours and visits

Kiev and The Crimea extension

The cost of the extension is $2,295

The cost includes:
- Return flights on Ukrainian International Airlines between London Gatwick and Kiev
- Five nights’ accommodation in twin-bedded or single rooms with private facilities in medium grade hotels

The single room supplement is $320
- Breakfasts daily
- Two dinners and two lunches
- All cultural and professional tours and talks
- Admission fees where applicable
- Local English speaking guide on the tours
- All transport services

The cost excludes:
- Meals not mentioned
- All personal extras such as tips, porterage, laundry, inoculation fees and drinks
- Travel insurance
- All optional excursions, tours and visits
About Us

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.

Michigan State University College of Nursing (OH-294, 08/01/2015) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

“Such a brilliant variety of culturally enriching visits with such helpful commentary from all the guides.”

Clare Alderson, Kiev and The Crimea 2011