Turkey

'How the history of Nursing & Midwifery frames our current practice' Study Tour

Istanbul | Gallipoli | Kusadasi | Cappadocia

28th September to 10th October 2026

CPD HOURS: 28

EDUCATION *at* SEA

NURSES FOR NURSES NETWORK

02 7908 7774
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BOOK NOW!

ABOUT THE TOUR

In this study tour, we will review Florence Nightingale's contribution to Nursing, visit her Museum in Istanbul - we will tour Gallipoli and, look at the founding of the Nursing Profession in the military – then look at how that foundation is still evident in the current hierarchical structure of modern Nursing and Midwifery in Australia.

We will compare and contrast modern Australian practice to Turkish Nursing and Midwifery practice through a number of hospital visits and presentations from our Turkish Nursing and Midwifery colleagues, both Clinical and Academic. This study tour will assist participants in connecting the dots between the rich history of nursing and their daily practice, fostering a greater appreciation for the profession's evolution and its continued relevance in the modern healthcare landscape.

The study sessions consists of a mix of face to face sessions, visits to local health facilities, the Florence Nightingale Museum, and Gallipoli, as well as an Online library that will house a number of additional papers and webinars to meet the learning outcomes for this study tour.

During this study tour, you will:

- Gain an Historical Perspective on Nursing and Midwifery Evolution which will provide you a deeper understanding of the historical developments and key milestones, from its early origins to the present day. You will learn how historical events, figures, and innovations have shaped and continue to influence contemporary nursing practice.
- Investigate and appreciate the contributions of influential nursing pioneers and leaders throughout history. You will understand how these individuals have laid the foundation for modern nursing principles, ethics, and standards.
- Explore practical ways in which historical knowledge can inform and improve current nursing and midwifery practice. You will learn how lessons from the past can be applied to address contemporary healthcare challenges, enhance patient care, and guide ethical decision making.
- Develop an awareness of how historical nursing and midwifery practices and societal norms have influenced the ethical and cultural aspects today. You will gain insights into how historical biases and advancements have shaped the profession's approach to diversity, equity, and inclusion.

INCLUSIONS:

- Professional licensed English speaking Tour guide
- 4* & 5* Hotel with breakfast accommodation
- Welcome cocktail reception on day 1
- Farewell dinner
- Transportation by coach (free internet on the bus)
- Guide's, driver's and Bus's expenses
- Government fees and local handling charges
- Cappadocia – Istanbul flight ticket including airport taxes with 20kg baggage and 8 kg carry on limits
- 0.5 ml bottle water per person per day in the coach
- Headsets system
- All entrance fees on the below itinerary

PROGRAM INCLUSIONS:

- An extensive program based on current best practice
- Dedicated Space for expert presentations and reflection
- Coffee breaks and lunches on presentation days
- Education content that meets the same exacting standards as anything offered in an Australian program
- Presenters that are excited to be able to share their skill, knowledge, and passion with Attendees
- An online library filled to the brim with educational content that allows you to create your own learning experience
- A Registration Reception including complimentary drinks where you can meet other Attendees and network with Convenors and Presenter/s
- A Welcome pack and additional information to support a fantastic study tour experience
- A Transcript reflecting all education sessions, presentations and hospital/ health centre site visits
- A Certificate of Completion identifying the CPD hours attached to the Program for you to include in your CPD Evidence Portfolio

CLINICAL LEADS:

Sue Walker
The Nurses for Nurses Network

SUE WALKER - R.N., BACH NURSING (ADMIN), M.P.H.C. (PALLIATIVE CARE), MACN

Sue is the director and co-founder of the Nurses for Nurses Network. Sue is a key contributor to the online education platform Nursing CPD – a Continuing Professional Development platform to assist Nurses in meeting their annual CPD requirements.

As a Registered Nurse, Sue holds Degrees in both Nursing and Health Administration, a Master's Degree in Public Health, as well as a number of certificate courses in Psychiatry of Ageing, Gerontology, Chemotherapy Administration, and Training and Assessment. She is also an Accredited Mental Health First Aid Trainer, Mindfulness Practitioner, and Clinical Supervisor.

