

MEDICAL CONFERENCE IN EASTERN EUROPE (9 nights/10 days) **(Prague – Karlovy Vary– Bratislava – Budapest – Zakopane – Krakow – Warsaw)**

DAY 1: PRAGUE

Arrival Prague. Accommodation at the 4* hotel.

Seminar meeting , Hospital visiting.

Lunch at the local restaurant.

Half Day sightseeing tour of Prague.

During this tour you will visit the Old Town Square – the most important historical square in Prague including Astronomical clock at the Old Town Hall.

The historical center of the town is the place of the most significant events.

You will also walk in the Charles Bridge, a gothic bridge lined with Baroque statues - a unique open-air art gallery and national monument. You will also see St. Vitus Cathedral, Royal Hall and Golden Line.

Dinner with folklore in the typical restaurant.



DAY 2: PRAGUE –KARLOVE VARY –PRAGUE (126KM=2.5 HOURS)

Departure to Karlove Vary.

Visiting the health resorts in Karlove Vary

Lunch at the local restaurant.

Sightseeing tour of the town.

Return to Prague.

Dinner in the 4 *hotel in Prague.



DAY 3: PRAGUE-BRATISLAVA **(331KM=5 HRS)**

Departure to Bratislava.

Lunch in Bratislava.

Sightseeing tour of Bratislava.

Bratislava is the political, cultural, and economic centre of Slovakia. It is the seat of the Slovak presidency, the parliament, and the government, and is home to several universities, museums, theatres, galleries and other important economic, cultural, and educational institutions. The headquarters of many of Slovakia's large businesses and financial institutions are in Bratislava.

You will drive to the city center of Bratislava then walk to Michalska Gate, Main Square, Old Town Hall and Primatial Palace, continue to Reduta and Cathedral of St. Martin. Then continue by car and pass along Presidential Palace, Bratislava Castle and the Slovak Government and finish by the visit of Slavin Monument.

Dinner with in the typical restaurant.

Overnight in 3* hotel.

DAY 4: BRATISLAVA-BUDAPEST (200KM=3 HRS)

Departure to Budapest.

Lunch in the hotel.

Sightseeing tour of Budapest.

The Hungarian capital is exquisitely laid out on both sides of the Danube, claiming one of the most spectacular panoramic views in all of Europe.

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K.V. TOURS & TRAVELS

5, BLUE BELL CHS LTD., ROYAL COMPLEX, EKSAR ROAD, BORIVALI (W), MUMBAI -91 TELE FAX : 28952929 PH: 32469191
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During this tour you will climb the Castle Hill from which there is a great view of the Parliament building and the Chain Bridge. The buildings of Castle Hill: the neo-Gothic Matthias Church surrounded by quaintly restored medieval homes on cobblestone streets; the imposing Royal Palace, which houses the National Gallery and its precious works of art. A light stroll through the sights of Buda is perfectly complemented by darting through the bustle of Pest. The glittering Váci utca (street) offers up some of the best shops in the city. Office buildings, shopping malls and supermarkets are set in perfect harmony with the elegant St. Stephen's Basilica, as well as the sprawling Heroes' Square, bordered by, the neo-classical Museum of Fine Arts.
Dinner with folklore in the local restaurant.
Overnight in 3* hotel.



DAY 5: BUDAPEST

Seminar meeting in the hotel.

Lunch.

Half Day sightseeing tour of Budapest with **visiting health resort Margarita Island.**

Dinner in the local restaurant.

DAY 6: BUDAPEST-ZAKOPANE (322KMS=5.5HRS)

Departure to Zakopane

Lunch in Zakopane.

Sightseeing tour of Zakopane.

Zakopane's charm derives from its location at the foot of the Tatra Mountains. Zakopane lies in a large valley between the Tatra Mountains and Gubałówka Hill. It is the most important Polish center of mountaineering and skiing, and is visited annually by some three million tourists.

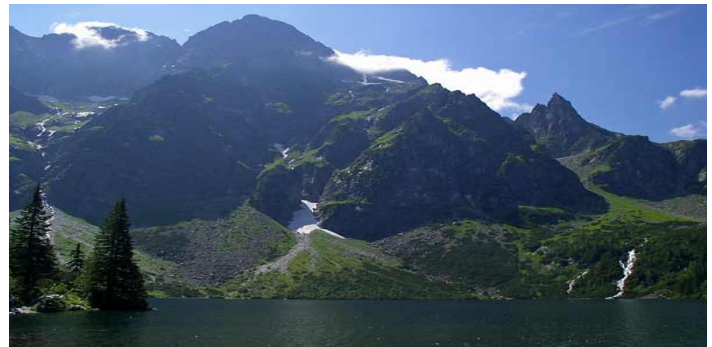
Zakopane has the highest elevation (800-1,000 m) of any town in Poland.

