

# *Nursing & Health Care*

## *An Envision Global Forum*

### *Australia & New Zealand – Sample Schedule*

#### ***Day 1: Welcome to Christchurch, New Zealand***

##### **Arrive in Christchurch**

Upon exiting customs at Christchurch Airport you will be met by an Envision representative who will escort you to your shuttle. Meet your fellow *Nursing & Health Care* scholars, your Faculty Advisor and your local Christchurch guide.

##### **Group Meetings**

Meet the members of your discussion group, process the events of the week ahead and lay the groundwork for the focus of your group's presentation.

#### ***Day 2: Explore Christchurch with Your New Friends from Around the World***

##### **A Day on Your Own in Christchurch**

Enjoy your first day in Christchurch exploring on your own or choose from one of our suggested activities such as enjoying a local Christchurch tour or travel outside the city and visit the French harbor side village of Akoroa.

##### **An Evening on Your Own in Christchurch**

Enjoy your free time exploring the Garden City's shops located on the famous Cashel Street, attend a show at the Court Theatre, and much more.

#### ***Day 3: Introduction to Nursing in Christchurch***

##### **Visit a New Zealand Nursing School**

Spend time at a local nursing school where professionals from the nursing community provide insight into the structure, opportunities and barriers of the medical systems of Australia and New Zealand. Later, nursing staff and students will provide firsthand insight on the nursing education system and the current challenges facing the nursing community of Christchurch.

##### **Collaboration of Care for a City**

Hear firsthand accounts of how the nursing community responded after the earthquake of 2010. Gain insight into the role nurses served in the immediate aftermath, the skills and training nurses put to use, and how nurses have impacted the long term recovery of Christchurch. Later, patients share their stories of rehabilitation with the care of nurses.

##### **Traditional Maori Hangi Cultural Dinner and Show**

Conclude your first full day in New Zealand with an exclusive Kiwi tour, hangi dinner and Maori cultural show.

#### ***Day 4: Journey to Sydney***

##### **Fly to Sydney**

All transportation is taken care of as you catch your morning flight to Sydney, Australia. A local Sydney guide will welcome you and take you on a city tour, including The Rocks Settlement where lunch will be provided. After having time to explore The Rocks, you will check into the Metro Hotel, conveniently located in downtown Sydney.

## **An Evening on Your Own in Sydney**

Minutes away from your hotel, visit city highlights such as the shops and restaurants of Darling Harbor, the ferry terminals of Circular Quay and Paddy's Market near Chinatown. Don't miss Vivid Sydney, a "Festival of Light, Music & Ideas" that showcases the city's architecture with colorful neon light shows at nightfall. A true highlight for all visitors to Sydney.

## ***Day 5: Learning the Art and Science of Healing***

### **Group Meetings**

Spend time today with your discussion and planning group, applying insights gained from your experience thus far.

### **Midwifery at the Royal Prince Alfred Hospital**

Gain insight into the training and unique role of a midwife when you go onsite to the midwife unit. The Royal Prince Alfred Hospital has hosted trainings and educational sessions for Sydney Medical School students since 1884.

### **Donald Wilhelm Museum of Human Disease**

Join us for an exclusive look at over 2,000 specimens at the pathology museum at the University of New South Wales. Specimens of treatable and still-to-treat diseases are on display.

## ***Day 6: Psychology of Mental Health: A Unique Nursing Perspective***

### **The Role of Medicine in Today's Changing Society: Mental Health Panel**

Attend an intimate and powerful discussion on the challenges of treating and dealing with mental health. You will hear firsthand the experiences of patients and doctors who treat drug addiction and mental health diseases such as schizophrenia.

### **Sydney Opera House Tour: Cultural Centre of the City**

Step inside the dream of Dutch architect Jorn Utzon and engulf yourself in the rich history behind this UNESCO World Heritage Site. A tour guide will lead you, complete with audio headsets, throughout the Opera House sharing the architectural, economical and political challenges that faced the construction of Sydney's most famous building.

## ***Day 7: Explore Sydney with Your New Friends from Around the World***

### **Group Meetings**

At this final group meeting, draw upon the culmination of your group's program experiences to present your presentation to your peers.

### **A Day on Your Own in Sydney**

Hop on a ferry to one of Sydney's famous neighborhoods such as Bondi or Manly Beach, book a ticket for the world famous Sydney Harbor BridgeClimb or shop at Paddy's Market in Chinatown.

### **Farewell Dinner**

Enjoy this last evening in Sydney as staff and students gather for a final farewell dinner.

## ***Day 8: Depart for the Port Douglas Extension or Head Home***