Sue has extensive experience as a clinician, educator, and senior manager. She has presented at local and international conferences on many topics including, key issues in healthcare, such as the psychological impact of the work that Nurses do and how the work requirements to deliver healthcare impact the health of the clinician. Other topics presented comprise of Nursing Leadership, Emergency Management, Mental health, Aged Care, Advanced Life Support, Assertiveness, Grief and Loss, and Workplace Bullying.

Sue is passionate about making a difference in how the community and Nurses experience the healthcare system.

"Nurses are the backbone of the healthcare system and work in difficult environments that can take advantage of their commitment to ensuring the best possible care is delivered. To continue to meet professional and community expectations Nurses and Midwives need to acknowledge their unique contribution to health care delivery and assert their collective strength to safeguard the community and ensure their ongoing professional needs are recognised and met.

Healthcare should be delivered by competent, knowledgeable individuals to ensure the best possible experience for the recipient of that care. Nursing is a fabulous profession. The knowledge and skill of the individual Nurse will have the greatest influence on the happiness and health outcomes of each and every client".

JASON DAWSON
Education at Sea

JASON DAWSON - BNSc

Jason Dawson is from the Gold Coast, Queensland. Whilst studying his Bachelor of Nursing at Southern Cross University he developed an interest in mental health and has worked in this field of nursing for many years since completing his studies in 2008.

In this time, Jason has undertaken varied roles including Acute Inpatient Nursing, Community Nursing, clinical facilitating and Nurse Unit Manager positions.

In 2012, Jason combined his passion for nursing with his love of travel and founded CPD Cruise Pty Ltd with the view to providing Nurses the opportunity to update and improve their skills in diverse and unique locations.

EDUCATION *at* SEA

NURSES FOR NURSES NETWORK

28th Sept
to
10th Oct
2026

INTINERARY

DAY 1:
Monday 28th Sept 26
Arrive in Istanbul

Inclusions: Drinks

Evening:

Enjoy this opportunity to mingle with the other attendees at the complimentary drinks and registration function.

All delegates are required to attend the conference registration session in order to collect their study pack & confirm registration details to ensure the correct issuing of their CPD certificate.

DAY 2:
Tuesday 29th Sept 26
Istanbul

Inclusions: Breakfast

CPD Hours:
3 Face to Face
3 Via Online Library

Morning: Session 1: The History of Nursing & Midwifery

The history of nursing and midwifery is a rich and complex narrative that spans centuries and is deeply intertwined with the development of healthcare systems, social changes, and the evolving role of women in society. Here's a brief overview of key milestones in the history of nursing that we will cover in our conference session today.

Nursing and Midwifery has ancient roots, with evidence of organized care provided by nurses dating back to civilizations such as the Egyptians, Greeks, and Romans.

In ancient Greece, the goddess Hygieia was associated with health, hygiene, and healing, and temples dedicated to her often served as early healthcare facilities.

During the Middle Ages, nursing care was often provided by religious orders and monasteries.

In the 19th Century , notable figures like Florence Nightingale, often referred to as the founder of modern nursing, made significant contributions. She emphasized hygiene, sanitation, and systematic training for nurses.

DAY 2:
Continued...

Florence Nightingale's work during the Crimean War in the 1850s marked a turning point in nursing history. Her emphasis on cleanliness and evidence-based practice revolutionized nursing care.

The establishment of the Nightingale Training School for Nurses at St. Thomas' Hospital in London in 1860 marked the beginning of formal nursing education.

The early 20th century saw the professionalization of nursing, with the introduction of standardized nursing curricula and licensure requirements.

World War I and World War II created a significant demand for nurses and further advanced the role of nurses in military and civilian healthcare.

The post-war era witnessed the growth of nursing specialization and the development of advanced practice roles. Nursing organisations, such as the Royal College of Nursing the forerunner of the Australian College of Nursing (ACN), played a crucial role in advocating for nurses' rights and professional standards.

Nursing continues to evolve, with a focus on evidence-based practice, patient-centred care, and technological advancements in healthcare.