The traditional culture and art of the highlanders includes their architecture, cloth, food and music, all fascinating and still alive. Zakopane is rather like a large village, with wooden folk cottages adjacent to Art Nouveau houses that remain from the town's popularity at the end of the 19th century. The most well known street in Zakopane is Krupowki – the town's main thoroughfare and mall. There are plenty of restaurants, cafes, shops and stalls selling shoes made from calf leather (“kierpce”), woollen sweaters, wooden kitchen utensils, sheep fleeces and the “oscypek” salty cheese.

The group will visit the center of Zakopane as well as Krupowki Street, is one of the best-known Polish promenades and as such it is the liveliest area in Zakopane.

Dinner with folklore in typical restaurant.

Overnight in 3* hotel.



DAY 7: ZAKOPANE-CRACOW (105KM=1.5HRS)

Departure to Cracow.

Sightseeing tour of Cracow on foot.

Half Day sightseeing tour of Cracow on foot, one of the oldest and most beautiful cities in Central Europe, European City of Culture 2000. Old Town Complex together with the Wawel Hill was entered on the UNESCO World Cultural Heritage List. Kraków has a unique charm created by centuries of history and cultural wealth.

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During this tour you will be able to walk on The Old Market Square - European largest Medieval square with the Renaissance Cloth Hall "SUKIENNICE" and St Mary's Basilica with its unique altar curved in wood in 15th c.; then along the ROYAL ROUTE - Grodzka Street; you will also see the Barbicane, Florian Gate; Wawel Hill Royal Castle

Lunch.

Excursion to Wieliczka.

On the UNESCO List of World Heritage, the Wieliczka salt mine (13th c.) is one of the world's oldest mining sites still in uninterrupted operation. Visitors will take a walk of 2.5 km through 3 levels in the mine down to 136 m below ground, through a labyrinth of galleries and caverns with unique sculptures all carved in rock salt.

Temperature inside is +15'C (55 F)

Return to Cracow.

Dinner and overnight in 3* hotel.



DAY 8: CRACOW –WARSAW

Departure to Warsaw by train (3hours).

Lunch on the way.

Sightseeing tour of Warsaw.

During this tour you will see the famous Royal Way, with its embassy district. The Royal Way leads then to the Old Town of Warsaw via Nowy Świat Street – famous for its' shops and restaurants. In the Old Town you will see the Royal Castle and then passing by the St. John's Cathedral (the oldest church in Warsaw) you will get to the Old Town Market and Barbican.



Beside the historical part you can see the area of the Tomb of the Unknown Soldier, Grand Theatre and The Palace of Science and Culture.

Dinner in the 3* hotel.

DAY 9: WARSAW

Seminar meeting in the hotel.

Lunch.

Visit to the hospital.

Dinner in the hotel.

DAY 10 WARSAW

Transfer at the airport.

Departure to Mumbai.

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Cost Includes:

- Airfare with taxes
- Visas
- Travel insurance
- 2 overnight's at the 4* Hotel
- 7 overnight's at the 3* Hotel
- Full Board - starting from lunch on the day of arrival and terminating with breakfast on the day of departure;
- English speaking guide for cities sightseeing according to the program;
- English speaking tour leader according to the program;
- Conference room for 4 hours for 500 persons in Prague, Budapest, Warsaw
- 3 folklore dinners;
- Entrances according to the program;
- Excursion and entrance to the Wieliczka Salt Mine;
- Transportation according to the program by first class coach, Cracow to Warsaw by train in ordinary class.
- Baggage service

Cost Excludes:

- Beverages & Alcoholic Drinks
- Tips.

Wieliczka Salt Mine

In 2003, the Underground Rehabilitation and Treatment Centre was created within the Wieliczka Salt Mine KSW as an independent healthcare centre, a unit of the Wieliczka Salt Mine Tourist Route Sp. z o.o.

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The Underground Rehabilitation and Treatment Centre continues the spa traditions and the research work conducted by Professor Mieczysław Skulimowski in the field subterraneanotherapy, connected with the organisation of rehabilitation and treatment stays in the Wessel Lake salt chamber 135m below the ground level level.

The Underground Rehabilitation and Treatment Centre it is an exceptional place with a special microclimate which makes it stand out among other rehabilitation facilities.

Our goal is to provide patients suffering from respiratory tract conditions with professional, comprehensive rehabilitation and treatment services in the unique microclimate of the Wieliczka Salt Mine.

The quality of the services provided by our Centre confirmed by the International ISO 9001:2000 Certificate, the experience and the know-how of our therapeutic team, and the care provided to patients attract customers from the most remote parts of the world.

We are convinced that there, you will obtain all the necessary information, and will find a convenient time to use our rehabilitation and treatment or our one-day programmes directed to those who want to live an exciting adventure while taking care of their own health and that of those close to them.



Treatment stays in the Wessel Lake Chamber from 1997.