Today, nurses work in a wide range of settings, including hospitals, clinics, home healthcare, research institutions, and schools, and they play a vital role in healthcare delivery.

The history of nursing reflects not only the evolution of healthcare but also the changing roles and status of nurses in society. It is a dynamic field that continues to adapt to the ever-changing needs of patients and the healthcare industry.

Session 2: Psychological Wounds : The Invisible Impact of War Nursing" - How working in war zones leaves scars beyond the skin.

Nursing in a war zone is not just about clinical skill — it's about survival of the heart, mind, and spirit. This session explores the unique psychological, emotional, and professional challenges faced by nurses who work in conflict settings. From battlefield hospitals to refugee camps, we examine the moral injuries,

DAY 2:
Continued...

ethical dilemmas, and resilience strategies required when care is delivered in chaos.

Reflecting on nursing's historical role in war — from Florence Nightingale at Scutari to modern humanitarian missions — we'll explore how war nursing has shaped not only the profession but also the expectations we carry into modern practice.
This is not just a history lesson — it's a human story of courage, cost, and care in impossible circumstances.

Session 3: How the Legacy of War Nursing Shapes Modern Practice" - Why the wounds of nursing history still show up in our workplaces today.

The battlefield may have changed, but the psychological, emotional, and professional challenges faced by nurses remain deeply rooted in our history. This session explores how the legacy of war nursing — courage under fire, stoicism, self-sacrifice, and resilience — has influenced the culture of contemporary nursing for better...and sometimes for worse.

We'll unpack how historical expectations of the "good nurse" (tough, selfless, silent) still echo in today's healthcare environments — contributing to compassion fatigue, burnout, and unrealistic role expectations.

This isn't about blame — it's about awareness. By understanding the professional inheritance we carry, we can consciously reframe nursing identity to support wellbeing, boundaries, and sustainable practice.

Because nurses are still fighting — but the battle looks different now.

Afternoon: Florence Nightingale Museum

Nightingale was the founder of modern nursing, she is still an inspiration to nurses around the globe.

We will visit the museum to celebrate the life of this revolutionary woman; discover all about her affluent childhood, how she fought against her parents' wishes to become a nurse, her work during the Crimean War and how she campaigned for better healthcare for ordinary people.

Evening: Free time to explore the city at night.

DAY 3:
Wednesday 30th Sept 26
Istanbul

Inclusions: Breakfast

Full day tour:

Topkapi Palace is one of the oldest and most significant historical landmarks in Istanbul, Turkey, where the Ottoman Sultans lived for almost 400 years. Explore the lavish sections of the palace, see ancient artifacts from the Sultanate era, and learn about the culture and history of the place.

We will proceed to Haghia Sophia; undoubtedly one of the greatest architectural creations in the World used as a mosque during Ottomans. After a short walk we will reach the Hippodrome; the former center for entertainment, sports and political activities in the city during the Roman and Byzantine Empires. You will be able to see the Obelisk from Egypt, Serpentine Column from Delphi and fountain of Wilhelm II.

After a break for lunch, we will proceed to the Blue Mosque; across from St. Sophia built in the 16th century by the architect Mehmet and known as the Blue Mosque because of its magnificent interior decoration of blue Iznik tiles.

Our last stop will be to the Grand Bazaar which is the oldest and the largest covered market place in the World with nearly 4.000 shops full of rich collections of carpets, jewelry, leather, and souvenirs.

Day 4:
Thursday 1st October 26
Istanbul

Inclusions: Breakfast

CPD Hours:
4 Face to Face
2 Via Online Library

Morning: Visit to a local hospital

We will visit the facility with our Nursing and Midwifery colleagues and discuss the delivery of services reviewing the similarities and differences – this is an opportunity to learn from each other.

Afternoon: Explore this destination at your own leisure.

Evening: Free time to explore this city at night.

Day 5:
Friday 2nd October 26
Istanbul to Çanakkale

Inclusions: Breakfast

Morning: Transfer to Çanakkale

After having breakfast at the hotel, we will drive to Gallipoli.

We will visit the coves along the Gallipoli shores (ANZAC Cove, Arıburnu, Kumsal), pay Respect to Mehmetçik Statue, and the Memorial Cemeteries (including the Lone Pine Australia monument, the 57th Regiment Turkish monument, and the Chunuk Bair New Zealand monument).

Evening: Explore this destination at your own leisure.

DAY 6:
Saturday 3rd October 26
Çanakkale

Inclusions: Breakfast

CPD Hours:
3 Face to Face
2 Via Online Library

Morning: WW1 Nursing Presentation

During the First World War, more than 3,000 Australian civilian nurses volunteered for active duty. The Australian Army Nursing Service (AANS) was established in July 1903 as a part of the Australian Army Medical Corps. Throughout the war, over 2,000 AANS members served overseas, alongside Australian nurses affiliated with other organizations such as the Queen Alexandra's Imperial Military Nursing Service (QAIMNS), the Red Cross, or privately sponsored facilities.

From the moment of the Gallipoli landings on April 25, 1915, nurses cared for numerous casualties aboard hospital and transport ships anchored off the shore. The wounded arrived continuously, day and night. Some could barely walk, while others were carried on stretchers, often shivering or unconscious due to blood loss. Medical supplies were in short supply, and there was a desperate shortage of fresh water. Despite the constant threat of Turkish shelling or torpedoes, the exhausted nurses diligently cleaned, bandaged, warmed, and provided comfort to their patients, many of whom had severe wounds or suffered from gangrene and disease.

Over the following nine months, soldiers were transported to hospitals on the nearby Greek islands of Imbros and Lemnos or transferred to Malta, Egypt, and Britain.

The lower-deck wards were overcrowded, and poorly ventilated, and even simple nursing tasks became challenging due to the ship's movements. Seasickness affected both nurses and patients.

Afternoon: Visit Troy

Troy, a city that was once believed to be a myth, dates back over 4000 years. Discovered in the 19th century, it is referred to as "Truva" in Turkish and holds the distinction of being a UNESCO World Heritage Site. While the ruins might not be as awe-inspiring as anticipated, they are certainly worth exploring if you're familiar with the legends of the Trojan War or Homer's Iliad.

DAY 7:
Sunday 4th October 26
Çanakkale to Kuşadası

Inclusions: Breakfast

CPD Hours:
1 Face to Face
2 Via Online Library

Morning: Transfer to Kuşadası:

After having breakfast at the hotel, we will embark on a drive to Kusadası.

Afternoon: Free time to chill on the beach or explore Kuşadası.

DAY 8:
Monday 5th October 26
Kuşadası

Inclusions: Breakfast

CPD Hours:
3 Face to Face
2 Via Online Library

Morning: "From Ancient Remedies to Modern Medicine: What Have We Kept?" - Exploring the healing practices that shaped healthcare — and why some never really left.

Long before hospitals and pharmaceuticals, healing was grounded in nature, ritual, and community wisdom. Across the ancient world — including here in Turkey — remedies were drawn from plants, water, food, touch, and spirituality.

In this session, we'll explore the ancient health practices of the region — from herbal medicine and bathing rituals to early surgery and spiritual healing. More importantly, we'll ask: what elements of ancient care are still relevant in modern nursing? And what has evidence-based practice quietly reclaimed from history?

This session invites nurses to reflect on their own practice — what ancient wisdom continues to influence how we care, connect, and comfort?

Food as Medicine: The Mediterranean Diet & Lifestyle for Nurses
In a world of fast food and faster workdays, nurses are often the worst at nourishing themselves well. Yet here on the shores of the Aegean — the heartland of the Mediterranean diet — we're reminded that food has always been more than fuel; it's been medicine, connection, and culture.

This session explores the Mediterranean diet not just as a nutritional approach, but as a lifestyle — one that prioritises fresh, seasonal food, mindful eating, connection with others, movement, and balance. Backed by decades of research, the Mediterranean way of living has been shown to reduce the risk of heart disease, cancer, cognitive decline, and burnout.