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DANUBIUS HEALTH SPA RESORT HELIA, BUDAPEST

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Margaret Island Thermal Water

Natural thermal water is pumped to the hotel spa from the springs on the nearby Margaret Island, and is famous for its high quality medical and relaxing effects, such as in the treatment of joint and muscle problems, certain degenerative nerve conditions, some circulation disorders, as well as many other complaints.

The natural thermal water was originally brought up to the surface in 1886. It enters the spa at a temperature of 70°C, it is then cooled down to 34°C, 36°C and 38°C but retains its unique, curative ingredients.

Indications

The indications for the thermal water are rheumatic diseases of the locomotive system, rheumatoid arthritis (except in the acute phase), osteoarthritis of the spine and joints, gout, polyarthritis, ankylosing spondylarthritis, discopathia, soft tissue rheumatism, tenosynovitis, lower back pain, frozen shoulder, static dysbalance, post injury and post operative rehabilitation of joints and spine, fibromyalgia, exhaustion, respiratory catarrh, chronic peripheral circulatory disturbances, nervous disorders, geriatric regeneration.

Contraindications

Infectious diseases, malignant tumours, leukaemia, serious cases of anaemia and haemophilia, acute thrombosis and thrombophlebitis, bronchial asthma, hyperthyroidism, feverish condition, pregnancy, endometriosis, incontinence, certain skin conditions, epilepsy, auto-immune diseases.

Medical services and treatments

- **Diagnostic section:** medical examination, laboratory, ECG
- **Balneo- and hydrotherapy:** hydroxur bath, underwater traction, carbon-dioxide bath, Jacuzzi
- **Physiotherapy:** medical massage, lymph drainage, therapeutic exercise (individual and group)
- **Hydro-Electrotherapy:** electric bath, four-cell galvanic bath
- **Electrotherapy:** ultrasound, decimed, iontophoresis, interference current, galvanic current, diadynamic, magnetic therapy
- **Packs:** parafango, inno-rheuma cream-pack
- Inhalation, oxygen therapy
- Weyland massage-chair

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KARLOVY VARY



Karlovy Vary

The town of [Karlovy Vary](#) belongs to one of the most attractive and most beautiful towns in the Czech Republic. It is worth mentioning that [Karlovy Vary](#) belongs to one of the most often visited Czech towns.

Moreover the city used the concessions granted to health resorts. The health centre itself is situated around the meandering Teplá Rivulet.

The original buildings in the town date back to the Renaissance period but the majority of houses date from the period of "Golden Time" in the health resort. The original Romanesque and Gothic buildings have not been preserved. The most ancient work of spa is Zámecká věž (The Chateau Tower). It is a torso of a former "lovecký hrádek" (small hunting castle) that was built under the order of Charles IV. As the time went on spa institutions called Lázně II (Spa II) and Lázně III (Spa III), which cannot touch the Lázně I (Spa I or Emperor's Spa) for their charm, were opened. On each colonnade you can find thermal, or if you want, wholesome springs. In total there are 12 springs, to the well-known belong, for instance, the spring called Vřídlo (The Boiling spring), The Nymph, The Spring of Charles IV and The Spring of Prince Venceslas etc. In [Karlovy Vary](#) there are many more places worth visiting. At the top of Zámecký vrch (the Chateau Hill) a complex of Zámecké lázně (the Chateau Spa) is located. The building was designed by the architect Ohmann, the original purpose was to serve as place for strolling.

The target of many spa strolls are lookout places and vantage points, which are almost everywhere. Among the best known belong, for instance, the vantage point called Diana (547 metres above the sea level) standing at Výšina přátelství (the Rise of Friendship) and accessible by lift from the [Grandhotel PUPP *****](#), [Karlovy Vary](#), the lookout point of Charles IV above the [Grandhotel PUPP *****](#), [Karlovy Vary](#) or the lookout point at the Hill of Eternal Life, to which a famous German writer Goethe took a deep liking.

The town is visited not only for its beauty but also for the soothing curative effect of [Karlovy Vary](#) hot springs to various insidious diseases. Disorders of digestive system (such as stomach disorders, intestines, liver, gallbladder, biliary tract and pancreas) and disorders of metabolism (such as diabetes, high cholesterol, uricaemia, chronic troubles with spine and knuckles, attenuation of health condition due to an intense mental stress, oncological diseases after operations, irradiation and chemotherapy are being cured in [Karlovy Vary](#)).

Probably everybody have heard of spa waffels made in [Karlovy Vary](#). Nowadays there is a plentiful variety of them, the most typical being the original formula - waffels filled with sweet nut filling. Waffels are exported worldwide, but you enjoy them best while strolling over colonnades, right when they are fresh and still warm.

You are warm-heartedly welcomed to [Karlovy Vary](#). In an imminent surroundings of hotels you can find many beautiful sights and places for strolling, all hotels are distant from the spa centre less than 10 minutes' walk.

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