For nurses, this is not another diet trend — it's a sustainable, evidence-based reminder that how we eat, move, and live profoundly impacts our health and wellbeing — long after the shift ends.

Afternoon: Ephesus Ancient City

Ephesus stands as one of the most extensive archaeological excavations globally, and our exploration will encompass remarkable sites. During our visit, we'll take in the Odeon, The Fountain of Trajan, the steam baths of Scholastica, as well as the temples dedicated to Hadrian and Domitian and the Library of Celsius, an awe-inspiring structure,.

Following this, our attention will turn to The Grand Theatre, the very place where Saint Paul delivered his sermons. Notably, this theatre held the title of the largest in Asia Minor during ancient times, accommodating up to 24,000 spectators.

Our walk through the Ephesus ruins will span approximately 2 hours. We will have a refreshment break at carpet waving village before returning back to the hotel.

DAY 9:
Tuesday 6th October 26
Kuşadası

Inclusions: Breakfast

Enjoy this day at your leisure exploring Kusadasi.

Optional Tour: Samos Island Day Tour (lunch Included):

Departing early from Kuşadası Port, you'll travel by boat across the Aegean Sea to the Greek island of Samos, arriving at Vathi Port, the island's capital, where you'll complete customs formalities before beginning the day's exploration.

The tour begins with a scenic drive along the seafront of Samos Town, offering lovely coastal views as you make your way to the picturesque village of Kokkari. Here, you'll enjoy approximately one hour of free time to wander the harbour, relax by the water, or explore the charming streets and cafés. A brief stop is also made at Aidonia before continuing on.

Next, you'll travel to Pythagorio, one of Samos's most historic towns. Enjoy a guided walk to the Castle of Pythagorio (external visit only, as archaeological sites are closed on Tuesdays, with the exception of the Heraion).

Lunch will be served at a selected restaurant on the port of

Pythagorio, followed by free time to explore the town at your own pace — stroll the marina, browse local shops, or simply enjoy the relaxed island atmosphere.
In the late afternoon, you'll return by coach to Vathi Port, where you'll rejoin the boat for the journey back to Turkey, arriving back at Kuşadası Port in the early evening.

DAY 11:
Thursday 8th Oct 26
Cappadocia

Inclusions: Breakfast & Lunch

FULL DAY: North Cappadocia Day Tour

Our first stop is the fantastic viewpoint of Uchisar Castle, where we will receive information about the rich history of Cappadocia and the unique rock formations. Next, we will visit the Goreme Open-Air Museum, known to be one of the first monasteries in the history of Christianity. This rock-cut settlement, where education was given to spread Christianity, has been on the UNESCO World History list since 1985 with its frescoed churches and rock living areas.

Our tour continues to Avanos, one of the oldest settlements of Cappadocia. The pottery art, which is known to have started at the time of the Hittites, still continues, and there are many workshops. This visit includes lunch and a short tour along the Kızılırmak (Red River). Afterward, we will explore the Fairy Chimneys in Pasabag, the most obvious place to visit where these unique landforms are best seen and the common life of humankind and nature. Pasabag, also commonly known as Monks Valley, offers the chance to see the famous mushroom-shaped fairy chimneys as well as St. Simeon's monk cell carved into the rock.

The next destination is Devrent Valley, well known as imagination valley, where we can take fantastic pictures with animal-shaped rock formations. Finally, the tour concludes with a visit to a cooperative in Cappadocia, where world-famous Turkish carpets are produced.

We will learn the intricacies of this thousands-of-years-old art, which is one of the most important features of Turkish culture and a tradition from Central Asia that still continues in Cappadocia.

DAY 12:
Thursday 9th October 26
Cappadocia

Inclusions: Breakfast & Lunch

CPD Hours:
3 Via Online Library

OPTIONAL TOUR: Hot-air balloon flight over Soganli Valley

Experience the spectacular landscapes of Soğanlı Valley from above on the exclusive Lord Flight. This unforgettable balloon journey offers sweeping panoramic views of dramatic rock formations, ancient cave dwellings, and rolling green hills — showcasing a quieter, more serene side of Cappadocia.

MID MORNING:

We will visit Goreme Panorama, a village located in the center of Cappadocia. Recently, it has become a center of attraction with

Day 12: Continued...

its hotels carved from the rock. Goreme panorama offers views of the charming village of Goreme.

Our journey continues to Red Valley, an area that attracts attention with its red color in the very center of Cappadocia. The inside of this valley is suitable for walking, and there is a hiking route that lasts approximately 4 km. During this walk in touch with nature, we will see fairy-chimneys, local farms, pigeon houses, and cave chapels. During the valley walk, it is possible to see the different color layers of the volcanic eruption millions of years ago in Cappadocia. The hike finishes at Cavusin Old Greek Village.

We will then explore Love Valley, one of the most well-known and photographed areas of Cappadocia. It attracts attention with its earth shapes and is almost like a natural photography studio.

Afterward, we will make a short visit to Goreme village for a lunch break. Then we will have time to take photos and take a short walk.

Our next destination is Kaymakli Underground City, the trademark of Cappadocia. It is known that there are more than 100 underground cities in the region. These architectural marvels were built from the time of the Hittites to shelter, hide, and sustain life. It is known that the first Christians used these underground cities for a long time to hide from the Arab invasion.

Kaymakli underground city is the biggest and the most visited underground city. Get ready to feel like we are in the stone age.

We will then visit Pigeon Valley, where pigeons have been the most important animal after horses for Cappadocia. It is one of the iconic visiting areas of Cappadocia. The people living in nature have used pigeons as fertilizer in agriculture and pigeon eggs while decorating their churches. The most effective way of permanent fresco was to use pigeon eggs, and this discovery changed both their lives and the pigeons' lives. They built large rock-carved pigeon houses, fed them, and had a common life. Although there are no fresco artists today, this common life continues.

Day 12: Continued...

Evening: Farewell cocktails and dinner

We will reflect on all we have learned over the course of this study tour.

We will then share a farewell dinner together, celebrating the fun we have had, and the connections we have made.

DAY 13:
Saturda 10th October 26
Cappadocia to Istanbul

Inclusions: Breakfast

Morning:

Transfer to airport for your flight back to Istanbul to catch your international flight home.

Flight details:

Departure: Nevşehir Kapadokya Airport (NAV) – 1:25pm
Arrival: Istanbul Airport (IST) – 2:55pm

Baggage allowance:

- Cabin baggage: 1 piece up to 8 kg
- Checked baggage: 1 piece up to 20 kg

INCLUDED ATTRACTIONS:

Florence Nightingale Museum

Topkapi Palace

Hagia Sophia

Hippodrome

Blue Mosque

Grand Bazaar

Gallipoli Shores

Troy Ancient Site

Ephesus Ancient City

Uchisar Castle

Avanos

Pasabag

Goreme

Red Valley

Monks Valley

Kaymakli

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EXCLUSIONS:

- Flights to and from Turkey
- Travel Insurance
- Personal expenses, Airport and hotel porterage fees
- Meals & drinks not mentioned
- Arrival & departure transfer to airport
- Visa
- Tips and gratuities for driver and guide
- Visits, other entrances not mentioned above
- Optional Tours (if required)

INTERNATIONAL FLIGHTS & TRAVEL INSURANCE:

We are happy to provide airfare quotes upon request for any travel needs, there is no obligation.

Booking your airfare with Travel Direct Australia/Education At Sea provides the convenience of having all your travel plans organized under one roof. This also comes with the advantage of having all your associated travel costs on a single statement of account.

As airlines no longer provide commission on airfare bookings, Travel Direct Australia charges a flat service fee of $75 per person should you decide to move forward with this booking. Any amendment, cancellation, etc. fees are subject to carrier terms and conditions. Travel Direct Australia will not be responsible for any financial loss due to cancellation from unforeseen circumstances. We strongly recommend you take out travel insurance at time of booking.

COST

Delegate (Twin Share)	$6950 AUD per person
Single Supplement (Own room for one)	$1600 AUD per person
Deposit	$800 per person

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